



Dear Parents and Family of Incoming Students,

As a University, the safety, health, and well-being of our students are our top priorities. We foster a caring, respectful and safe environment that supports students in making informed and healthy decisions. In this letter, we call your attention to a **student requirement** and a resource for parents concerning two issues that we are committed to preventing – with your help – because of their ability to interfere with student success: substance misuse and sexual violence.

Despite often being glamorized and joked about in popular media, research shows that excessive drinking and/or drug use is linked to difficulties with transitioning to college and diminished academic performance, relationships, health and quality of life. Consequences of drinking and drug use affect virtually all college students, from heavy users to abstainers. Furthermore, sexual violence is a serious problem in the U.S. and has no place in our learning community. While alcohol and other drugs do not cause violence, substance use is often a factor in perpetration and victimization and, therefore, these issues are closely linked.

As new members of the UWM community, **students are required to complete two programs, *Alcohol-Wise* and *Think About It***, which are designed to help them care for themselves and others. The programs focus on: making informed and responsible decisions about substance use; understanding consent and sexual violence; engaging in healthy relationships; knowing how to assist someone who needs help; and utilizing campus resources on these topics.

*Alcohol-Wise* is also available to parents, and we invite you to participate by utilizing the log-in instructions found on the back of this letter. **We encourage you to use the information to talk with your student** about the decisions they face with regards to alcohol and other drugs and relationships. Research shows that family members have a powerful influence on the behaviors of college students. By having these conversations with your student now and throughout their college career, you can and will help to lay the foundation for their safe and successful UWM experience.

Sincerely,

A handwritten signature in cursive script that reads "Julie Bonner, MD".

Julie Bonner, MD  
Chief Health Officer and  
Executive Director of Norris Health Center

A handwritten signature in cursive script that reads "Susan Cushman".

Susan Cushman, MPH, CHES  
Campus Alcohol & Other Drug Coordinator  
Norris Health Center

**PLEASE NOTE: These Enrollment Instructions are for UWM Parents, only.**

Students should refer to their STUDENT instructions, which will be emailed approximately 1 week after orientation.

Please contact Susan Cushman at [aodresources@uwm.edu](mailto:aodresources@uwm.edu) for questions.



**UNIVERSITY OF WISCONSIN - MILWAUKEE**  
Alcohol-Wise –Enrollment Instructions for PARENTS

*ALCOHOL-WISE* is an online alcohol education course. You'll need access to an internet connected computer and an email address.

To access the course, you must follow enrollment instructions and enter the correct control number.

1. Go to [www.3rdmil.com](http://www.3rdmil.com)
2. Click on SIGN UP FOR A COURSE.
3. When you are directed to Enter Control Number, enter the code below.

**UWMILPNT**

You will not need a credit or debit card to enroll.  
You will receive a password immediately on the screen and by email.

It takes about 90 minutes to complete the course. You can log in and out as needed.

**You will receive an email 30 days after you complete the course reminding you to login and complete the 15-minute follow-up.**

Upon completion of the course, you will receive a completion notification by email.

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**Contact Information:**

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