



# College Alcohol Risk Reduction Seminar (CARRS)

Public

**Name of Assessment Project:** College Alcohol Risk Reduction Seminar (CARRS)

| <b>Name(s) of Person(s) Responsible for Assessment Project:</b> | <b>Role</b>  |
|---|--|
|   | Director of Health Education (Debbie Pino-Saballett) |
|   | Assistant Director of Health Education (Maria Fish)  |

**Email Address:** mnfish@ucsd.edu

**Phone Number:** 25382

**Other Contacts:**

**Providing Department:** Student Health Services

**Other Units/Departments Involved in Assessment Project:**

## Program, Service, or Event Related to Assessment Project

The College Alcohol Risk Reduction Seminar is a workshop provided by the Health Education Department of Student Health Services.

## Assessment Project Description

The main purpose of this assessment project was to assess student learning in ways to drink responsibly. Knowledge of specific alcohol topics including protective strategies to reduce high-risk drinking were also assessed by comparing students' pre-test responses to post-test results. The post-test also included student satisfaction questions. The results of this project were used to improve the program, and demonstrate the effectiveness of the College Alcohol Risk Reduction seminar.

## Unit/Program Specific Goals and Learning Outcomes

As a result of participating in this 90-minute seminar, participants will:

1. be able to define a 'standard drink'.
2. be able to accurately assess the number of drinks they consume.
3. be able to identify 3 factors that affect a person's intoxication level.
4. learn and have the skills to make informed decisions about drinking responsibly.
5. be able to identify the "perfect buzz" to avoid any negative consequences due to alcohol use.

**Relationship to Student Affairs:** Think Critically and Solve Problems, Advance a Plan for Personal, Academic, and Professional Success, Engage in a Healthy Lifestyle

**Learning Outcomes:**

**Assessment Project** 11/3/2012

**Start:**

**Assessment Project** 6/30/2013

**End:**

### Population/Sample

One-hundred and nine participants completed the CARRS pre and post tests. Of those who completed the assessments, 61% were male and 39% were female.

**Type of Assessment:** Student learning outcomes and/or behavioral outcomes, Tracking usage , Other: Please enter text below

**Other Assessment**

**Type(s):**

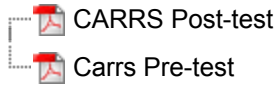
**Assessment Methods:** Surveys, Participant Counter

**Other Assessment** Pre/post test

**Method(s):**

### Data Collection Tools

Hard copy of the pre and post test



### Data Analysis Methods

Data was analyzed by Campus Labs. The results of the pre-test were compared to the results of the post-test.

### Presentation of Findings

Results of this assessment were shared with the Director of Student Health Services, and the Health Education Staff. The results will also be shared with the Deans of the six colleges at UC San Diego, the Assistant Vice Chancellor of Health, Recreation, and Well-being, the Alcohol Trends Committee, and the Health, Recreation, and Well-being cluster.

**Progress:**  100%

### Link Assessment Project in Campus Labs Baseline

| Source Name          | Project Name |
|----------------------|--------------|
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### Summary of Findings

The pre and post tests included the same four questions that measured Student Learning Outcomes for CARRS. After analyzing the data, there was an increase in the average of correct scores for each of those

questions. The results are as follows:

| Question  | Pre-test Average Correct Scores | Post-test Average Correct Scores | Increase in correct scores |
|---|---------------------------------|----------------------------------|----------------------------|
| In order to "get the best buzz" at what level should your blood alcohol concentration be? | 20%                             | 98%                              | 390%                       |
| A standard drink contains _____ ounces of pure alcohol                                    | 43%                             | 89%                              | 100%                       |
| Name at least 3 factors that can affect someone's intoxication level                      | 48%                             | 84%                              | 75%                        |
| If you had three pints of beer (6% alcohol), how many standard drinks did you consume?    | 38%                             | 60%                              | 58%                        |

Descriptive statistics yielded the following:

- 77% percent of participants were under the age of 21, with underage males making up over half of this sample (58%). Thus, indicating that a significant number of students participating in CARRS are underage drinkers.
- Of those underage drinkers, 37% are drinking 5 or more drinks in one sitting which is indicative of binge drinking. On future assessments, we plan on changing the wording to this question. Due to current options, it was difficult to assess how many people were drinking four or more drinks in one sitting which may change the total average for binge drinking. Binge drinking for men is defined as 5 or more drinks in one sitting whereas, it is 4 or more drinks in one sitting for women.
- Interestingly, 43% of participants reported drinking on campus in university dorms/housing which is reflective of underage college students who drink.
- Disconcertingly, 37% of participants self-identified as being at risk for alcoholism. Of those at risk, only 10% reported that they would be willing to meet with Health Education staff to discuss a personal plan to reduce alcohol-related risk. In the future, we will add Counseling and Psychological services, Student Health Services medical provider, and social worker as other options for students to choose from.
- Similar to current alcohol-related research, our analysis also shows that participants reported having done something while drinking that they regretted or would not have done while sober (69%).
- One of the main goals for CARRS is to encourage behavior change to reduce risk. Thus, asking participants what personal changes they plan on making after attending CARRS. Ninety-five percent of participants reported that they plan on making changes. The top 3 reported changes include: drinking less (40%), being more responsible when drinking (17%), and keeping track of how much they drink (9%).

## Impact of Assessment

The results will serve as a guide for the Health Education staff when implementing risk-reduction strategies and incorporating information into alcohol-related messages. Participants were asked to choose areas of personal concern when it comes to alcohol consumption. Health (69%), academics (49%), and sleep (32%) were among the top 3 areas chosen. Participants also reported exams/assignments (74%), family (48%), and work obligations (47%) as factors that would deter or limit their alcohol consumption. Academia, more than any other factor seems to play an important role in students' decisions as it relates to alcohol. This new information will be shared with UC San Diego faculty to encourage professors to not cancel classes due to events such as Sungod.

## Lessons Learned

Participants who showed up late to the seminar were not given pre-tests and were not included in the results of this assessment. To ensure that all participants are given the pre and post tests, late participants will now be asked to re-schedule.

In the future we plan on making the following changes to the assessment:

- We will add a question that asks participants to identify which college they are from so that it can help direct more risk reduction messaging to a particular area on campus.
- We will also add "other" as an option to the question that asks participants to identify personal concerns they have with respect to alcohol consumption as well as the question that asks participants to identify factors that deter or limit their alcohol consumption.

Ninety-four percent of participants rated CARRS as excellent or good. Overall, the results of this assessment show that CARRS is meeting the Student Learning Outcomes. More importantly, it shows that this seminar is positively impacting participants by fostering critical thinking and teaching them skills to personally implement risk reduction strategies.

## Supplemental Information

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