



What is Alcohol *e-CHECKUP TO GO*?

The Alcohol *e-CHECKUP TO GO* 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.

All incoming freshmen are required to complete this survey within the first six weeks of classes in the Fall semester. In addition, all alcohol violators must complete the survey.

What Does it do?

When you access the Alcohol *e-CHECKUP TO GO*, 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-CHECKUP TO GO* 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.

How do I take the Alcohol *e-CHECKUP TO GO*?

You need a computer with internet access, about 6-7 minutes, and a printer for your feedback. In order to verify completion, you will also need your **DSU e-mail address and ID number**.

To complete the survey:

1. Go to <http://interwork.sdsu.edu/echug2/DickinsonState> (Note: The address IS case sensitive.)
2. Click on the correct button under "START."
3. Be sure to write down or print your User Identification Number.
4. Complete the survey.
5. Enter your DSU e-mail address and ID number for verification that you have completed the survey. Select who to send this verification to. In order for this to go through, **you MUST use your DSU address**. Otherwise, you will be asked to complete the survey again and resend proper verification. This verification is simply an e-mail that provides us your student ID number and does not include any other information provided during the survey.

Your answers are completely confidential, so please answer honestly!