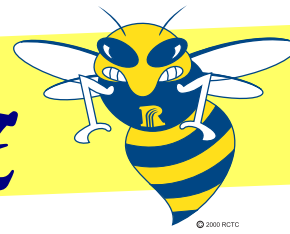


The BUZZ



April 2009

RCTC Student Health Service presents:



April 6, 2009 - May 1, 2009

Get tips on easy ways to burn or avoid excess calories.

Watch for flyers and student e-mail announcements with more information!

April is STD Awareness Month

- Approximately 19 million new sexually transmitted infections (STDs) occur in the U.S. each year. Almost half of the infections occur in people ages 18 - 24.
- If left undiagnosed and untreated, STDs can lead to infertility, cancer, or other serious health consequences.
- Many STDs do not have any symptoms. The only way to know if you have an STD is to get tested.
- Condoms can prevent the transmission of some, but not all, STDs.

For more information on confidential, low-cost, STD testing and free condoms, visit RCTC Health Service in HS 140.

World Tai Chi & Qigong Day

Tai Chi and Qigong are ancient mind-body exercises that combine deep breathing, gentle body movement, and visualization techniques to reduce stress and energize the body. This is a FREE event.

Saturday, April 25th 9:30-Noon
RCTC Sports Center

Most RCTC Students Binge Drink. Don't They?

In the past two weeks, what percentage of RCTC students do you think engaged in high-risk (binge) drinking by having five or more drinks at one sitting? (A drink equals one shot of alcohol, one 12 ounce beer, one mixed drink containing 1 or 1.5 ounces of alcohol, one 12 ounce wine cooler, or one 5 ounce glass of wine.)



This was one of the questions 422 RCTC students answered last spring on the 2008 College Student Health Survey. This survey focused on a variety of health conditions and behaviors to determine how they affect the health and academic achievements of college students. (Students at 13 other two and four-year schools in Minnesota also completed the survey.)

Results from the survey indicate that alcohol and drug use do have significant negative effects for some RCTC students. According to the survey, as a result of alcohol or drug use: 16.7% of RCTC students performed poorly on a test, 13.8% missed a class, 17.1% got into a fight, 21% did something they later regretted, 17.1% experienced memory loss, and nearly one-fifth, 19%, of RCTC students drove a car while under the influence of alcohol or drugs.

So, how would you answer the survey question? RCTC students who took the survey thought that the rate of student high-risk drinking was as high as 49.9%. The actual rate was just 26.6%. There is a misperception about high-risk drinking and college students. Survey results show that most RCTC students do not binge drink.



Stress Management Tip

Don't lose your registration because your classes are dropped for non-payment!

Tuition and fees payments are due:

Summer session - May 8, 2009

Fall session - July 24, 2009

Payment in full, FACTS payment plan, or deferment is required to hold registration. See rctc.edu/webportal for details.



"Every spring is the only spring - a perpetual astonishment."

~ Ellis Peters