

Take a Minute for Prevention

Faculty plays a key role in supporting student well-being and educating students about alcohol-related issues. Suggested strategies include:

- **Use your syllabus intentionally:** Include information on how alcohol misuse affects academic performance and encourage healthy habits through reasonable assignment deadlines.
- **Address misconceptions:** Students often overestimate peer alcohol use. Use accurate GMercyU alcohol and drug statistics to challenge these beliefs.
- **Model responsible language:** Avoid normalizing or glorifying alcohol use as a coping mechanism.
- **Use teachable moments:** Incorporate discussions about alcohol, academic balance, and campus culture when relevant topics arise in class or the media.
- **Schedule educational presentations:** Consider arranging an alcohol awareness presentation instead of canceling class. Contact the AOD Counselor at AOD@gmercyu.edu or ext. 21395 (minimum two weeks notice required).
- **Raise awareness in class:** Brief discussions tied to current events or campus activities can help reinforce healthy decision-making.
- **Promote campus programs:** Offer extra credit for attending counseling office educational events on alcohol and drug safety.
- **Discuss concerns during advising:** Talk with advisees about alcohol use and its possible impact on academic success.
- **Encourage help-seeking:** Faculty are often well-positioned to identify struggling students and refer them to counseling or support services.
- **Build meaningful connections:** Engagement beyond the classroom helps strengthen faculty-student relationships and support networks.