

Prime for Life Evaluation

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. Typically students are sanctioned by Housing, although a few come for the court systems.

Who was asked to complete survey:

Students who were sanctioned

Respondents: 36 students

Administration Type: Paper

Summary of Key Findings:

- 86% of students said they found the section about tolerance was the most helpful.
- 63% felt the low risk drinking guidelines were helpful. The high percentage surprised me because during this section we see the most resistance. I have found the students find the low risk guidelines unrealistic for college culture.
- 50% of students said they felt the class will help them make low risk decisions.
- A high percentage of students felt comfortable with the classroom setting and the environment.
- 88% said they were very satisfied with a research based class.
- Students suggested these as other topics to be covered in the class:
 - o Alcohol poisoning
 - o Peer pressure
 - o Safety
- 55% of the students were sanctioned by Housing Residential Education.
- 44% received a Minor in Possession ticket.
- 2% had a Public Intoxication violation.
- 80% live on campus
- 63% were freshman, 19% were sophomores and 11% were juniors.
- 63% male, 36% female.
- 80% identified as caucasian/white
- 94% were between the ages of 18 - 20

Actions Taken:

The Center for Student Wellness had been survey the students previously but not in a way that actually collected meaningful data. Because of this we developed a survey that would gauge the effectiveness of the program. We questioned whether students were gaining knowledge, if the message was resonating with them, and would it change any behaviors. Also, we wanted to know what other issues and subjects pertaining to high risk drinking students would like to know more about. So far we have only surveyed five separate classes, I hope this year we continue to use this survey and then eventually make a decision on the program.

Which Student Affairs goals does this program / project align with?

- 1.) Develop students as a whole through the cultivation and enrichment of the body, mind and spirit.
 - Although Prime for Life does not fit into every point in this Strategic Objective I do believe that 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.