

Alcohol e-CheckUpToGo



Want feedback on your use of alcohol?

Complete the Alcohol e-CheckUpToGo and see where you stand!

<http://interwork.sdsu.edu/echeckup/can/alc/coll/cccan/>

What is Alcohol e-CheckUpToGo?

The Alcohol e-CheckUpToGo is an interactive web survey that allows college and university students to enter information about their drinking patterns and receive feedback about their use of alcohol. The assessment takes about 6-7 minutes to complete, is self-guided, and requires no face-to-face contact time with a counselor or administrator.

What Does it do?

When you access the Alcohol e-CheckUpToGo, you are prompted to enter information about yourself. In addition to demographic information, it will ask you to enter information about your drinking habits, family history, and to complete the World Health Organization's AUDIT.

After all information has been entered, you submit the form. The information you entered is then validated and processed. The Alcohol e-CheckUpToGo calculates a number of variables and compares your responses to national and local college norms. Then, your personalized feedback is displayed in an easy-to-read format.

What do I need to use the Alcohol e-CheckUpToGo?

- A computer
- Internet access
- A JavaScript enabled Internet Browser
- About 6-7 minutes
- A printer (to print the feedback)

Marijuana e-CheckUpToGo



<http://interwork.sdsu.edu/echeckup/can/mj/coll/cccan/>

What is the Marijuana e-CheckUpToGo?

The Marijuana e-CheckUpToGo is a marijuana-specific brief assessment and feedback tool designed to reduce marijuana use among college students. The assessment takes about 10-15 minutes to complete, is self-guided, and requires no face-to-face contact time with a counselor or administrator.

What does it do?

When you access the Marijuana e-CheckUpToGo, they are prompted to enter information about themselves. In addition to demographic information, they enter information about their use of marijuana, spending patterns, and their lifestyle. After all information has been entered, you submit the form. The information you entered is validated and then processed. The Marijuana e-CheckUpToGo calculates a number of variables and compares your responses to national and local college norms. Then, that information is displayed in an easy-to-read format.

What does one need to use the Marijuana e-CheckUpToGo?

- A computer
- Internet access
- A standards-compliant Internet Browser with JavaScript activated
- 10-15 minutes to complete the survey
- A printer (to print the feedback)