

# QUOI DE NEUF ?

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SOME PEOPLE WOULD RATHER DIE, THAN THINK, MANY DO... thoreau

## BACCHUS - YORK

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### Are You At Risk?

Alcohol misuse represents a major problem in Canadian Universities and Colleges. Statistics indicate that 80% of students on any one campus drink alcoholic beverages. In fact, no other single population has a higher proportion of drinkers than the post secondary student population. Of greater concern, however, is that an increasing number of students are falling into what is called a "high risk category" and are suffering from negative consequences as the result of alcohol misuse.

Below are some questions that may enable you to identify if you are heading towards a high risk category. When answering, be realistic. Look back over the last six months or year. Don't answer how you think you should, be honest. There is no right or wrong, this is simply a test that will help you evaluate your past behaviour.

Insert the number beside each question that best describes your response: 1 = Never, 2 = 1 or 2 times, 3 = Sometimes, 4 = Often

1. Have you ever driven a car after you have been drinking?
2. Have you driven a car after drinking what was in your estimate "too much"?

3. Have there been times when you have allowed yourself to be a passenger in a car where the driver has been drinking?

4. Have you ever missed a class, not gotten some homework done, or spent the night before an exam in the pub, perhaps even received a lesser grade because of your alcohol use?

5. Has your health or body ever suffered from the misuse of alcohol? Have you ever blacked out, been hungover all day, or found U.P.W's (unidentified party wounds) the next morning?

6. Have you ever had an incident where after drinking you've gotten violent or verbally abusive with a stranger, or even worse a friend?

7. Have you ever gotten into situations where you have been sexually active with a person that perhaps you normally wouldn't be? Or you forgot to put on a condom?

8. Have you ever not been able to keep control of a situation because of your drinking? Think of "control" in terms of when you drink, how long you drink, how often you drink, or how much you drink?

9. Have you every sat around the "morning after" and bragged to your friends about how much you drank and how "hung from hell" you are?

10. How many times, while answering these questions, did you reflect back on a personal experience? How many times while answering the above questions did you laugh, thinking these questions are stupid and have no bearing on your life? Maybe you should go through them one more time.

There is, of course no way to score this kind of evaluation. Instead look at the risks.

If many of your answers were in the "sometimes" or "often" categories, you need to be aware of the dangers. Being at risk means that in any one of these situations there is the potential for something bad or even tragic to happen. If you are at risk, work on lowering the potential for danger. Try to make decisions for yourself. Know that if you get excessively drunk your risks greatly increase. Sometimes changing behaviour is difficult because we have habits that are hard to break. Talk to a friend or your roommate, what are friends for? But you must be prepared to listen to them, they are simply telling you what you have already decided to do. Some might say "yeah, but these things just happen. We're in university, these things are just part of having a good time." If you believe that, then maybe you shouldn't be in university. Remember, this is a place for intellect and for growing up.

Look at the risks involved; being arrested for drinking and driving, perhaps being killed or even worse killing someone else; having to lose a course because you got too far behind or losing your whole year for that matter; having health problems, experiencing rape, sexually transmitted diseases, these consequences are no laughing matter and they "just don't happen." They happen when we make bad choices or fail to use common sense.

Most students say that alcohol is part of their university experience. Most students have found a way to make the use of alcohol a positive part of those things that are important: friendships, relationships, experiences. Don't jeopardize those valuable things. Keep alcohol a "part" and not the focus. Make decisions you can enjoy. Make decisions you can live with!

## BEWARE!!

*If it sounds too good to be true, it probably is...  
You don't get something for nothing!*

- \* never sign up for a travel package without reading the fine print.
- \* watch out for those travel reps who request payment in advance - and always be sure to get a receipt.
- \* be wary of holiday bargains.
- \* find out exactly what the price of the trip includes - and what it doesn't.

*Your best bet is to make your travel arrangements with a reputable travel agency which is licensed and bonded.*



### FACULTY OF ARTS Special Events for Outstanding Students 1990-91

#### ● CAREER DEVELOPMENT SERIES:

Tuesday, January 22 - Senate Chamber (S915 Ross) 4:00-5:30:  
**Getting Into Law School:** Andrew Ranachan, Admissions Officer of Osgoode Law School, will talk about law school admissions policies in general, and will tell you everything you need to know about getting into Osgoode.

#### ● DISTINGUISHED YORK FACULTY SPEAKERS SERIES:

Each speaker has been invited to talk about some aspect of her/his professional development which will give students insight into academic life and the process of intellectual inquiry.

Wednesday, January 23 - Senate Chamber (S915 Ross)  
12:00-1:00 p.m.: David Trotman, BA (York), MA, PhD (Johns Hopkins), Associate Professor of Humanities, Master of Founders College.

**"Searching for the Rhythm: Reflections on a Fragment of a Life in Caribbean Scholarship"**

## QUESTIONS? COMPLAINTS? CONCERNS? QUESTIONS?

York is a large and complex institution. Through the course of your studies, you may encounter difficulties where expert advice and assistance are needed. Such assistance is available from the University Complaint Centre or one of the designated **Complaints Officers** representing each college and faculty, and the library, as well as from special centres such as the Sexual Harassment Education and Complaint Centre, and the Race and Ethnic Relations Centre.

For more information contact the University Complaint Centre, in the Office of Student Affairs, 124 Central Square, 736-5144.

## Share your thoughts...don't share the needle...

### The Metropolitan Toronto Housing Authority announces an ANTI-DRUG PROGRAM ESSAY

This competition involves the composition of an essay no more than 1,200 words, lines double spaced, with a specific anti-drug message. It provides an opportunity for participants to share their ideas about the drug problem and propose possible solutions. The competition is open to all individuals between the ages of 10 and 25. Contest winners will have their work published in a major newspaper. The deadline for submissions is 4:00 pm, Thursday, February 28, 1991. For full details contact the Office of Student Affairs, 124 Central Square, or the Metropolitan Housing Authority, Anti-Drug Program, 365 Bloor St. East, Suite 8000, Toronto M4W 3L4. (416) 969-6313