ALCOHOL & COLLEGE LIFE (ACL)

Alcohol & College Life focuses on personal prevention strategies to maximize student and campus safety by providing students with factual and unbiased information about how alcohol and other substances affect college life, regardless of whether or not students choose to drink or use substances. In addition, Alcohol & College Life incorporates strategies to enhance academics, time management, self-care, financial wellness, and interpersonal communication.

COURSE OBJECTIVES

- Describe the prevalence of alcohol, tobacco, and marijuana use, and prescription drug misuse.
- Explain the basic scientific, medical, and legal aspects of alcohol and other substances.
- Assess socio-cultural aspects of substance use as they relate to undergraduate college students.
- Examine expectations regarding alcohol and substance use from a personal viewpoint, as well as the viewpoints of other students, family members, and the University community.
- Examine personal attitudes about alcohol and other substances.
- Recognize warning signs of an alcohol or substance misuse problem.
- Explain individual-level harm reduction strategies for alcohol and substance use.
- Apply effective academic, time management, interpersonal, self-care, and financial wellness strategies.
- Understand the relationship between substance use, sex, and sexual assault.
- Effectively intervene in problematic situations, such as substance misuse and sexual assault.
- Describe effective individual and environmental approaches to substance misuse prevention.

COURSE THEMES

Substances on College Campuses
What are the most prevalent substances used and misused on college campuses today?
- How the prevalence of alcohol, tobacco, marijuana, and prescription drugs has changed over time
- How peer group influences substance use-perceptions and behaviors
- Tactics used by the alcohol and tobacco industries to recruit users
- Substance use-related campus policies, and local, state, and federal laws
- Substance misuse prevention efforts by higher education professionals

Substances and the Body
How do substances affect the body? At what point is someone impaired?
- Understand the effects of alcohol, tobacco, and marijuana use on major organs and systems of the body, including the impact on adolescent development
- Using the Epidemiological Model to explore differences based on external and internal characteristics of individuals
- Identifying the physiological and psychological characteristics of intoxication

Responsible Use of Substances
How can substances be used responsibly?
- Strategies for safer use of substances for those who choose to use
- Planning for safer party experiences regardless of the use of substances
- Research on the causes and effects of peer pressure

Addressing Substance Misuse and Dependence
What are the negative outcomes of substance misuse experienced by both users and others?
- Warning signs of substance misuse and criteria for a substance use disorder
- Strategies for talking to someone about their substance use
- Components of substance use treatment and efficacy of various treatment options
Factors that Impact Student Success
What strategies help students to be healthy and successful in college?
- Tips for time management and academic success
- How to maintain financial wellness
- Importance of healthy relationships and strategies for effective communication, self-care, seeking support, and working towards balance across the various dimensions of wellness

Bystander Intervention and Substance Use, Sex, and Sexual Assault
What is bystander intervention and how can those skills be used to step up in a variety of situations?
- Strategies for effective bystander intervention
- Seeking help in a substance use overdose
- Affirmative consent and sexual communication
- Correlation between substance use, sexual health, and sexual assault
- Resources and services related to sexual assault

COURSE DATA
After taking the course,

95% OF STUDENTS REPORTED BEING CONFIDENT IN USING ALCOHOL SAFELY AND RESPONSIBLY

93% OF STUDENTS REPORTED BEING CONFIDENT IN BEING SUCCESSFUL ACADEMICALLY

90% OF STUDENTS REPORTED BEING CONFIDENT IN DEVELOPING AND MAINTAINING HEALTHY RELATIONSHIPS

1 2014 course evaluation data from the U of MN’s Office of Measurement Services

STUDENT QUOTES

“I think this course has really helped me to realize my full potential and reach my goals.”

“I have noticed an increase in my confidence. I am more assertive when sticking up for others and I am no longer a passive bystander.”

“This class was very helpful to me in restructuring my life so that I can succeed and be happy in college. It also made me aware of my drinking habits and how to use alcohol more safely.”

“I think every student should have to take this course. It does not require much of your time, but the information in each lesson is something that every college student should be educated on.”

“This course made me more aware of the things I do regarding substance use and my own health. While I feel confident about my behavior because it follows my values, I think this course has made me more concerned and willing to help others who are demonstrating dangerous behavior, because I am more aware of the consequences.”