



Fall 2010



NEW STUDENTS WELCOMED

During the five-day orientation held in late August, Millersville's freshmen learned to find their way around campus, got to know their roommates and made

new friends—some which will last a lifetime.

One of the highlights was a tour of Lancaster City, which allows incoming freshmen to experience the city first hand.

"We see it as an opportunity for students to begin connecting with their new environment," said Kelly Duncan, assistant director of student programs. "The Millersville community extends beyond the boundaries of our University. We want our students to begin to see themselves as a part of the



A highlight of orientation is the walking tour of Lancaster city.



On a beautiful summer evening, students gathered for the traditional candlelighting ceremony with their new friends and classmates.

Lancaster community and explore ways that they can become more civically engaged in their new environment."

Millersville University Homecoming - October 23



COLLEGE DRINKING: MAKING THE RIGHT CHOICES

Helping students transition through the high-risk, first three semesters

By John Baltzer, Millersville's Alcohol and Other Drug Counselor, also known as the "AOD Guy"

I recently met with some parents of incoming freshmen and would like to share with you a little of what they learned about college alcohol and other drug (AOD) use and helping students learn to make healthy choices.

First, the good news... 21.9% of MU students didn't drink in the last year and over a third didn't drink in the last month. Two thirds consume 0-4 drinks when they socialize. Truth be told, "all" students don't get drunk on Thursday, Friday and Saturday. In fact, 71% of our students don't approve of getting drunk. Simply put, the vast majority of college students drink moderately or not at all and make good "choices."

Now the bad news...The loud and highly visible minority as well as many freshmen, will view this data as propaganda fashioned to trick them into not drinking. When coupled with an inordinate need to find their place and the incredible peer pressure many of our new students experience, this "false consensus" creates a perfect storm. A storm that is often responsible for personal pain, both short and long term.

Surveys show that student perception of drinking is exaggerated. The reality is that a third of Millersville students did not drink

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DRINKING CHOICES

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in the prior month, only 1.8% of students drink each day, less than 25% have ever tried marijuana and 14.1% smoked pot in the last 30 days.



Among college students, alcohol abuse accounts for 29% of dropouts, 38% of academic failure and 66% of unsafe sexual practices.

We encourage our students to make good "choices." Research and common sense dictate that the safest strategy of all is to not drink until you are 21.

If your son or daughter chooses to have a relationship with alcohol, they can learn to avoid the bad stuff like hangovers, embarrassing behavior, poor grades, black-outs or worse. If there is a history of AOD

issues in the family, the risk of problems increases significantly.

The good news is that most students who abuse alcohol "mature out" and learn to have a relationship with alcohol that works for them, although some may realize that they can't drink. You as parents and family have a profound impact on how quickly that maturing out can take place. Many of you began the process through setting an example, expectations and initiating frank conversations with your sons and daughters. Nice job!

I recommend the National Institute on Alcohol Abuse and Alcoholism website (www.niaaa.nih.gov/) for in-depth information about the reality of college drinking.

Learn more and talk to your sons and daughters. They need our guidance and support through this wonderful, but difficult transition to college life.

If you have any questions, concerns or want to learn more, contact John Baltzer by email at John.Baltzer@Millersville.edu or call 717-872-3122. His services to you and your student are free and confidential.



MARAUDER SPORTS SPIRIT



Show your Marauder pride by attending Millersville sporting events. If you can't be there in person, you can follow football, field hockey, volleyball and men's and women's soccer games

via a number of sources. Sign up by logging onto www.millersvilleathletics.com.

- See live stats of home events for several sports.
- Receive scores of your favorite sports directly on your phone with SMS Text.
- Join the Marauders on Facebook and Twitter.
- Watch game highlights and interviews on YouTube (www.youtube.com/millersvillesports).
- Listen to live Marauder broadcasts on your computer through Marauder Sports Broadcasting Network (MSBN).
- Purchase a photo of your athlete in action.



SIGNED UP FOR MU ALERT?

During a major crisis, emergency or weather-related delay, Millersville uses MU|Alert to deliver emergency alerts, notifications and updates to you and your student through a variety of devices:

- Email account (school, personal, other)
- Cell phone (via SMS)
- Pager
- Smartphone/PDA



When an incident or emergency occurs, authorized senders will instantly notify your student using MU|Alert for real-time updates, instructions on where to go, what to do, or what not to do, who to report to and other important information.

Make sure your son or daughter is registered to MU|Alert. Follow the Safety and Security link from Millersville's home page at www.millersville.edu.



STAYING HEALTHY

To help students stay healthy, Millersville's Health Services office has extended its hours and added information tools to better serve students. Students must schedule appointments in advance by contacting Health Services at 717-872-3250.

Students can friend Millersville's "Nurse Gabby" on Facebook to receive informative postings on a wide range of health topics and to discuss health issues that are important to them.

"The site is monitored by the health services staff to assure accuracy of the infor-

mation," said Jenny Monn, nurse practitioner at Millersville's Health Services office.

Also new this semester is Student Health 101—a new, free online health and wellness magazine that contains healthy living information and helpful resources for students and their families.

Visit the magazine at <http://readsh101.com/millersville.html>.

For more information,

visit: www.millersville.edu/healthservices.



MILLERSVILLE RANKS HIGH

U.S. News & World Report, in its annual college rankings issued for 2011, announced that Millersville University ranked 67 in the category of Best Regional Universities in the North region. Sharing this slot with seven other universities, Millersville was the highest ranked Pennsylvania State System of Higher Education (PASSHE) universities in this category. Shippensburg came in at 77, West Chester at 84 and Bloomsburg at 88.

U.S. News & World Report rankings are based on numerous factors including graduation and freshman retention rates, class size and student-to-faculty ratios. Overall, the category included a total of 572 institutions nationwide, ranked by region that provide a full range of undergraduate and graduate programs.



HOMECOMING: EVERYONE LOVES A PARADE

Strike up the bands, decorate those floats and get ready for lots of fun for students, families and children of all ages. Plan to be there on Saturday, October 23, for a full day of Homecoming activities. The fun begins with the annual Millersville Community Parade, starting at 9 a.m. It is one of the largest parades in Lancaster County, and this year's theme features the Wild, Wild West. For more information, visit www.parade.millersville.edu.

In the afternoon, the Marauder football team takes on East Stroudsburg at 1:30 p.m. at Chryst Field in Biemesderfer Stadium. During halftime, the charity king and queen will be announced and the Millersville marching band will perform.

And, don't miss the Fall Fling—a popular event for the whole family with a petting zoo, pony rides, food and crafts. Also planned is a Native American dance presentation and the chance to take part in square dancing. Fall Fling will be held from 11 a.m. to 4 p.m. on October 23.

For more information about all Homecoming activities, visit www.villealumni.com.



Millersville's mascots, the Marauder and Skully, will be among the parade's participants.



For more information, go to Millersville University's website (www.millersville.edu) and click on the "Parents" tab at the top.

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IMPORTANT DATES

October 8	Fall recess begins after last class	December 19	Fall 2010 term ends; Commencement at 2 p.m.
October 13	Fall recess ends at 7 a.m.	January 16-17	Residence halls open
October 22-23	Homecoming	January 17	No classes - Martin Luther King Jr. Day
November 23	Thanksgiving recess begins after last class	January 18	Spring semester starts
November 29	Thanksgiving recess ends at 7 a.m.		



MAKE THE MOST OF COLLEGE

Encourage your student to make the most of college by going beyond the classroom. Students who get involved are more likely to be satisfied with their college experience and to graduate. The benefits of involved students are impressive and include:

- An excellent way to meet other students and make new friends.
- Practical experience that you can take with you into the "real world."
- The opportunity to develop leadership and communication skills.
- Employers want to hire people who know how to work with others.
- Strong relationships with faculty and staff.
- Learning more about yourself and others.
- It's FUN!

Opportunities include student organizations for professions and other interests. For a complete list, visit Student Programs on Millersville's home page.

MARAUDER GOLD



*Don't let your student
leave home without it!*

Set up a Marauder Gold account for your student. With the account, the student identification card acts as a pre-paid card to use for purchases at local participating businesses and at campus vending machines, dining halls—even for laundry machines. It's safe, easy and convenient: www.maraudergold.com

Millersville University

717-872-3011 • www.millersville.edu

Office of Financial Aid

717-872-3026 • FA.mail@millersville.edu

Housing & Residential Programs

717-872-3162

Health Services

717-872-3250

Bursar's Office

717-872-3641