



# Good to Know!

The UW Parent Newsletter

August 19, 2012

Dear UW Parents,

We are looking forward to welcoming our freshman class to campus in a few weeks and to ensuring that they have a rich and rewarding experience as UW students. Developing and maintaining good habits of self-care and well-being are critical elements to student success. We are continually looking for different ways to address these issues. I am writing to share with you some efforts we are undertaking in the area of wellness and to enlist your help in talking to your students about these important topics, most notably about alcohol and drug use and abuse and mental/emotional health.

The first year of college is an exciting and challenging time for both students and parents. Student Life is always concerned about alcohol and other drug use and abuse by college students, and the first year of college is a particularly high risk time. We have developed a variety of educational programs and resources, including, [Finding Out What You Need to Know About Alcohol and Other Drugs](#), which contains information about substance abuse and campus and community resources, and [Passed Out? Or Alcohol Poisoning?](#), which describes how alcohol poisoning can occur, the symptoms of alcohol poisoning, and what to do if it is suspected. In addition, the Washington State Liquor Control Board has developed an excellent brochure, [Mixing Alcohol with Energy Drinks](#), which addresses an emerging concern among young adults and offers great resources on their [website](#). The Assistant Director of Health & Wellness is a national expert on alcohol and other drugs and is available to talk to your student about any questions he or she might have. In fact, [Health & Wellness](#) is a great resource for students who are seeking support throughout their college experience.

In Student Life, we know that the first year of college brings both ups and downs. When the quarter ramps up and homesickness kicks in, students often find themselves under considerable stress. The [Counseling Center](#) offers short-term personal counseling and group counseling to all matriculated students at no charge. Staying physically active and healthy through [Recreational Sports Facilities](#) can also offset stress. And if your son or daughter lives with us, [Residential Life](#) and the [Office of Fraternity and Sorority Life](#) offer a number of support programs and services. Despite your encouragement to stay healthy, your son or daughter might still come down with something this year. If

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so, your son or daughter is eligible for one free visit to a [Hall Health](#) physician per quarter, and unlimited visits with a Consulting Nurse.

We encourage students to find ways to participate in UW student involvement opportunities. We know from years of research that engagement is a critical component to student success. There are currently 772 Registered Student Organizations available through the [HUB and Student Activities](#); and if your student doesn't find something he or she likes, then there is always room to start a new student organization. We also encourage students to get to know faculty and staff and maintain communication with support systems, including parents.

Not all students are lucky enough to have health insurance coverage when they come to college. The UW offers the [Student Health Insurance Plan \(SHIP\)](#) to registered, matriculated students who need it. SHIP covers a range of medical expenses, including doctor's visits, well baby care, STD screenings and gynecological annual exams, emergency room visits, hospital stays, and prescriptions. Mental health, dental, and vision benefits are also offered.

The [Division of Student Life](#) coordinates much of the campus-wide programming and educational efforts on these topics. Our goal is to work with you to educate your sons and daughters and encourage them to make responsible choices about their health and well-being. I hope you continue to talk with your student about their college experience and responsible decision-making, now and in the future.

If you have questions, please do not hesitate to contact us at [\(206\) 543-4972](#). I am grateful for your partnership in this important effort and look forward to a safe, healthy year for your sons and daughters.

Sincerely yours,

**Eric S. Godfrey**

Vice President & Vice Provost for Student Life

**Discover what's next. It's the Washington Way.**

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