

Prime For Life Evaluation (April 2011 through July 2012)

Brief description of program / project:

Prime for Life is a six-hour course designed to provide students with information to make low risk choices. The program covers the physical and mental effects of alcohol and other drugs, risk factors associated with high risk use and ways to prevent future problems. Students are typically sanctioned by Housing for having alcohol in the Residence Halls. However, students are also sent to PFL by the Utah court system for receiving a Minor in Consumption or Minor in Possession. This class does not count for a DUI or DWI.

Respondents: 127 attendees

Administration Type: paper completion with entry into Campus Labs

Summary of Key Findings:

92% of students said they agree/strongly agree the section about tolerance was helpful.

61% of students, very likely and likely combined, said the program will help them make low-risk decisions in the future. Last year 50% of students said the same thing.

97.63%, combined very satisfied and satisfied, with the knowledge of the presenter.

Earlier in the year students started to indicated they wanted to know more about alcohol poisoning, so I supplemented the information into the class. When asked what was the most helpful students continuously indicated the information about alcohol poisoning and learning about tolerance and impairment.

Students said the low risk guidelines, information about heart disease, and the repetition was the least helpful.

When asked what other topics you recommend, I was surprised to see many students indicate prescription drug/other drug information.

47.24% were sanctioned through HRE

44.88% were through the court system

4% had public intoxication

7% failed a drug test

Two students didn't fill it out.

59% of students live on campus

50% were freshman

65% are male

Actions Taken:

I now include a detailed section on alcohol poisoning; I will start including more information about prescription drug use. Because students indicate the importance of tolerance and impairment information and how it relates/impacts them, I include a lengthy discussion about what actually is an impairment problem. Together we come up with list College students can relate to: fall down, fights, break ups, missing class, etc.

This year, starting September 2012, I will be sending students a pre survey, to gauge their basic knowledge/behavior. I am also in the process of developing a post (3 month) survey to measure long term behavior change.

Which department and/or program goals does this program / project align with?

This project aligns with the mission of the Center for Student Wellness.

Which Student Affairs goals (<http://studentaffairs.utah.edu/assessment/documents/strategic-plans/strategic-plan-brochure.pdf>) does this program / project align with?

- 1.) Develop students as a whole through the cultivation and enrichment of the body, mind and spirit.
 - Although PFL does not fit into every point in this Strategic Objective I do believe the class promotes learning opportunities and taking care of ones self, in so far as connecting choices to outcomes.

- 6.) Utilize a coordinated assessment, evaluation and research approach to promote data driven decision-making

- 8.) Promote the effective use of best practices in Student Affairs departments, programs and services.