TARGET AUDIENCE

This program is for first-year college students.

SUMMARY

AlcoholEdu for College is a school-based, interactive, online program that is designed to prevent alcohol misuse.

EVIDENCE

Multiple studies have been conducted to evaluate the potential effects of AlcoholEdu for College. The strongest of these studies was a randomized trial involving 30 universities across the United States. This study found significant reductions for program participants in the frequency of past-30-day alcohol use, binge drinking, and alcohol-related problems. However, none of these effects was sustained 5 months later from the fall to the spring semester.

COMPONENTS

AlcoholEdu for College is designed to educate participants using a 2-part program. The student completes the first portion in late summer or early fall of his or her first semester of college, and this part consists of a baseline behavior survey and four modules. The second part of the program is to be finished 30 to 45 days after the first portion is complete and includes a fifth module and a follow-up survey. Some program content is specific to the individual (e.g., those who report high-risk drinking receive information relevant to these behaviors).

Module 1: Introduction - Provides an overview of the program and presents information about standard drink sizes.

Module 2: Getting the Facts - Challenges perceptions of student drinking behaviors (i.e., drinking is less prevalent than some believe), describes alcohol's effects on the brain and body, discusses blood alcohol concentration (BAC) and includes instructions on how to calculate BAC, and shares information on alcohol-related laws and policies and consequences of violating these laws.

Module 3: Deciding for Yourself - Encourages participants to set health, academic, and social goals for the first year of college and use strategies to meet these goals and suggests harm-reduction techniques, such as setting a limit on drinks and arranging safe transportation.

Module 4: Review and Exam - Reviews and tests participants' understanding of course content.

Module 5: Urges participants to review and update the plans they developed in Module 3, offers stress management techniques and tips for recognizing alcohol abuse, and delivers a quiz.

PREVIOUS USE

AlcoholEdu for College, which was first initiated around 2001, has been used by more than 500 college campuses nationwide with a reach of over 500,000 students per year.
AlcoholEdu for College

TRAINING
Training information was not located.

CONSIDERATIONS
Considerations for implementing this program include deciding whether to require participation of all incoming students and determining if sanctions for those who do not complete the program should be imposed (e.g., denying access to registration for the next semester), ensuring participants have access to a computer and the internet, and selecting an individual to serve as campus coordinator for the program.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing AlcoholEdu for College, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
This program takes 2 to 3 hours to complete.

COST
Cost information was not located.

EVALUATION PLAN
To move AlcoholEdu for College to the Unclear+ category on the Clearinghouse Continuum of Evidence, studies need to demonstrate that program effects are not lost by the semester following implementation as in the study described above. In order to be placed as Promising, at least one evaluation should demonstrate positive program effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact EverFi Headquarters by mail 3299 K Street N.W., 4th Floor, Washington, DC 20007, phone 1-202-625-0011, email info@everfi.com, or visit https://everfi.com/contact-us/

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