Course Outline

Lesson 1: **Introducing Alcohol-Wise**
Provides an overview of Alcohol-Wise and tests students' knowledge of alcohol related issues. Students are asked to complete a short survey and the e-CHUG drinking self-assessment.

Lesson 2: **Understanding the Buzz**
We explain how alcohol is absorbed by the body and the process of eliminating alcohol from your system. We provide interactive information about BAC and how it relates to levels of intoxication.

Lesson 3: **Levels of Alcohol Use**
This lesson looks at perceptions of college drinking and how that shapes attitudes and behavior. We also discover that personal choices about drinking can impact the lives of peers.

Lesson 4: **First Things First**
Students discover how alcohol affects academic progress and social behavior. We also explore dangerous drug and alcohol interactions and problem drinking patterns. At the conclusion, the student completes the Post-survey and Final Exam.

**30-day Follow-up** includes a second e-CHUG and attitudinal survey. It acts as a mini-intervention and allows collection of comparative data for Outcome Reports.

**Online Alcohol Education**

**Prevention that Makes Sense™**

**3rd Millennium Classrooms**

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**Prevention that Makes Sense™**
Alcohol-Wise was created as an effective and affordable prematriculation alcohol education course for large student groups. Target audiences include First-Year students, Greeks, and Athletes.

Alcohol-Wise is a 4-Lesson course that can be completed in about an hour with a 15-minute follow-up that is completed 30 days after the student completes the main part of the course.

We combine personalized feedback, professional narration, interactive exercises, and evidence-based intervention techniques to engage the student in a powerful learning experience.

Students preparing to enter college can complete this course before the semester begins.

Most students don’t get to choose whether or not they have to take an alcohol education course when starting college...

Why not make it effective and engaging?

Students answered...

- 90% agreed ‘The content of the course was appropriate and easy to understand’
- 77% agreed ‘The interactions used were interesting and helpful’
- 76% agreed ‘This course will help me avoid future problems with alcohol’

We provide the support you need to get your program in place; Student Instruction Sheets, a customized online Campus Resources page, email reminders for students, Outcome Reports, Facilitator’s Manual, and Best Practices resources.

Administrators have constant access to our Student Management System to check student enrollments, completions, and follow-up records.

Our online programs are designed to help students clarify their thinking about alcohol and other drugs.

“...the first 6 weeks of the first semester are critical to a first-year student’s academic success.”

-NIAAA College Fact Sheet

Service!

- Our nationally recognized service and glitch-free technology make Alcohol-Wise easy to administer.

- Although students rarely experience technical problems, we provide 24/7 technical support.

e-CHUG Alliance

- This is our 5th year in strategic alliance with the San Diego State University e-CHUG team.
- This alliance allows us to integrate an evidence-based self-assessment into our interactive curriculum.

- Six independent controlled studies have found that e-CHUG reduces the negative consequences of high-risk drinking in college students.

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