

Alcohol abuse prevention course

This brief course uses evidence-based strategies using Motivational Interviewing and Feedback to provide a very individualized experience for each student and provides every student with their own detailed feedback report. Alcohol Wise uses top tier, evidence-based strategies and integrates the NIAAA-recognized, highly effective eCHECKUP TO GO brief intervention tool that has been proven to reduce high-risk drinking behavior.

To further individualize your student's experience, your campus-specific customizations are integrated into the course. This program reduces negative consequences, improves campus culture, affirms abstainers, raises retention rates and GPAs, and is the most student-approved online tool for campus-wide prevention efforts.

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LEARNING OUTCOMES

After taking Alcohol Wise, the individual will be able to:

- Identify high-risk and low-risk drinking patterns
- Refute common misconceptions about drinking norms
- Understand the factors that affect BAC
- Identify personal risk factors for drinking and alcohol dependence
- Understand the metabolism process: how alcohol is absorbed into and eliminated from the body
- Clarify personal choices about his or her drinking
- Clarify attitudes and behavior about alcohol and understand how these affect peers
- Describe how alcohol can affect academic progress and social behavior
- Understand dangers of drinking and driving
- Identify alcohol overdose signs
- Identify the signs of an overdose when alcohol is combined with other drugs
- Learn ways to take care of self and others in environments where drinking is present
- Develop protective behaviors for drinking
- Develop a personal plan for making a change in regards to drinking behavior, if applicable
- Identify healthy alternatives to drinking and coping with stress
- Know how to access campus resources



PREVENTION // PERSONALIZED FEEDBACK // COMPLIANCE TRACKING // INTEGRATIONS
EVIDENCE-BASED // CUSTOMIZABLE // OUTCOME REPORTING // CONFIDENTIAL // ECHECKUP