

The Final Push

By: Siobhan Ryan-Perry MSW, LCSW, CADC- Alcohol and Other Drug Counselor

Can you believe the school year is almost over? The last few weeks of school can be a mixture of excitement for the summer break and fear that finals are coming soon. For many students, especially first year students, the end of the semester can be overwhelming and stressful as papers are due and final exams are approaching. Many students lack the study skills to be organized, or plan ahead which can be attributed to many things but can certainly impact the final grade. According to the CDC (Centers for Disease Control), some college students have reported turning to prescription drugs for a variety of reasons. Some use painkillers or depressants to cope with stress or to feel good (get high). Many think that stimulants like Adderall® can help them study during finals, or make it easier to lose weight. Regardless of the reason, using prescription drugs without medical supervision is never safe or legal.

Findings from the Partnership for Drug-Free Kids (2012), sponsored by MetLife foundation, show that

One in four teen has misused or abused a prescription drug at least once in their lifetime. That is a 33 percent increase since 2008.

Of those kids who said they abused Rx medications, one in five (20 percent) has done so before age 14.

One-third of teens (33 percent) say they believe “it’s okay to use prescription drugs that were not prescribed to them to deal with an injury, illness or physical pain.”

9 percent of teens (about 1.9 million) report having misused or abused the prescription stimulants Ritalin or Adderall in the past year (up from 6 percent in 2008) and 6 percent of teens (1.3 million) report abuse of Ritalin or Adderall in the past month (up from 4 percent in 2008). (*Partnership for Drug-Free Kids, 2012*).

So what is a parent to do? Parents can and should ask the questions and offer alternative and healthy resources. NKU strives to “provide a supportive, student-centered educational environment that promotes academic success, global awareness, and timely graduation” (NKU Strategic Plan, *Fuel the Flame*, 2013). Students can engage in supportive services in the Student Success Center located inside the University Center. If you are concerned about your student or have questions please contact [Health, Counseling and Student Wellness](#) at 859-572-5650. There are other resources that can help your student during this stressful time of year:

[Academic Tutoring](#)





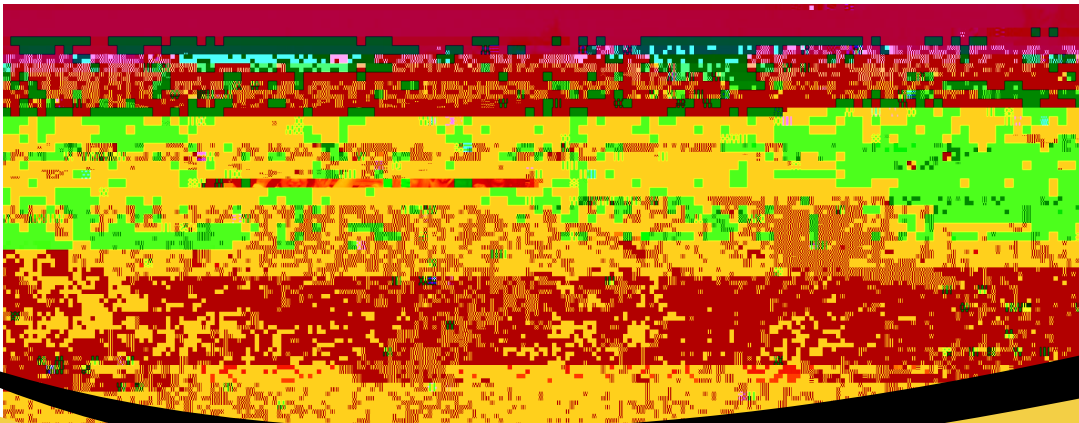
to the 2014-2015 Parent Advisory Board

This year's Parent Advisory Board has seen tremendous growth and activity!

This year, PAB members:

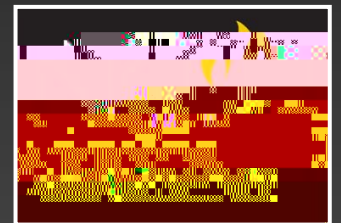
- *Attended on-campus meetings
- *Served on a parent panel at 12 orientation sessions
- *Attended Admissions events
- *Held a fundraiser for the PAB Scholarship
- *Hosted Family Weekend
- *Hosted the Parent and Royal Reception
- *Provided vital feedback and suggestions for the betterment of the campus
- *And so much more!

Thanks to all of the PAB members for their service! A special thank you goes to our outgoing President, Rebecka Adams, who has worked tirelessly to support the Parent Advisory Board over the past two years.



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