Goal and desired outcomes of the program or service:
The goal of our Prime for Life (PFL) program is to encourage students, through a research-based educational program, to make lower risk choices related to drugs and alcohol by assessing their own behaviors and educating them about substances and their impact.

Goal of assessment:
The goal of these various assessments is to gage where students are coming into the classes, evaluate their perceptions of the program and to assess if they are beginning to incorporate concept they learned from PFL into their lives to make lower-risk choices.

Population sampled:
Students sanctioned to participate in Prime for Life classes.

How many people were asked? How many classes were offered? Click here to enter number.
Respondents: 169 for Pre-Assessment; 174 for Class Evaluation; 20 for Behavior Change
Administration Type: Paper surveys with data entry into Campus Labs for Pre and Class evaluations; E-mail invitation through Campus Labs for Behavior Change

Summary of Key Findings
Pre-Assessment:
At the beginning of PFL students reported a variety of behaviors related to their drinking habits, some making lower-risk choices than others. This ranged from 11.90% of students reporting they did not use alcohol at all within the last 30 days, to 5.36% reporting using alcohol on 20-29 of the days. The largest percentage was 26.79% of students reporting using alcohol 1-2 days within the last 30 days.

71.43% of students reported that they had been around someone who was experiencing symptoms of alcohol poisoning. Students experienced this anywhere from one time to some students seeing this over 20 times. Of those students that experienced being around someone with symptoms of alcohol poisoning, 90.36% never called 911 for a variety of concerns including:

- Fear of getting caught/in trouble (27.4%)
- Fear of getting in trouble with the police (34.25%)
- Fear of losing friendships (9.59%)
- Felt embarrassed (5.48%)
- Weren’t sure if it was serious or not (5.48%)
- Other (30.14%)
Common reasons were they felt the person was fine and did not need it, or they were medically trained.

Class Evaluation:

While students are sanctioned to take PFL, they generally had positive responses to the course material and instructor in evaluations.

- 63.74% stated that it is “very likely” or “likely” that the program will help them make low-risk decisions about alcohol and drug use in the future.
- 91.33% of students found the “understanding tolerance” component of the program was either “helpful” or “very helpful”.
- Additionally, 66.82% of students stated that they found the “Basic guidelines for drinking” program component “helpful” or “very helpful”.

Many students also wrote that some of the most helpful pieces of the program were learning about things like alcohol poisoning, tolerance, and the realistic, non-judgmental approach of the presenter.

Behavior Change:

The 2014-2015 academic year was the first time we administered a post-post behavior change assessment of participants who had completed PFL. Due to administering the surveys later in the year than anticipated our sample size was low. Despite this low sample size we obtained some interestingly rich qualitative data that students are utilizing the information they learned to make safer choices.

- 12 of the 20 respondents said that since taking PFL they were “more aware” “made changes”, or “made and continued changes” responding to possible alcohol poisoning in themselves or others
- 14 of the 20 respondents said that since taking PFL they were “more aware” “made changes”, or “made and continued changes” recognizing when they reach my own physical/mental tolerance
- Half of the 20 respondents said that since taking PFL they were “more aware” “made changes”, or “made and continued changes” around limiting their drinking.

Additionally, students had the following to say about strategies they implemented since attending Prime for Life:

- “I am more aware of how drinking affects myself and am more aware of the drinking habits of those around me.”
- “I have been 100% sober for 120 days.”
- “I have many more aware of the amount I drink. When I make mix drinks I now measure out my shots to know the exact amount.”
- “I have made sure to keep track of my mental state while drinking as well as friends, and keeping each other in check by watching how much we are each drinking.”

In describing challenges they have encountered with implementing the Prime for Life strategies, some said:

- “It's college, it's tough to drink moderately all the time.”
- “Other friends aren't aware of tolerance and keep drinking until they "feel" it and more. They don't realize that you can be impaired without really knowing it even if they feel fine.”
- “People occasionally don't want help, so attempting to look out for them and letting them know they've had enough when they don't want to hear it/think they are not as drunk as they are is a hard situation.”
**Actions Taken/Planned based on the findings from this assessment:**
We plan to continue providing this evidence-based course throughout the year. The pre-assessment and evaluation confirm our understanding of how students use alcohol and what information they find particularly useful to keep themselves and others safe.

Additionally, we have implemented a plan for the 2015-2016 year to increase our response rate with the behavior change survey.

**Alignment**

**Student Affairs Key Activity:** [still in process]

**Departmental Key Activity:** Outreach/Training & Education

**Departmental goal this project addresses:** Referencing the Stages of Behavior Change model, encourage students to engage in their health. Combat stigma by creating health positive spaces where students feel safe asking questions.

**Student Affairs Learning Domain Connection:** Practical Competence

*Please explain how this project connects to this Learning Domain:* Prime for Life offers students the ability to learn about how alcohol and drugs impact them, how to sustain from using them and how to make lower-risk choices if they choose to use alcohol.

**Student Affairs Learning Domain Connection:** Health & Wellness

*Please explain how this project connects to this Learning Domain:* Alcohol and drug use can seriously impact a student’s ability to succeed at the University of Utah. Prime for Life offers education and skills for students to make healthier choices.