<table>
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<th>Brief description of program or service:</th>
<th>CHOICES is a national, brief alcohol abuse prevention and harm reduction program for college students, involving education, interactive journaling, and group discussion. The CHOICES program is a 90-minute, peer-facilitated group class (undergraduate student Health Coaches and graduate student interns as facilitators). Students are encouraged to reflect on their current choices about alcohol and provided with information and strategies aimed at reducing the risks associated with their drinking.</th>
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<td>Date:</td>
<td>6/1/2016</td>
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| 1. State the formal learning and/or operational outcomes for the program, service, or department: | o Students mandated through the University's Conduct System will complete the Choices program  
 o Students who participate in Choices will have the opportunity to reflect on their alcohol use  
 o Students will increase their utilization of low-risk drinking strategies/decrease participation in high-risk drinking behaviors  
 o Students will demonstrate a decrease in their Typical BAC  
 o Students will demonstrate a decrease in their Peak BAC  
 o Students will report fewer negative consequences associated with high-risk drinking |
| 2. Where are these learning outcomes published? Be specific. (Where are the department’s learning expectations accessible to potential students: on the web or in your department’s handouts?): | Alcohol and Drug Education Program website and learning outcomes are reviewed in person during program implementation (mandated audience) |
| 3. What data/evidence is used to determine whether participants have achieved the stated outcomes? (What method did you use? What were you measuring?): | Student participation in CHOICES program is tracked in excel  
 Pre- and post- surveys administered on-line through Campus Labs measured the following:  
  - the extent to which the program provided an opportunity for reflection on current alcohol use  
  - the use of low-risk drinking strategies  
  - engagement in high-risk drinking behaviors  
  - negative consequences associated with high-risk drinking  
  - typical BAC (blood alcohol concentration on an average night of drinking - based on gender, weight, number of standard drinks consumed, number of hours in drinking episode)  
  - peak BAC (blood alcohol concentration on the night of heaviest reported consumption) |
4. Who collects and interprets the evidence? When and how often does this occur? Who assists in interpreting and analyzing the data?:

Data was collected through a pre and post survey administered online through Campus Labs during the 2011-2012 academic year. A doctoral student working in the VPSA office matched participants' pre-post surveys and ran the analysis on the raw data. The Associate Director of the Office of Health Promotion reviewed the findings and made recommendations for program improvement. This analysis occurred during the summer of 2012.

5. Individuals with whom the data is shared (list primary and secondary stakeholders and narrative as to why):

The data is primarily used internally among Office of Health Promotion staff for program improvement and to improve the training of graduate and undergraduate student staff who facilitate the CHOICES program. It is also shared with key stakeholders such as conduct officers in Residential Life and Dean of Students Office in order to maintain and increase referrals to the program.

6. What changes have been made as a result of using the data/evidence? (What was the change? What data led you to make that change?) If no change, indicate why.:

Nationally, the Choices program is used on many campuses and is heavily supported by the research literature. Though the sample size of this study was too small to expect statistical significance, an analysis of the changes in means and direction of change generally supports the efficacy of the Choices program with Boston College students who are mandated to participate through the conduct system. No changes were implemented.

213 students completed Choices during the 2011-2012 academic year. The following data includes responses from 32 Choices participants who completed both the pre and the post-test:

- 77% of participants reported that the Choices program enabled them to reflect on their alcohol use.

- While it does not appear that students significantly increased their use of low-risk strategies, they decreased high-risk drinking behaviors such as not setting a drinking limit, pre-gaming, consuming shots, and participating in drinking games.
  - The greatest changes for participants from pre to post included:
    - Before participating in the Choices program, 47% of students did not set a drinking limit near a BAC of .06, as compared to only 3% of students after participating in the Choices program.
    - Before Choices, 81% of students engaged in pre-gaming (consuming alcohol in a short time prior to going out), as compared to only 19% after Choices.
    - 78% of students consumed shots before participating in Choices, as compared to 25% of students after Choices.
    - 72% of students played drinking games before participating in Choices, as compared to only 6% of students after Choices.

- Negative consequences did not change significantly from pre to post. However, the sample mean was lower at post.
  - A reduction in the following negative consequences was demonstrated from pre to post:
    - Neglecting responsibilities
    - Causing shame or embarrassment to someone
    - Having a fight, argument, or bad feelings with a friend/family member
- Having a bad time
- Getting physically sick (felt nauseated or vomited)
- Finding oneself in a place one could not remember getting to

- Typical BAC did not change significantly from pre to post-test (however, BAC values at both pre and post-test were relatively safe - Mean BAC = .07)
- Peak BAC did not change significantly from pre to post-test, but the mean BAC was slightly lower at post (changed from .17 - .14)

7. How do you know that the changes have resulted in improved learning outcomes? (continuous improvement evidence):

- We have not made any significant changes to the CHOICES program
- We have not reassessed the Choices program since the 2011 - 2012 academic year