



About the required alcohol education course

All first-year UMass Amherst students are required to complete and pass **MyStudentBody – Alcohol**, an online alcohol education program, before **August 3, 2009**.* If you don't complete this requirement, you won't be able to register for classes.

MyStudentBody offers lots of interesting, useful information just for students.

Once you've finished the course, bookmark the site and visit anytime!

Get started:

- Go to www.MyStudentBody.com
- Find **"Don't have a user ID?"** and click **"REGISTER NOW."**
- Log in using the UMass code, **UMASSA**, and create a unique username and password.

Be sure to write down your username and password, so you can go back to the course if you need to. Otherwise, you'll have to start again from the beginning. Be aware – if you remain idle in any one place for too long, the system will log you out and you could lose data.

MyStudentBody is a personalized course; complete and confirm all requested information. Enter your 8-digit student ID number, first and last name; **these fields are required. Be sure to enter your student ID correctly since this is how you are tracked.** Click on the **"Alcohol"** icon. Complete the initial assessment, including the **"Rate Myself"** sections. This information cannot be traced back to you; please answer honestly to get accurate feedback. If you log out before completing the **"Rate Myself"** sections, you'll need to repeat them once you log in again.

After reviewing your personalized feedback, you will be directed to the home page. Click on **"Start Your Course."** The next screen asks which course you're required to take. Click on **"Freshman"** and choose **"Continue."** After reading the privacy statement, complete the pre-quiz, review your score, and click **"Continue."**

Read all of the sections. You'll need to remember this information to pass the post-quiz at the end of the course; taking notes may be helpful. If you don't pass (80% or better), the site will direct you back to the sections you need to reread to pass the quiz.

To leave MyStudentBody and return later, click the **"Log Out"** button towards the top of the screen before leaving the program. If you click your browser to exit instead, you'll lose all the information you put in.

Once you pass, e-mail your certificate of completion to YOURSELF and to **MSB@uhs.umass.edu**. You must enter your name in the field provided and e-mail the certificate to this address to register as **"passed."** Be sure to fill out the satisfaction survey at the end.

***If you have any questions or concerns about passing the course by the deadline, e-mail the MSB Coordinator, MSB@uhs.umass.edu, to set up a time to take and pass the course on campus in September.**

MyStudentBody – 5 Tips to Pass the Course

1 Follow the instructions on the back of this sheet; they're also posted on the UHS website – www.umass.edu/uhs/cadap/msb.

2 Be sure to click on "**Start Your Course**" from the home page. If you free roam, you won't be tracked properly and won't receive credit for the course.

3 If you receive reminder e-mails but think you've already passed the course, e-mail the MSB Coordinator, MSB@uhs.umass.edu to double-check. Be sure to include your name and student ID number.

4 **Be sure of your status.** Transfer students who don't have enough credits to be considered a sophomore must pass the course.

5 **Get it done early.** Waiting until the last minute adds stress – and hassles like power outages or computer problems always happen at the worst possible time!

Bonus!

Pass the course by **July 27, 2009** and be automatically entered to win a prize!

First prize: iPod Touch

Second prize: \$50 UStore gift card

Third prize: \$20 UStore gift card

Runners-up: \$10 UStore gift card