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# MPCC Parent Connection

VOLUME 2, ISSUE 2

OCTOBER/NOVEMBER 2009

## College Students and Alcohol

College is all about choices and some of the most important choices your student will make this semester involve alcohol. Many students believe they have to "drink up" to meet peer standards. In reality, many students choose not to drink and/or they drink responsibly. Excessive drinking is not necessarily the norm.

Since you will always play a key role in helping your student make smart decisions, consider having proactive conversations about alcohol.

Following are some tips to help you start the communication process:

- Make sure the conversations are open and interactive
- Stay calm
- Set clear expectations and provide rationale for them

- Be upfront about your concerns
- Offer practical tips
- Help them learn to say, "No"
- Don't glorify your own alcohol use, but don't deny it
- Don't talk to them when they are intoxicated
- Talk with other college parents
- Stay in touch
- Keep your conversations on-going

- Most importantly, encourage them to always have a designated driver if they do choose to drink

Our hope is that students make their choices based on self-responsibility and what feels right, not perceived peer pressure.

We are there to help. With October being Alcohol Awareness month, Student Activities personnel provided a week full of fun, alcohol-free activities.

John Rush in Concert!



## By-Products of Drinking: What your student may be facing

Even when your student chooses not to drink, unfortunately, others will choose to do so. As a result, your student could be negatively impacted by:

- Having to care for an intoxicated roommate or other student
- Experiencing unwanted sexual advances
- Having noisy hallways when intoxicated residents return

- Getting into argument with an intoxicated individual
- Being insulted or humiliated
- Having property damaged

If you have talked with students and they are having to or have had to deal with incidences such as these or others, please encourage them to talk with residence hall staff or other

college officials to resolve the issues. If we are not aware of the issues, we cannot deal with them. It is every resident's right to a safe and positive living environment.

Sources: "Alcohol, Other Drugs, and College: A Parent's Guide" from The Higher Education Center for Alcohol and Other Drug Prevention, www.higheredcenter.org; "How to Talk to Your College Age Child/Student About Alcohol & Other Drugs from the Substance Abuse Prevention & Health Enhancement Office at Syracuse University, http://sumweb.syr.edu/health/parents.htm; "A Message to Parents About High-Risk Drinking at College from the Ohio College Initiative to Reduce High risk drinking"

## Rave: MPCC's Emergency Notification System



Safety and security at MPCC is a priority. With students, faculty and staff on campuses at all hours of the day and night, a means for contacting them before, during and after any emergency situation is imperative.

MPCC has partnered with RAVE, the leader in alert notification, to offer an emergency notification system. Your student may opt to be a part of the MPCC emergency notification system to receive alerts via text and email, free of charge.

Upcoming registration session will be held or student can go online at [www.getrave.com/login/mpcc](http://www.getrave.com/login/mpcc). To register, students must use the student email address provided by MPCC. Once registered, students can have emergency notifications sent to up to three (3) phones and up to three (3) email addresses.

The first alert was successfully sent on October 30, canceling school as a result of a snowstorm. Please encourage your student to register for the MPCC emergency notification system. For assistance, students may stop by the Office of Student Life in North Platte or McCook.

[www.getrave.com/login/mpcc](http://www.getrave.com/login/mpcc)

## MPCC Tobacco Free January 1, 2010

MPCC is proud to be one of the first community colleges in Nebraska to be Tobacco Free. Ty Patterson, a tobacco free consultant, was on hand last month to visit with students, faculty and staff about the change in college policy regarding tobacco.

November 19 is the Great American Smokeout. The purpose of this event is to set aside one day to help tobacco users quit a least one day, with the hope that they will quit completely.

To help celebrate the Great American Smokeout, the college has planned several events including a Tobacco Free Resource Day (materials and quit smoking/chewing kits), Cold Turkey Sandwich Day for those going "cold turkey," and a Tobacco Free Dance just to name a few.

MPCC's Working on Wellness

(WOW) Team is setting up cessation training and support group options to help those wishing to become tobacco free.

Watch for a Working on Wellness - Student Addition (WOWSA) team to begin just after the new year. The focus will be on student physical, emotional and social wellness.



North Platte  
Community  
College Lady  
Nights Volleyball  
Headed to  
Nationals

## Meal Plans and Other Food Service Information



HINI is still wreaking havoc, although the numbers effected seem to declining. Should residence hall students become ill with HINI, they will be given the opportunity to have meals delivered to their room. On the positive side of things, if you would like to have special treats delivered to your special students for a birthday or other special event, please contact Jamie Mockry at mockryj@mpcc.edu or 1.308.345.8178.

Also, there are times when your student's meal plan does not adequately meet his or her needs. For these times, additional dollars may be put on their card.

Please contact Cindi Russell at russellc@mpcc.edu or 1.308.535.3674 for more information.

## Safety and Common Sense

### Remind your student about safety and awareness.

- Always lock car doors
- Have keys out and ready to unlock car door
- Have mace on a keychain
- Walk in well lighted areas
- Take different paths to and from destinations
- Lock door to Residence Hall
- Walk in pairs if possible
- Do not share keys
- Be careful about the image portrayed on social networks (MySpace/ Facebook)



## Today's Vision... Tomorrow's Reality

Mid-Plains Community College is undergoing a \$19 million Capital Campaign to fund an Events Center at McCook Community College and the Health Complex at North Platte Community College. This important fundraising initiative helps ensure that the College enjoys a stable and lasting home that supports its educational mission and inspires students for generations to come.

Thanks to the generous support of our alumni, parents, faculty and staff, corporate partners and friends, the campaign has raised \$6,166,868 towards this goal. Your support strengthens our rural communities by ensuring the College's ability to provide quality educational opportunities for lifelong student learning. If you have yet to get involved with this campaign, please contact Campaign Manager, Terri Burchell at 308-535-3681 and pledge your support today!

# What's Happening...



### NOVEMBER

- 17th  
MCC Men's Basketball vs Colby CC  
MCC Women's Basketball vs Larmar CC  
NPCC Men and Women's Basketball vs Northeastern JC  
NPCC Tobacco Free Resource Fair
- 18th  
MCC Movie Night  
NPCC Women's Basketball vs Lamar
- 19th  
NJCAA Volleyball Nationals  
NPCC USAFA Men's Basketball Classic  
NPCC Tobacco Free Dance
- 20th  
NPCC USAFA Men's Classic  
NJCAA Volleyball Nationals  
NPCC Highland Women's Basketball Classic  
MCC Women's Basketball vs Eastern WY
- 21st  
NJCAA Volleyball Nationals  
MCC Men's Basketball vs Trinidad  
MCC Women's Basketball vs Northwestern  
NPCC Highland Women's Basketball Classic
- 23rd  
MCC Turkey Games
- 24th  
MCC Women's Basketball vs Barton County  
MCC Men's Basketball vs Garden City  
NPCC Men's Basketball vs Colby CC
- 25th  
Thanksgiving Holiday Break Begins
- 27th  
MCC Men's Basketball Thanksgiving Tournament
- 28th  
MCC Men's Basketball Thanksgiving Tournament  
NPCC Men's Basketball vs Laramie County
- 29th  
MCC Men's Basketball vs York JV

### DECEMBER

- 2nd  
NPCC Santa's Workshop
- 3rd  
MCC Women's Basketball vs Western NE  
MCC Theater Program
- 4th  
MCC Men's Basketball vs NJC  
MCC Women's Basketball vs Otero  
NPCC Women's Basketball vs Concordia
- 5th  
MCC Men's Basketball vs Air Force Prep  
MCC Women's Basketball vs Lamar CC  
NPCC Men's Basketball Lamar Classic  
NPCC Women's Basketball vs Doane
- 7th  
NPCC Men's Basketball vs Hastings JV
- 8th  
MCC Women's Basketball vs Colorado Christian  
NPCC Music Program  
MPCC Art Program
- 9th  
MCC Women's Basketball vs Colorado Christian
- 10th  
NPCC Women's Basketball vs Concordia
- 11th  
MCC Men's Basketball vs Colby CC
- 12th  
MCC Women's Basketball vs Central WY  
NPCC Men's Basketball vs Colby CC
- 14th  
Finals Begin



Students Giving Back

