

Prime for Life Pre Survey and Class Evaluation 2012-2013

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.

Who was asked to complete survey:

Students who attended the course.

Respondents: 106 for Pre; 107 for Class Evaluation.

Administration Type: responses completed on paper and entered into Campus Labs by office staff or student intern.

Summary of Key Findings:

Pre Assessment:

Roughly 38% of the students said they used alcohol within the last thirty days. Interestingly, 40% said they have had five or more drinks of alcohol in one sitting over the last two weeks. I read this as, although students are not drinking in a high frequency, they are drinking in high quantity. Most students did not experience things like blacking out or injury, however, roughly 40% indicated they forgot where they were or what they did, and another 22% said they experience physical injury.

Approximately 70% of students surveyed said they have been around someone who was experiencing symptoms of alcohol poisoning, which includes: mental confusion, passing out, vomiting, slow or irregular breathing. Around 45 students, 43% surveyed, said they have been around someone with these symptoms between one and five times. When asked if they had called 911, 82% said they never called, 4% said they occasionally or often called.

When asked why they didn't call 911, students overwhelmingly said they weren't sure if it was serious or not. This theme carried over into the "Other" section, where students explained things like:

- "Drunk person I was with didn't want me to."
- "Depends on the situation. Everything is different."
- "There was no risk of death/health"
- "They threw up and felt better"

After seeing these responses I make sure to discuss how throwing up, passing out, and mental confusion are all commonplace at college parties. It isn't unusual to see someone experience these things,

however when we remove ourselves from the party or a situation involving substances, we take throwing up seriously and would advise our friends to seek some help. I include the message: it's never okay to throw up, our body isn't 'okay', and it's telling us something is wrong.

Post Assessment:

In my three years of facilitating PFL, the section about tolerance has always been the most interesting and useful information to the students. This year approximately 85% of the students in the class said the information was helpful.

Less than half, 46%, said the program will help them make low risk decisions.

- I feel like I have a lot more info but mostly likely won't change my drinking habits for now. But the info was helpful for when I do want to change.
- It was interesting to hear how you can drink & make low risk decisions & still be healthy.
- Maybe later in life but not now.

When asked "what is the most helpful part of the program," students consistently indicate the materials covered on the second day, which include: tolerance levels, mental/physical impairment, and information regarding alcohol poisoning. I started to intentionally include symptoms of alcohol poisoning and what to do when someone has those symptoms. This is the point in the program when the students become a little more animated and want to participate in the discussion.

When asked: what is the least helpful part of the program," students consistently indicate heart disease and low risk drinking guidelines. The piece on heart disease is not surprising, students who are under 25 aren't thinking about long term health behaviors and consequences.

When asked what other topics they recommend, I was surprised to hear they wanted 'stories' and how to safely drink. I thought the stories request was interested, not sure if they want to share their stories or mine. I stay away from telling "war stories" because I feel it could turn into one upping contest. I was also surprised there were a couple of students who indicated they wanted to know more about peer pressure. Like last year, prescription drugs use was on the list of other topics.

63% were sanctioned because they had alcohol in the Residence Halls.

27% were sent to the class with a MIP.

68% live on campus.

69% were freshman.

95% were under 21 years of age.

73% were male.

Ethnicity:

- 78% White
- 8% Hispanic/Latino(a)
- 6% Asian/Asian American
- 4% African/African American
- 4% Multiracial

Actions Taken:

I will continue to include alcohol poisoning symptoms and course of action, along with a discussion around impairment, tolerance levels, and how they impact college students. This year will be the year to develop and implement behavior change.

Which department goals does this project align with?

The project aligns with the mission of the Center for Student Wellness

Which Student Affairs goals does this project align with?

- 1.) Develop students as a whole through the cultivation and enrichment of the body, mind and spirit.
 - a. Although Prime for Life does not fit into every point in this Strategic Objective, I do believe the class promotes learning opportunities and taking care of one's 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 department, programs and services.