

## **Navigating Alcohol 101 Plus**

(Please print this guide so you can follow it as you go through the program.)

Log in to [www.alcohol101plus.org/campus](http://www.alcohol101plus.org/campus); then take the pretest by clicking on “student evaluation” in the top navigation bar. The Survey Access Code is GB6BH. When you finish the evaluation, begin the program.

1. Once you have read the welcome message, make your first stop at DUI, which you can access from the navigation bar on the left of the screen.
2. The student residence is having a party. Use the navigation tool to visit it. Give some thought to the various views being expressed.
3. Stop by the virtual bar to test your knowledge of bac (blood alcohol concentration) and the effect of time and the number of drinks on the bac.
4. Stop at the Student Union Media Center and watch the four presentations. Make notes about what you viewed.
5. Click on Alcohol and the Brain to learn the effects of alcohol on the brain. Scroll across the brain to highlight links to discussion. This information will help you when you take your assessment.
6. The Dean’s Office in the Administration Bldg. has a group of vignettes called Truth or Consequences. Give it a try and learn the consequences other students have experienced.
7. If you’re interested in seeing how the Greek environment is involved with drinking, click on “Greek Row.”
8. Let your last stop be a tutorial called b4udrink. There are only 16 questions and you will get immediate feedback.
9. Take the post-test by again clicking “student evaluation” and entering your number. When you complete the post-test, print the “Thank you for completing the survey” page and bring it to your appointment. Thank you for your participation.