

Students in Recovery

You've come a long way and should be proud of yourself!

Not a day will go by that you won't be working towards long term sobriety. Like any college student, you're excited about a new year and have normal college fears – making friends, the social scene, juggling classes. Being a student in recovery adds a new twist to the normal emotions of going to or being in college. You may have taken some time off already and will be transitioning back into the college environment.

Some questions to ask yourself:

- Will I decide to be open about my history with substances or will I keep it to myself?
- How will I handle social situations where alcohol/other drugs might be offered or being used?
- Will I need additional support to stay sober once I get to campus?

Things to consider:

Find a support network on campus before arriving - you can easily find out about area meetings close to campus by contacting the local AA/NA office. Check out the Counseling Center website for a list of local resources.

Establish a support network of friends who will support you and your sober lifestyle – you may encounter people who find it difficult to understand some of the sacrifices you have to make to stay sober. Surround yourself with people who will provide support when you're in need.

Consider visiting the Counseling Center if you need assistance managing stress or begin recognize signs of relapse.