

E-Chug (Electronic Check Up and Go)

Hello and welcome to the Saint Norbert College E-Chug Website. If you click the link below you'll be taken to the web portal for our students who are interested in comparing their level of alcohol use to other college students. By doing so, research has demonstrated that many students who are drinking far to excess will make some changes to drink more in moderation. Even though we know that many students are drinking alcohol and are not 21, we are primarily concerned that students regardless of age are not drinking to excess. Excessive drinking especially in adolescence and young adulthood can cause long term changes in brain functions, behavior, and academic performance so click the link below to see if it might be time to make some changes, or just to see how you compare with other students.

<http://interwork.sdsu.edu/echug2/StNorbert>

THE WEBSITE DOES NOT COLLECT NAMES OR EMAIL ADDRESSES UNLESS YOU SPECIFICALLY INSTRUCT IT TO DO SO. Some students have expressed a concern that "the college" is somehow trying to track down heavy drinkers. Quite the contrary, we know that outside pressure (like "the college") doesn't really influence behavior much. Our goal is to provide information so students can make informed decisions about their own use. After a representative sample of students complete the surveys we'll be posting the results so students can see how they compare specifically to other Saint Norbert College students. Again, there is no attempt being made to "find out who you are" so feel free to be honest as we have no way of tracking you down unless you specifically tell the program to identify you and send the results to us.

IF YOU WERE DIRECTED TO THIS SITE BECAUSE OF DISCIPLINARY SANCTIONS you will be asked to enter identifying information (name, e-mail) at the END of the program. Enter the information requested and ask that it be forwarded to the staff responsible (Dr. Kevin Miller). Dr. Miller then will work with you to go over the feedback and determine if any additional information or guidance is needed.

Call (403-3266) or e-mail Lisa Burke or Dr. Miller if you have any questions or concerns. If you'd like to learn more about E-Chug check out their website at: <http://www.e-chug.com/>

Other interesting (at least to us 😊) websites.....

<http://www.collegedrinkingprevention.gov/collegestudents/>

<http://www.b4udrink.org/>

<http://www.hsph.harvard.edu/cas/>