

The Peer Education Team

On Alcohol and Other Drug Use

ECHD 3010

Spring Semester 2002

Tuesday & Thursday 3:45 – 5:15PM

Conference Room A-University Health Center

PLEASE DO NOT PARK IN THE HEALTH CENTER PARKING LOT!

Instructors: Carole Middlebrooks, MS, CAC Michael Shutt, BS,MPA

Offices: AM: University Health Center University Health Center
Health Promotions Dept. Health Promotions Dept.
542-8690 542-8690

PM: Tate Student Center mshutt@uhs.uga.edu
Student Activities Dept
Room 340
542-7774
cmiddlebrooks@uhs.uga.edu

Office hours are by appointment.

Grading Policy:

A letter grade will be given on the following scale:

A: 90-100 C: 70-79 F: 59 and below.

B: 80-89 D: 60-69

Grades will be based on the following:

Attendance	=	30%
Tests	=	15%
Final	=	15%
Assignments	=	25%
Presentations	=	15%

Attendance Policy (30%):

Students are required to attend all classes. Attendance and participation during class are critical. There are 30 class meeting times, so you will deduct 1% from your final grade for each class you miss. In addition, **all class members are required to attend OCTAA (On Campus Talking About Alcohol), which is scheduled for January 22, 24, 29, and 31. The class will meet in Conference Room A, University Health Center from 4-6:30PM.** This is scheduled closely to our regularly scheduled class time, however, this requires staying an extra hour. OCTAA is sequential so it is difficult to understand the concepts if one session is missed. This is a critical base of information from which we build all of our programs. Finally, readings will be given prior to class and you will be expected to be familiar with readings in detail.

Tests (15%)

There will be two tests during the semester. These tests are given to ensure you have a complete understanding of the material covered. The dates of the tests are listed in the syllabus and cover:

- OCTAA (100 points)
- Other drugs (50 points)

Final (15%)

The final exam will cover material that you were given throughout the semester including information from your tests. This includes both specific facts and information as well as themes and ideas discussed throughout the semester. The Final will be given in Conference Room C of the University Health Center on May 3, Noon-3PM (100 points).

Assignments (25%)

All written assignments must be typed. If you would prefer to e-mail your assignments (and save spending money on your own paper), they must be sent to Michael 1 hour prior to the class period in which they are due. Late assignments will be marked down.

- Challenge I (15 points)

You will be assigned a challenge on February 7th. In addition to completing the challenge, you are required to complete a reflection paper describing the experience of the challenge and be prepared to discuss it on February 7th. More information will be given when the challenge is assigned.

- Challenge II (60 points)

You will be assigned a second challenge on February 5th. In addition to completing the challenge, you are required to complete reflection journals throughout the challenge and a final reflection paper. These will be due as follows:

February 7: Commitment Paper due (5 points)

February 12: Journal 1 (10 points)

February 19: Journal 2 (10 points)

February 26: Journal 3 (10 points)

March 7: Journal 4 (10 points)

March 12: Final Paper (15 points)

Finally, you must be prepared to discuss the challenge in class. More information will be given when the challenge is assigned.

- Contact Logs (60 points)

Beginning January 29th you will be required to turn in a contact log. These contact logs are intended to chronicle class information that you provide to other individuals. You will have a contact log sheet, which you will fill in the date of the conversation, type of contact, brief description of discussion, information related to class and other comments you may have for us. Contact logs will be due every other week for the rest of the semester.

- Tip of the Month (25 points)

You will be assigned groups to develop helpful tips to provide to your peers on campus. Each group will be assigned one Tip of Month, which you will have to present to the class. This tip must be research based and appropriate for the students at the University of Georgia. In order to be current on the issues, you are required to join the HEC News Listserv. The Higher Education Center for Alcohol and Other Drug Prevention provides an excellent listserv for AOD issues in addition to campus violence issues. To sign-up, send an e-mail to majordomo@mail.edc.org with no message in the subject line and "Subscribe HECNews" in the body of text. You must print your confirmation letter and bring it in to be checked off on January 15th. You will be graded as follows:

Printed Confirmation: 5 points

Tip of the Month Group Presentation: 20 Points

To find other information and links, go to www.edc.org/hec

- **Special Event (10 points)**
The ECHD class will participate in the events of Safe Spring Break 2002. ASAP will be planning one event and coordinating other organizations and departments on campus. The class must plan and attend activity for Safe Spring Break. If a class member cannot be present at the time of the activity, he or she may help out with another activity during the week. This must be arranged in advance with Michael or Carole.
- **Out of Class Learning (30 points)**
You must attend two presentations given by ASAP, Carole, Michael, or other lecturer on issues relating to alcohol or other drugs. These presentations will demonstrate what types of programs are given on campus and will serve as review sessions for the information you are learning in the class.
- **Extra Learning (10 points)**
Each student has the opportunity for 10 extra learning points. You can receive these points in two ways:
 1. Complete the “Alcohol 101” interactive CD ROM in the Health Promotion Office. Call 542-8690 to set up a time to complete the activities. It will take approximately 90 minutes to complete.
 2. Attend more than two presentations as described under “Out of Class Learning.” For each additional program you will receive 10 points.

Presentations (15%)

Students are required to give a presentation in this class. Michael and Carole will assign you to another class member to do this presentation. The presentations will be based on information learned in class and based on a scenario given by Carole and Michael. More information will be given in class.

Schedule of Classes and Topics

January 8

- Introduction and Welcome!
- Overview of the Alcohol, Tobacco and Other Drug (ATOD) Program
- Who are members of ASAP

- Go over syllabus in detail
- Ice-breaker

January 10

- Hand out *Beer, Booze and Books*
- Confidentiality in Class
- Give and take exercise
- Alcohol baggage exercise explanation
- Tip of the Month Groups and Explanation

January 15

- Alcohol baggage exercise
- Why do college students drink?
- What is Your Drinking Thinking Exercise
- Handout Self Inventory Sheet (Turn in on January 17)
- Assign Challenge I (To be completed-including reflection paper-by February 7)
- **Readings Due:**
 - *Beer, Booze and Books*
 - Introduction
 - Chapter 1, Pages 1-10

January 17

- Self-Esteem, Self Image, Self Efficacy and Philosophy of Life
- **Assignments Due:**
 - Self Inventory Sheet

January 22

- OCTAA
- 4:00-6:30, Conference Room A, University Health Center

January 24

- OCTAA
- 4:00-6:30, Conference Room A, University Health Center
- **Reading Due:**
 - *Beer, Booze and Books*
 - Chapters 2-4, pages 11-56
 - Read and Review Chapter 1 of the *OCTAA Workbook*

January 29

- OCTAA
- 4:00-6:30, Conference Room A, University Health Center
- **Assignments Due:**
 - Contact Log
- **Reading Due:**
 - Read and Review Chapter 2 of the *OCTAA Workbook*

January 31

- OCTAA
- OCTAA TEST
- 4:00-6:30, Conference Room A, University Health Center
- **Reading Due:**

- Read and Review Chapters 3-4 *OCTAA Workbook*

February 5

- OCTAA Feedback and discussion
- OCTAA Exercises
- FAST CARE
- Alcohol and the Body
- The journey of BAC
- Assign Challenge II
- Alcohol Use and Health Risk
- **Assignments Due:**
 - OCTAA Homework

February 7

- Discussion of Challenge I
- Higher Order Thinking
- Program Planning for Safe Spring Break
- Stages of Change Handouts
- **Assignments Due:**
 - Challenge I Paper
 - Challenge II Commitment Paper

February 12

- Addiction
- Stages of Change
- **Assignments Due:**
 - Challenge II Journal I
 - Contact Log
- **Readings Due:**
 - *Beer, Booze and Books* Chapter 6 - Pages 65-70
 - Stages of Change Handouts

February 14

- Discuss Challenge II
- How to Help a Friend
- Revisit Stages of Change
- **Readings Due:**
 - *Beer, Booze and Books*
 - Chapter 7-Pages 71-78

February 19

- Friends and Family
- Adult Children of Alcoholics
- **Readings Due:**
 - *Beer, Booze and Books*
 - Chapter 8 & 9-Pages 79-94
 - Friends and Family Handouts
- **Assignments Due:**
 - Challenge II Journal II

February 21

- Discuss Challenge II

- Second Hand Effect
- Enabling
- Had Enough?

February 26

- Social Styles Exercise
- *Beer and Circus* handouts
- Nutrition Handouts
- Sexual Health Handouts
- **Assignments Due:**
 - Challenge II Journal III
 - Contact Log

February 28

- Guest Speakers
- Alice Bender, University of Georgia, Health Promotion Department.
Alcohol, Tobacco and Nutrition
- Sara Oswalt, University of Georgia, Health Promotion Department.
Sex and Alcohol
- **Reading Due:**
 - Nutrition Handouts
 - Sexual Health Handouts
 - *Beer, Booze and Books*
 - Chapter 5 - Pages 57-64
Carole, Michael and ASAP at Georgia Network Training Institute

March 5

- Discuss Challenge II
- Finalize Safe Spring Break Plans
- Core Survey Handouts
- ACHA Handouts
- Theory Readings

March 7

- Assessing Campus and Community Climate
- Effective versus ineffective prevention
- Theory to practice
- **Assignments Due:**
 - Challenge II Journal IV
- **Readings Due:**
 - *Beer, Booze and Books*
 - Chapters 10-12 - Pages 95-114
 - *Beer and Circus*
 - Theory readings
 - Core Survey
 - ACHA Survey
 - Others TBA

March 11-15

SAFE SPRING BREAK

March 12

- Final Discussion on Challenge II
- Relapse Prevention
- **Assignments Due:**
 - Challenge II Final Paper
 - Contact Log

March 14

- Presentation, communication and referral skills
- Two-sided persuasion

March 18-22**SPRING BREAK****March 26**

- Presentation and Facilitation Skills
- Other Drug Handouts

March 28

- Other Drugs
 - Club Drugs
 - Cocaine
 - Prescription Drugs
 - Marijuana
- Tobacco, caffeine, nutra-sweet handouts
- **Readings Due:**
 - *Beer, Booze and Books*
 - Chapter 13, pages 115-126
 - Other Drug Handouts

April 2

- Tobacco, caffeine, nutra-sweet, etc
- **Assignments Due:**
 - Contact Log
- **Readings Due:**
 - Tobacco, caffeine, nutra-sweet handouts

April 4

- Other drug test
- Creating Change
- Peer Educators as Change Agents
- Peer Educators as Advocates
- **Reading Due:**
 - *Beer, Booze and Books*
 - Chapters 14 & 15 - Pages 127-144
 - Epilogue pages 145-146

April 9

- UGA/Athens Community Panel

April 11

- Presentations and Feedback

April 16

- Presentations and Feedback
- **Assignments Due:**
 - Contact Log

April 18

- Presentations and Feedback

April 23

- Solving the Maze Challenge

April 25

- Exam Review

April 30

- Reading Day

May 3

- Exam-Noon-3PM-Conference Room C-University Health Center