Fall 2015 – Choices of Alcohol Analysis

In the Fall of 2015 at UW-Madison, there were 422 students who participated in the Choices of Alcohol program, which are two 90 minute group sessions with a professional substance abuse counselor. The students were asked three open-ended questions about the program: (1) what they liked, (2) what they least liked, and (3) how they would describe a program to a friend. Students’ responses were recorded, and listed as themes in order of strength below:

**Question 1: Liked most about this experience**

**Theme 1: 174 students out of 422 students (41%) said:**
- Learning new facts, informative, positive and negative effects of alcohol, monitoring drinking, habits, tolerance/limits, safety, calculate BAC, avoid tickets, and reduce risk of getting caught.

**Theme 2: 109 students out of 422 students (26%) said:**
- Instructor/Teacher/Counselor/Proctor was awesome, excellent, understandable, fun, interesting, concise, laid back, relatable, realistic, informative, knowledgeable, honest, nice, interesting, and didn't make the students uncomfortable about their drinking.

**Theme 3: 92 students out of 422 students (22%) said:**
- Group discussions, interactions, hearing other students' or people's experiences, stories, and how they deal with drinking situations.

**Theme 4: 71 students out of 422 students (17%) said:**
- Environment/atmosphere was straightforward, efficient casual, interactive, safe, laid back, relaxed, inviting open, comfortable, nonjudgmental.

**Question 2: Liked least about this experience**

**Theme 1: 135 students out of 422 students (31.9%) said:**
- $125 dollars, cost, amount of money, excessive/expensive price, financial burden, not worth the price, payment, expense, and missing a class results in two payments.

**Theme 2: 104 students out of 422 students (24.6%) said:**
- Time consuming, too long, duration, waste of time, time frame, having to come here, time commitment, 2 class sessions in 2 weeks, 2 week span, inconvenient times, Only one class of the two was necessary, during finals week, skipped class to be there, scheduling conflicts, and location.

**Theme 3: 48 students out of 422 students (11.3%) said:**
- Disliked the workbook, notebook, booklet, the book, the journal, mandatory packet, filling out paper work, tests, and keeping track of drinking.
Theme 4: 42 students out of 422 students (9.9%) said:
- Nothing, blank space, N/A.

Theme 5: 34 students out of 422 students (8%) said:
- Repetitive, repeated information from alcohol EDU, information already knew, and common sense

Theme 6: 34 students out of 422 students (8%) said:
- Students did not feel they had to go to choices, students felt they were forced to be there, and their drinking was not a problem.

Theme 7: 31 students out of 422 students (7.3%) said:
- Students did not want to share their experiences about drinking or alcohol or felt there was not enough student participation.

Theme 8: 14 students out of 422 students (3.3%) said:
- Unrealistic goals for college students, assumptions about students and themselves, defensive, and felt judged.

Theme 9: 9 students out of 422 students (2.1%) said:
- Students felt that their actions led them here, and took responsibility.

Question 3: Describe the program to a friend

Theme 1: 339 students out of 422 students (80%) said:
- Educational, informative, resourceful, interactive relevant, interesting, relaxed/laid back environment, drink more responsibly, effects of drinking, and safe drinking habits, discussion.

Theme 2: 70 students out of 422 students (17%) said:
- Similar to AlcoholEDU, not necessary to go to, Boring, mandatory classes, long.

Theme 3: 33 students out of 422 students (8%) said:
- Cost, expensive, price, not worth $125.
In the Spring of 2016 at UW-Madison, there were 206 students who participated in the Choices of Alcohol program, which are two 90 minute group sessions with a professional substance abuse counselor. The students were asked three open-ended questions about the program: (1) what they liked, (2) what they least liked, and (3) how they would describe a program to a friend. Students’ responses were recorded, and listed as themes in order of strength below:

**Question 1: Liked most about this experience**

**Theme 1: 117 students out of 206 students (56.8%) said:**
- Learning new facts, informative, positive and negative effects of alcohol, monitoring drinking, habits, tolerance/limits, safety, calculate BAC, avoid tickets, and reduce risk of getting caught.

**Theme 2: 39 students out of 206 students (18.9%) said:**
- Group discussions, interactions, hearing other students' or people's experiences, stories, and how they deal with drinking situations.

**Theme 3: 26 students out of 206 students (12.6%) said:**
- Environment/atmosphere was straightforward, honest, efficient casual, interactive, safe, laid back, relaxed, inviting open, comfortable, nonjudgmental.

**Theme 4: 22 students out of 206 students (10.7%) said:**
- Instructor/Teacher/Counselor/Proctor was awesome, excellent, understandable, fun, interesting, concise, laid back, relatable, realistic, informative, knowledgeable, honest, nice, interesting, and didn't make the students uncomfortable about their drinking.

**Question 2: Liked least about this experience**

**Theme 1: 57 students out of 206 students (27.7%) said:**
- Time consuming, too long, boring, duration, waste of time, time frame, having to come here, time commitment, 2 class sessions in 2 weeks, 2 week span, inconvenient times, Only one class of the two was necessary, takes away from studying, scheduling conflicts, and location.

**Theme 2: 43 students out of 206 students (20.9%) said:**
- $125 dollars, cost, amount of money, excessive/expensive price, financial burden, not worth the price, payment, expense, and missing a class results in two payments.

**Theme 3: 23 students out of 206 students (11.2%) said:**
- Students did not want to share their experiences about drinking or alcohol, sharing their BAC, or felt there was not enough student participation.
Theme 4: 21 students out of 206 students (10.2%) said:
• Students did not feel they had to go to choices, students felt they were forced to be there, and their drinking was not a problem.

Theme 5: 13 students out of 206 students (6.3%) said:
• Disliked the workbook, notebook, booklet, the book, the journal, mandatory packet, filling out paper work, tests, and keeping track of drinking.

Theme 6: 12 students out of 206 students (5.8%) said:
• Repetitive, repeated information from alcohol EDU, information already knew, too many facts, and common sense

Theme 7: 7 students out of 206 students (3.4%) said:
• Felt judged, embarrassed, and put on the spot.

Theme 8: 3 students out of 206 students (1.5%) said:
• Students felt that the classes were actually beneficial instead of disliking

Question 3: Describe the program to a friend

Theme 1: 164 students out of 206 students (79.6%) said:
• Educational, informative, positive, resourceful, interactive relevant, interesting, relaxed/laid back environment, drink more responsibly, effects of drinking, and safe drinking habits, discussion.

Theme 2: 14 students out of students 206 (6.8%) said:
• Similar to AlcoholEDU, not necessary to go to, Boring, mandatory classes, long.

Theme 3: 5 students out of 206 students (2.4%) said:
• Cost, expensive, price, not worth $125.