Dear Colleagues,

I hope your summer is going well and you are gearing up for the 2012-2013 academic year. I am requesting your partnership on an alcohol prevention initiative that was launched by student affairs last year called OneLess. The program encourages students who choose to drink to consider drinking less alcohol in order to improve their academic performance and overall wellness. Newer research indicates that students who consume just 6 drinks one night per week experience academic deficits compared to students who drink lower quantities. Therefore drinking OneLess can significantly improve GPA.

I have drafted the following paragraph as a template for course syllabi. Please feel free use it or create your own message. For your reference I have also attached a summary document that outlines the most recent research connecting student alcohol use to academic performance.

Consider OneLess

*There is a growing body of research to support the connection between student choices around alcohol and the negative impacts it can have on academic success. If you choose to drink alcohol, even moderate consumption could impact your GPA. Research indicates that students who chose to drink 6 drinks, just 1 night per week on average had GPA’s that were .11 lower than peers who consumed less. Students who choose to drink in greater quantity or frequency have more significant impacts. The following website was created to assist students in choosing “OneLess” in order to improve their grades and overall wellness: [www.bentley.edu/oneless](http://www.bentley.edu/oneless). If you are concerned about your use or that of a peer you can contact Jessica Greher Traue, Senior Assistant Director for Wellness and Coordinator for Alcohol and Other Drugs Education at 781.891.2777 or email jtraue@bentley.edu.*

Please contact me to learn more about OneLess or with any questions about our substance abuse prevention and education programs.

Thank you in advance for your support.