

# Decisions: Alcohol Awareness & Education™

COLLEGE EDITION

## Big Decisions Ahead

### Decisions: Alcohol Awareness & Education™ – College Edition

is a one-hour online course providing students with the information they need to make decisions regarding alcohol. The course focuses on expectations, motivations, and environmental impacts, and explains blood alcohol content (BAC) and alcohol by volume (ABV) measurements.

The course can be customized to include the policies, resources, and local and state laws for your campus, or for those of a national organization.

Bystander intervention is addressed in the course, focusing on early intervention as well as how to identify when someone needs medical help – and what urgent steps must be taken.

### LEARNING OUTCOMES

As a result of completing this course, students will be able to:

- develop and carry out a plan to **drink safely** if and when they drink,
- promote a **healthy and safe culture** surrounding the use of alcohol,
- **identify expectations** related to alcohol consumption,
- **examine their own motivations** related to alcohol consumption,
- articulate the **effects of alcohol** on themselves and others,
- recognize how alcohol could **interact with other drugs**, and
- **identify and intervene** when a person has overconsumed – or is about to.

*You can license and customize this course for your college or university. Contact us today for a free demo.*

## Course Overview

### **Module 1: Introduction**

- Introduces the topic and explains why it is important.

### **Module 2: Expectations, Motivations, and Influences**

- Focuses on impacts of alcohol.
- Examines expectations and motivations for engaging with alcohol.
- Educates students on environmental influences.

### **Module 3: The Physical Effects of Alcohol**

- Defines a standard drink.
- Defines blood alcohol content (BAC), alcohol by volume (ABV), and the amount of time needed to sober up.
- Outlines factors that affect the rate at which alcohol is processed.
- Includes impact of biological sex and body weight, rate of drinking, alcohol metabolism, and tolerance.
- Examines drug interactions, including specifics on cold/flu medicines, painkillers, depression and anxiety medications, ADHD medications, and marijuana.

### **Module 4: Campus Policies**

- This module is customizable for clients to include campus policies, medical amnesty, state alcohol laws, campus resources, and social host resources.

### **Module 5: Making Decisions**

- Uses a harm-reduction approach and connects back to the student's motivations.
- Provides tips for a safer experience when choosing to engage with alcohol.
- Provides ways to recognize and respond when someone needs medical attention, including the *Smart Steps 4 Saving a Life!*
- Includes scenarios to apply the learning immediately.

## **Course includes Pre- and Post-Assessments, a Final Quiz, and a Certificate of Completion.**

The content in this course was authored and collaboratively created by campus-based alcohol/drug educators and behavioral researchers who have served as prevention educators, conduct officers, dean of students and/or medical professionals. You can view a current list of all contributors at our website.