



BOSTON COLLEGE CENTER FOR STUDENT WELLNESS

•••• *Wellness Tips* ••••



# ALCOHOL



BOSTON COLLEGE  
Division of Student Affairs

CENTER FOR STUDENT WELLNESS

# TOP 10 TIPS

**1.**

**Keep track of how much you drink by counting “standard drinks”**

**2.**

**Set a drinking limit near or below a BAC of .05**

**3.**

**Use a buddy system and have a plan in mind before attending an event**

**4.**

**Consult with your doctor before using alcohol with medication**

**5.**

**Space your drinks over time**

**6.**

**Never leave drinks unattended**

**7.**

**Alternate alcoholic and non-alcoholic drinks**

**8.**

**Eat before and while you are drinking**

**9.**

**Be cautious when drinking liquor or mixed drinks due to their potency**

**10.**

**Mix and measure your own drinks**

**\* Drinking alcohol under the age of 21 is illegal and against campus policy. Please keep in mind that consuming alcohol under 21 is a high-risk choice. If you chose to drink, the strategies above can help you stay safer. Standard Drinks: Beer 12oz, Hard Liquor 1.5oz, Wine 5oz.**

For more information contact the Center for Student Wellness:  
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