

# TO DRINK OR NOT TO DRINK:

## 5 Things to Communicate to Transitioning College Students

BY: **Derek Melleby**

Many students that you know and love are planning to head off to college this fall. As you engage in conversations with college-bound students about drinking, here are five things to be sure to communicate.



**The National Institute on Alcohol Abuse and Alcoholism reported on new statistics concerning college student drinking.** It appears that the abuse of alcohol could be on the decline. According to the study, 33% of full-time college students ages 18 to 22 engaged in binge drinking, defined as consuming four or more drinks on the same occasion (for females) and five or more drinks (for males) on at least 1 day in the past 30 days. Over 52% of college students drank any type of alcohol in the past month. This indicates a slight decrease in recent years, but is still higher than the prevalence of high-school seniors and young adults who don't attend college. The colleges that have been able to curtail binge drinking on campus are those that are providing non-drinking, entertaining events for students. More and more students seem to be craving an alternative to "party scene."

Many students that you know and love are planning to head off to college this fall. Some students may be nervous about the college cultural expectations to "go wild," and have questions about how to resist the temptations that lie ahead.

**As you engage in conversations with college-bound students about drinking, here are 5 things to be sure to communicate:**

**1 You don't have to drink to meet people and have a good time.** As students arrive on campus, they are faced with the challenge of making friends. The cultural pressure to drink at social gatherings can be intense. Often, students admit to engaging in behavior that they would classify as "out-of-character" in order to "fit in."





But know this: studies reveal that the first two weeks of college are critical to finding healthy, supportive community. Students should think through how they will be intentional about finding good community *before* they arrive on campus. In fact, youth workers and parents can play an important role by making connections for them before they arrive on campus. Be sure to visit college and community websites to see what clubs, organizations and churches are available and of interest. Send emails and make phone calls ahead of time. Having a community to plug into right away makes all the difference in the world as students transition to college.

2

**It is possible to go to college and not abuse alcohol.**

A few years ago I had a conversation with a college student that has stuck with me. She explained to me that she didn't intend to drink in college, but when she arrived on campus it was assumed; it is "what college students are supposed to do." She added, "I just thought everybody drank. I didn't know how to say 'no.'" A study by the Fuller Youth Institute at Fuller Theological Seminary found that the majority of students were not ready for the pressure to engage in risk behaviors, like binge drinking, especially during the first two weeks of school. According to the study, "few students are prepared for the intensity of the first two weeks and the perfect storm of loneliness, the search for new friends, being completely on their own for the first time, and the sudden availability of a lot of partying." Youth workers and parents can help by having meaningful, open conversations about the struggles that many students face as they transition to college. Paint a realistic picture of what's ahead and listen to students as they share their expectations for the social scene on campus. Consider hosting a panel discussion with college students exploring the challenges students face and how they were or were not able to handle them.



*Students long for deeper friendships and safer environments. Encourage students you know to take the lead and to be counter-cultural by building lasting friendships and participating in Gospel-centered communities of grace.*

3

**Many students involved in the "party scene" don't want to be.**

I think there are two misconceptions about the abuse of drinking on college campuses. The first, mentioned above, is the assumption that "everybody" drinks in college. As the article from the Wall Street Journal revealed, it may not be as "bad" as we think it is. The second misconception is that students actually enjoy binge drinking. I'm not sure they do. In my experience working with college students, I have found many frequent "partyers" to be frustrated, dissatisfied and often hurt by being a part of that culture. Students long for deeper friendships and safer environments.



Encourage students you know to take the lead and to be counter-cultural by building lasting friendships and participating in Gospel-centered communities of grace. Assure them that there are many students who desire to be a part of something different than what most students often celebrate as the norm.

4

**Make no mistake, binge drinking in college does lead to “risky sexual behavior, lower grades and a rise in violent crime, accidental injury and death,”**

according to a long-term study by the University of Michigan. While it does appear that binge drinking by students is decreasing, we should still remind students of the risks involved. We must be willing to challenge the cultural myth that college is a time for students “to do whatever they want before entering the real world.” The reality is that the years between 18-25 are formative. Decisions are made during this time that give shape to the rest of life. A series of bad decisions can have a lasting impact.

5

**The people with whom you surround yourself is one of the most important decisions you make.** The book of Proverbs puts it like this: “He who walks with the wise grows wise, but a companion of fools suffers harm” (Proverbs 13:20).

The transition from high school to college is not an easy one. But it can be made easier if students understand the importance of being surrounded by a good cast of characters. Cast a vision concerning the value of good community and help students make healthy community connections before they arrive on campus.

**DEREK MELLEBY**

Derek Melleby is the coauthor of *Learning for the Love of God: A Student’s Guide to Academic Faithfulness* (Brazos Press) and author of *Make College Count: A Faithful Guide to Life and Learning* (Baker Books).

*“Few students are prepared for the intensity of the first two weeks and the perfect storm of loneliness, the search for new friends, being completely on their own for the first time, and the sudden availability of a lot of partying.”*  
- Fuller Youth Institute



Phone: (717) 361-8429  
E-Mail: CPYU@CPYU.ORG  
Web: WWW.CPYU.ORG  
Mail: PO BOX 414,  
ELIZABETHTOWN  
PA 17022, USA

For more resources to help your student transition well to college, visit CPYU’s website at [www.cpyu.org](http://www.cpyu.org).

CPYU grants permission for this article to be copied in its entirety, provided the copies are distributed free of charge and the copies indicate the source as the Center for Parent/Youth Understanding.