



STUDENTS' VIEWS OF EFFECTIVE ALCOHOL SANCTIONS ON COLLEGE CAMPUSES

A National Study



THE NATIONAL
JUDICIAL COLLEGE

RESEARCH TEAM

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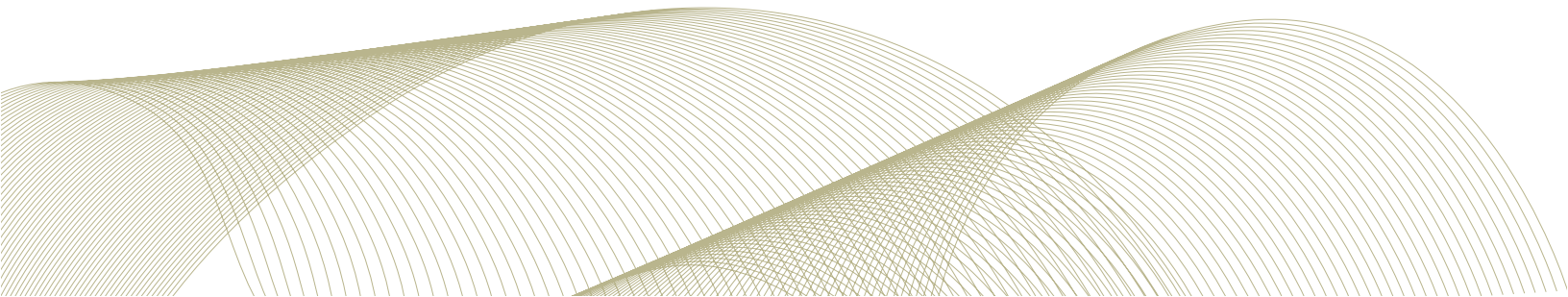


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Executive Summary

The primary purposes of this national study, which is the first of its kind, were to explore sanctions imposed on college students who violated institutional alcohol policies and to assess the effectiveness of these sanctions in deterring students from repeating these behaviors in the future. The characteristics of students, institutions, policies, and procedures, along with specific types of incidents and both pre-incident and post-incident factors were examined in relation to initial and repeated violations of policies regarding underage and excessive drinking.

In March 2011, 688 student conduct administrators were contacted by e-mail and asked to complete a brief survey designed to collect information about their institutions, student populations, and disciplinary incidents involving alcohol policy violations. They were also asked to forward an e-mail message with a link to another survey to 10 randomly selected students who had violated their institutional alcohol policies during the previous six months. A total of 230 administrators and 154 students submitted surveys.

Most of the violations reported by students involved underage drinking in combination with noise and other disruptive behaviors, particularly in residence halls. However, almost 20% said they had engaged in excessive drinking combined with behaviors that posed a significant threat to themselves or others (for example, driving while intoxicated or alcohol poisoning requiring hospitalization).

Student responses suggest that colleges and universities may be focused on less effective sanctions and are less likely to use sanctions that students believe are more effective. More than half of the students were required to participate in alcohol education programs as a sanction. Monetary fines, community service, and warnings not to repeat

the behavior were also used as sanctions. However, only 39% of the students said that these and other common sanctions were deterrents, whereas 79% said that such sanctions simply make students more cautious so as not to get caught in the future. According to the students, some of the more effective sanctions include receiving an alcohol assessment, participating in an alcohol treatment program, having parents notified, and being involved in the criminal justice system (local police and courts). However, few students said they had been required to have an alcohol assessment (13%) or to participate in an alcohol treatment program (16%), perhaps because so few institutions measure the blood alcohol level of students, making it difficult to justify requiring alcohol assessment or treatment. Finally, fewer than half of the students had their parents notified by an institutional official and fewer than half had been involved in the criminal justice system.

One other interesting finding was that female students were three times as likely as male students to stop binge drinking after experiencing the disciplinary process.

The data generated by this study, while based on a limited sample, provided useful information and yielded a number of suggestions that should be considered if institutions want to deter students from violating institutional alcohol policies. The data also demand that specifically targeted institutional assessment be conducted to determine effective sanctions for different campuses.

The study was funded by The Century Council in cooperation with the Association for Student Conduct Administration and the National Judicial College.



Introduction

Underage and excessive drinking violations continue to be a major concern on college and university campuses (Hingson, Heeren, Winter, & Wechsler, 2005). While colleges and universities enforce their alcohol policies and sanction students who violate those policies, little is known about the effectiveness of those sanctions. Although there has been research on the use of parental notification, it has not examined the effectiveness of that practice in deterring students from repeating their violations (Palmer, Lohman, Gehring, Carlson, & Garrett, 2001; Lowery, Palmer, & Gehring, 2005; Lowery, 2011).

The purpose of this research was to explore the sanctions that were imposed on students who violated their institutional alcohol policies and the extent to which students believed the sanctions were effective in deterring them from repeating their behaviors in the future. Incidental to this primary focus, the study investigated whether students were aware that their institutional code of conduct prohibited the behavior for which they were sanctioned; the students' self-reported knowledge of the effects of alcohol on their health, safety and behavior; whether the infraction took place on or off campus; the circumstances of the infraction; and whether there was any post-incident alcohol assessment, treatment, or other follow-up and, if so, how effective these measures may have been in deterring the students from repeating the behavior. Demographic information was also collected.

Student conduct administrators were also surveyed to explore how many alleged alcohol policy violations their student conduct system had addressed during the previous six months and how many students were found responsible for those violations. They were also asked how many of the violations occurred on campus and off campus. Also of interest was whether students suspected of underage or excessive drinking had their blood alcohol level (BAL) measured.



Methodology

The administrators participating in this study were selected from the membership of the Association for Student Conduct Administration (ASCA). With the support of ASCA's Research Committee and Board of Directors, the research team was provided the current membership database for the Association. The researchers then excluded all ASCA members who were employed by institutions of higher education outside of the United States or were not employed by an institution of higher education. The researchers then excluded all ASCA members who were employed by institutions of higher education in the United States that did not enroll undergraduate students. The final step in the sample selection process at institutions of higher education with multiple employees who were ASCA members was to identify the individual at the institution who would be contacted. At institutions with multiple ASCA members, the research team sought first to identify the chief student conduct officer or the most senior student affairs administrator. This process resulted in a total sample of 688 administrators.

In March 2011, these administrators were contacted by e-mail requesting their participation in the study (see Appendix A). Administrators were provided an Informed Consent form (see Appendix B) and asked to complete a brief survey (see Appendix B), which collected information about their institution's student population and disciplinary incidents that violated their alcohol policies. Administrators were also asked to forward an e-mail message (see Appendix A) containing a link to another survey (see Appendix C) to 10 randomly-selected undergraduate students who had been found responsible for underage or excessive drinking in the past 6 months. Both the administrator and student surveys were administered through the Qualtrics on-line survey management platform. Incentives were offered to both administrators and students to encourage their participation in the study.

All student participants received a \$15 i-Tunes card and were included in a drawing for one of five Kindles. Administrators who completed their surveys and sent out the student survey were also included in a drawing for one of five Kindles. Multiple follow-up messages were sent to the administrators and they were asked to send reminders to students as well.

Several factors negatively impacted the response rate of the administrators. For example, some institutions did not collect statistics in the categories specified in the survey and, although the research protocol had been approved by the Institutional Review Board (IRB) at Indiana University of Pennsylvania, some institutions prohibited the sending of any surveys to students without the approval of their own IRBs. The student response rate was also low. Because of the precautions used to protect the anonymity of students, researchers could not contact the students directly to encourage their participation. Ultimately 230 administrators and 154 students submitted surveys.



Results

ADMINISTRATOR SURVEY

Two hundred thirty student conduct officers responded to the administrator survey. It should be noted that they represent only 33% of the ASCA members who were surveyed. The low response rate may be attributed to many factors, one of which likely involves the lack of institutional records containing data sought in the survey. In fact, many administrators who did participate in the study either did not respond to various requests for data or responded by saying “number not available,” “unknown,” “don’t know,” “no idea,” “not sure,” “we don’t keep data on this,” “unable to track,” “unable to report,” “we don’t have any way to break this out” and so forth.

Institutional characteristics

As noted in Table 1, the majority of respondents (53.0%) represented public institutions. Others were almost evenly divided between private-religiously affiliated (22.2%) and private-independent (21.7%) institutions. Most of the institutions (84.8%) offered both four-year undergraduate and graduate/professional programs, whereas 11.7% provided four-year undergraduate programs only and 0.4% provided graduate/professional programs only.

Numbers of students enrolled at participating institutions ranged from fewer than 2,000 to 30,000 or more. The largest subgroup (43.9%) enrolled between 2,000 and 9,999 students. With respect to resident students, the largest subgroup of institutions (55.7%) housed between 1,000 and 4,999 students (see Table 1).

TABLE 1**Description of Administrator Respondent Institutions**

Institutional Characteristics	Frequency	Percentage
-------------------------------	-----------	------------

TYPE

Public	122	53.0
Private-Religiously Affiliated	51	22.2
Private-Independent	50	21.7
(Missing response)	(7)	(3.0)

PROGRAMS

Four-year undergraduate only	27	11.7
Four-year undergraduate and graduate/professional	195	84.8
Graduate/professional only	1	.4
(Missing response)	(7)	(3.0)

STUDENTS ENROLLED

Fewer than 2,000	31	13.5
2,000-9,999	101	43.9
10,000-19,999	38	16.5
20,000-29,999	29	12.6
30,000 or more	22	9.6
(Missing response)	(9)	(3.9)

STUDENTS LIVING ON CAMPUS

Fewer than 1,000	48	20.9
1,000-4,999	128	55.7
5,000-9,999	36	15.7
10,000 or more	9	3.9
(Missing response)	(9)	(3.9)

Numbers of alleged violations of institutional alcohol policies and students found responsible for such violations

One survey question asked, *“During the past six months, approximately how many students were alleged to have violated your institutional alcohol policies and had these allegations addressed by your student conduct system?”* This was immediately followed by a question asking, *“Approximately how many of these students were found to be responsible for violating your institutional alcohol policies?”* As shown in Table 2, almost a third (30.0%) of the respondents did not answer either of these questions. (Please note that written comments indicating that respondents did not know the answers were coded as “missing responses.”)

Approximately another third (34.3%) of the respondents reported that their student conduct system had addressed between 100 and 499 allegations that students had violated institutional alcohol policies; 27.4% addressed fewer than 100 allegations and 8.3% addressed 500 or more allegations. With respect to the numbers of students found responsible for the alleged violations, approximately a third (35.3%) of the student conduct systems found between 100 and 499 students responsible, 30.4% found fewer than 100 students responsible, and 4.3% found more than 500 students responsible (see Table 2).

The 161 student conduct officers who responded to the aforementioned two questions reported a total of 36,773 alleged violations and a total of 30,280 students found responsible for these violations. Thus, 82.3% of the total students alleged to have violated their institutional alcohol policies were found responsible for doing so. Although all but one of the corresponding percentages by institution exceeded 50%, they ranged from a responsible rate of 43.8% at one institution to 100% at 33 institutions.

Student Profile



Public institutions: 53%

Private-religious: 22.2%

Private-independent: 21.7%

**Four-year undergraduate/graduate/
professional program: 84.8%**

**Four-year undergraduate programs
only: 11.7%**

**Graduate/professional programs only:
0.4%**

**Numbers of students enrolled at
participating institutions ranged from
fewer than 2,000 to 30,000 or more.
The largest subgroup (43.9%) enrolled
between 2,000 and 9,999 students.
With respect to resident students,
the largest subgroup of institutions
(55.7%) housed between 1,000 and
4,999 students.**

TABLE 2

Students Alleged to Have Violated and Students Found Responsible for Violating Institutional Alcohol Policies During the Past Six Months

Number of Students	Frequency	Percentage
--------------------	-----------	------------

STUDENTS ALLEGED TO HAVE VIOLATED

Fewer than 50	37	16.1
50-99	26	11.3
100-199	34	14.8
200-299	22	9.6
300-399	10	4.3
400-499	13	5.6
500-999	15	6.5
1,000 or more	4	1.7
(Missing response)	(69)	(30.0)

STUDENTS FOUND RESPONSIBLE FOR VIOLATING

Fewer than 50	44	19.1
50-99	26	11.3
100-199	40	17.4
200-299	19	8.3
300-399	14	6.1
400-499	8	3.5
500-999	9	3.9
1,000 or more	1	.4
(Missing response)	(69)	(30.0)

Locations of alcohol policy violations for which students were found responsible

Two survey items asked, *“Of the total number of students found responsible, approximately how many had violated your alcohol policies on campus?”* and *“... off campus?”* One hundred fifty one (65.7%) of the respondents answered these questions. Overall they reported a total of 28,147 violations for which students were found responsible. Most of these violations (78.8%) occurred on campus and (21.2%) occurred off campus. However, corresponding percentages varied by institution and ranged from zero percent of the violations occurring on campus at one institution to 100% of the violations occurring on campus at 47 institutions. The later data may be the result of institutions with large housing programs having a student judicial officer assigned just for housing who was only aware of those infractions occurring in the residential units.

Types of violations

One survey item asked, *“Of the total number of students found responsible, approximately how many were responsible for each of the following violations?”* Sixteen violations, including “Other (please specify),” were listed. The first four were worded as follows:

1. Underage possession (only; that is, not in combination with other behaviors that violated institutional policies)
2. Possession (regardless of age) on a campus or in a specific location where alcohol is prohibited (only)
3. Underage drinking (only)
4. Drinking (regardless of age) on a campus or in a specific location where drinking is prohibited (only)

Only 5.7% of the 230 student conduct officers gave valid, precise, numerical responses to these four options. Several of the other participants provided inexact responses such as “almost all,” “the vast majority,” “more than half,” “only a few,” “negligible,” “less than 5,” or “more than 20.” More commonly, they simply left the item blank or offered comments explaining their missing responses. Most of the comments indicated that they simply did not know how many students fell into these four categories, most commonly because their policies and/or their student conduct databases did not distinguish possession from drinking. Also some institutions do not permit possession of alcohol on campus no matter how old the student is. Thus some administrators did not distinguish underage students from students of legal age to possess and consume alcohol. A small sample of these comments is provided in Appendix D.

In contrast to the first four violations discussed above, the subsequent 11 violations listed on the survey form drew valid, precise, numerical responses from almost half ($n=113$, 49.1%) of the student conduct officers, whose responses are summarized in Table 3. Please note that these 113 respondents reported that a total of 20,942 students had been found responsible for violating institutional alcohol policies during the previous six months, so the percentages shown in the table are based on a total of 20,942 students.

It should be emphasized that the data provided in Table 3 are not additive, as a given student may have been found responsible for violations in two or more categories. In addition, the categories themselves overlap. For example, students clearly endanger the safety of themselves and others when they drive while intoxicated.

Also, it should be noted that, for two reasons, the data in Table 3 underestimate the actual number of violations at the respondents' institutions. First, institutions with large student housing systems often have a conduct officer within the housing system in addition to an institutional conduct officer. One respondent indicated that he/she was a judicial officer in housing and was providing responses only for that judicial system, as he/she did not know how many alcohol violations occurred outside of the residence halls. Another respondent said his/her responses did not include violations in the residence halls, because housing has a separate judicial system. Second, not all alcohol violations are addressed by the student conduct system. For example, consider the following responses that concern "alcohol poisoning requiring hospitalization or medical treatment" and that are not included in Table 3 data:

16, but not referred to conduct system, but to counseling.

We have a medical amnesty program, so these cases do not go through our conduct process. More than 27 (25 hospitalizations plus two names I recognize), but less than 68 total "Level 2" violations. Unable to determine exact number since our database does not distinguish between different kinds of "Level 2" behaviors (which include intoxication of all stripes, drinking games, and possessing an excessive quantity) or between different "Level 3 behaviors (which include destructive behaviors, hosting keg parties, and procuring alcohol for minors).

Finally, student conduct officers described a multitude of violations within the "Other (please specify)" category (see Appendix E).

TABLE 3**Description of Alcohol Policy Violations Reported by 113 Student Conduct Officers**

Type of Violation	Frequency	Percentage
-------------------	-----------	------------

Please note that the percentages shown in this table are based on a total of 20,942 students reported by 113 student conduct officers to have been found responsible for violating their institutional alcohol policies during the previous six months.

Providing alcohol to one or more underage individuals	1,143	5.5
Driving while intoxicated	618	3.0
Drinking in combination with loud, rude, disorderly, or disruptive behavior that remained at the verbal level	6,281	30.0
Drinking in combination with behavior that: damaged personal or institutional property	1,621	7.7
endangered their safety	1,758	8.4
endangered the safety of one or more other people	999	4.8
endangered the safety of one or more other people and themselves	951	4.5
actually injured them	494	2.4
actually injured one or more other people	265	1.3
actually injured one or more other people and themselves	269	1.3
Alcohol poisoning requiring hospitalization or medical treatment	1,081	5.2

Blood Alcohol Level



Blood alcohol content (BAC), also called blood alcohol concentration, blood ethanol concentration, or blood alcohol level is most commonly used as a metric of alcohol intoxication for legal or medical purposes.

Blood alcohol content is usually expressed as a percentage of alcohol in the blood. For instance, a BAC of 0.10 means that 0.10% (one tenth of one percent) of a person's blood, by volume, is alcohol.

For purposes of law enforcement, blood alcohol content is used to define intoxication and provides a rough measure of impairment. Although the degree of impairment may vary among individuals with the same blood alcohol content, it can be measured objectively and is therefore legally useful and difficult to contest in court. Most countries disallow operation of motor vehicles and heavy machinery above prescribed levels of blood alcohol content.

From: http://en.wikipedia.org/wiki/Blood_alcohol_content

Measurement of blood alcohol levels

The two final questions on the administrator survey asked, *“Do you take any kind of measure of the Blood Alcohol Level of students suspected of underage drinking?”* and *“. . . of excessive drinking?”* With respect to the first of these questions (referring to underage drinking), 11.3% of the respondents said “yes,” 35.7% said “no,” and 53.0% did not respond. To the second of these questions (referring to excessive drinking), 15.2% said “yes,” 31.7% said “no,” and 53.0% did not respond.

STUDENT SURVEY

One hundred fifty four students who had been found responsible for violating institutional alcohol policies during the previous six months responded to the student survey. Their responses are summarized in Tables 4-9 and discussed in the following sections of this report.

Institutional characteristics

Not unlike the student conduct officers who responded to the administrator survey, the students indicated that approximately half (46.8%) of their institutions were public while the remaining half were private-religiously affiliated (28.6%) and private-independent (22.7%) and that the majority of their institutions (74.7%) provided both four-year undergraduate and graduate/professional programs while 23.4% offered four-year undergraduate program only (see Table 4).

As reported in Table 4, enrollments at the students' institutions ranged from fewer than 2,000 to 30,000 or more. The two largest subgroups of institutions enrolled between 2,000 and 9,999 students (46.8%) and between 10,000 and 19,999 students (23.4%). More than three-quarters of the students' institutions provided on-campus housing for between 1,000 and 4,999 students (51.9%) or between 5,000 and 9,999 students (25.3%). At the two extremes, 12.3% had fewer than 999 resident students and 6.5% had 10,000 or more resident students.

TABLE 4

Description of Students' Institutions

Institutional Characteristics	Frequency	Percentage
-------------------------------	-----------	------------

Type

Public	72	46.8
Private-Religiously Affiliated	44	28.6
Private-Independent	35	22.7
(Missing response)	(3)	(1.9)

Programs

Four-year undergraduate only	36	23.4
Four-year undergraduate and graduate/professional	115	74.7
Graduate/professional only	0	0
(Missing response)	(3)	(1.9)

Students Enrolled

Fewer than 2,000	15	9.7
2,000-9,999	72	46.8
10,000-19,999	36	23.4
20,000-29,000	12	7.8
30,000 or more	14	9.1
(Missing response)	(5)	(3.2)

Students Living On Campus

Fewer than 1,000	19	12.3
1,000-4,999	80	51.9
5,000-9,999	39	25.3
10,000 or more	10	6.5
(Missing response)	(6)	(3.9)

Student characteristics

Table 5 shows that half (50.0%) of the student respondents are female, 45.5% are male, and the remaining 4.5% did not indicate their sex. In reference to the most recent incident for which students were found responsible for violating their institutional alcohol policies, 85.1% of the students reported that they were under 21 years old at the time the incident occurred, 81.8% said they were living on campus at the time, and 78.6% indicated that the incident itself occurred on campus.

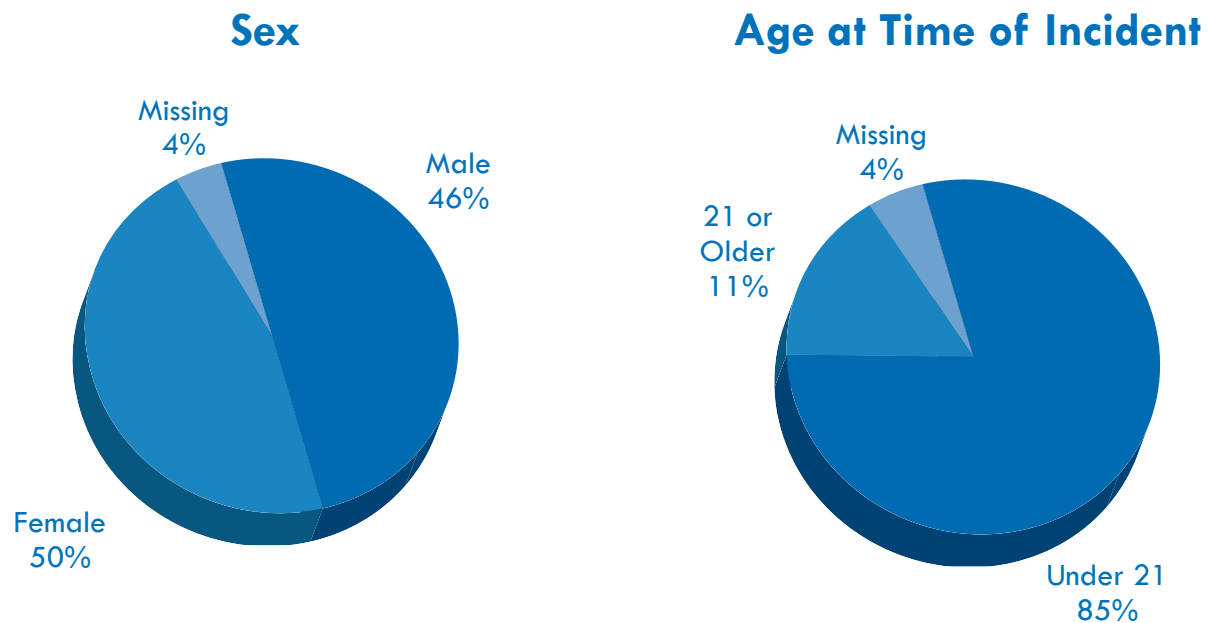


TABLE 5

Description of Student Respondents

Student Characteristics	Frequency	Percentage
Are you male or female?		
Male	70	45.5
Female	77	50.0
(Missing response)	(7)	(4.5)
At the time of the most current incident for which you were found responsible for violating your institution's alcohol policy, how old were you?		
Under 21	131	85.1
21 or older	17	11.0
(Missing response)	(6)	(3.9)
Were you living on campus or off campus at the time of your most current incident?		
On campus	126	81.8
Off campus	20	13.0
(Missing response)	(8)	(5.2)
Did the incident occur on campus or off campus?		
On campus	121	78.6
Off campus	25	16.2
(Missing response)	(8)	(5.2)

Alcohol on Campus



The consequences of excessive and underage drinking affect virtually all college campuses, college communities, and college students, whether they are younger or older than the minimum legal drinking age and whether or not they choose to drink.

Alcohol Consumption and Binge Drinking are Common Among College Students

Alcohol Consumption: About four in five of all college students drink, including nearly 60 percent of students age 18 to 20.

Binge Drinking: Approximately two of every five college students of all ages—more than 40 percent—have reported engaging in binge drinking at least once during the past 2 weeks. However, colleges vary widely in their binge drinking rates—from 1 percent to more than 70 percent (Wechsler et al., 1994, 1998, 2000b and NSDUH 2006).

From: <http://www.niaaa.nih.gov/AboutNIAAA/NIAAASponsoredPrograms/StatisticalSnapshotCollegeDrinking.htm>

Policy violations

Students were limited to the selection of one type of policy violation that best describes the violation for which they were found responsible. Sixteen options (including “Other (please specify)”) were offered, yet 11 students (7.1% of the total) chose none of the options. Responses to the 16 options are summarized in Table 6. Clearly, the most common violations involved underage possession of alcohol only (that is, not in combination with other behaviors that violated institutional policies) (22.1%) and underage drinking only (23.4%). Given that 78.6% of the incidents occurred on campus, that 81.8% of the students lived on campus, and that the vast majority of resident students are within their first year or two of college and thus generally under the age of 21, it is not surprising that many alcohol policy violations involve underage possession and consumption of alcohol.

The next most common types of violations involved the possession and consumption of alcohol (regardless of age) on a campus or in a specific location where alcohol was prohibited (10.4%), drinking in combination with behavior that endangered the safety of the student and/or one or more other people (7.8%), drinking in combination with loud, rude, disorderly, or disruptive behavior that remained at the verbal level (6.5%), alcohol poisoning requiring hospitalization or medical treatment (5.8%), driving while intoxicated (4.5%) and providing alcohol to one or more underage individuals (1.9%). Violations reported in the “other” category ranged from being in the presence of alcohol and being reported for underage drinking off campus to hosting a party or hosting underage students drinking in the student’s room, participating in a drinking game, using a fake ID to enter a bar, and drinking in combination with theft and in combination with burglary. A complete list of “other” types of violations listed by students can be found in Appendix F.

TABLE 6

Description of Alcohol Policy Violations

Type of Violation	Frequency	Percentage
Underage possession of alcohol (only; that is, not in combination with other behaviors that violated institutional policies)	34	22.1
Possession of alcohol (regardless of age) on a campus or in a specific location where alcohol is prohibited (only)	4	2.6
Underage drinking (only)	36	23.4
Drinking (regardless of age) on a campus or in a specific location where alcohol is prohibited (only)	12	7.8
Providing alcohol to one or more underage individuals	3	1.9
Driving while intoxicated	7	4.5
Drinking in combination with loud, rude, disorderly, or disruptive behavior that remained at the verbal level	10	6.5
Drinking in combination with behavior that: damaged personal or institutional property	0	0
endangered your safety	9	5.8
endangered the safety of one or more other people	2	1.3
endangered the safety of one or more other people and yourself	1	.6
actually injured you	0	0
actually injured one or more other people	0	0
actually injured one or more other people and yourself	0	0
Alcohol poisoning requiring hospitalization or medical treatment	9	5.8
Other (please specify) [Please see Appendix F]	16	10.4
(Missing response)	(11)	(7.1)

Student sense of responsibility for the current violation and involvement in previous violations for which they were found responsible

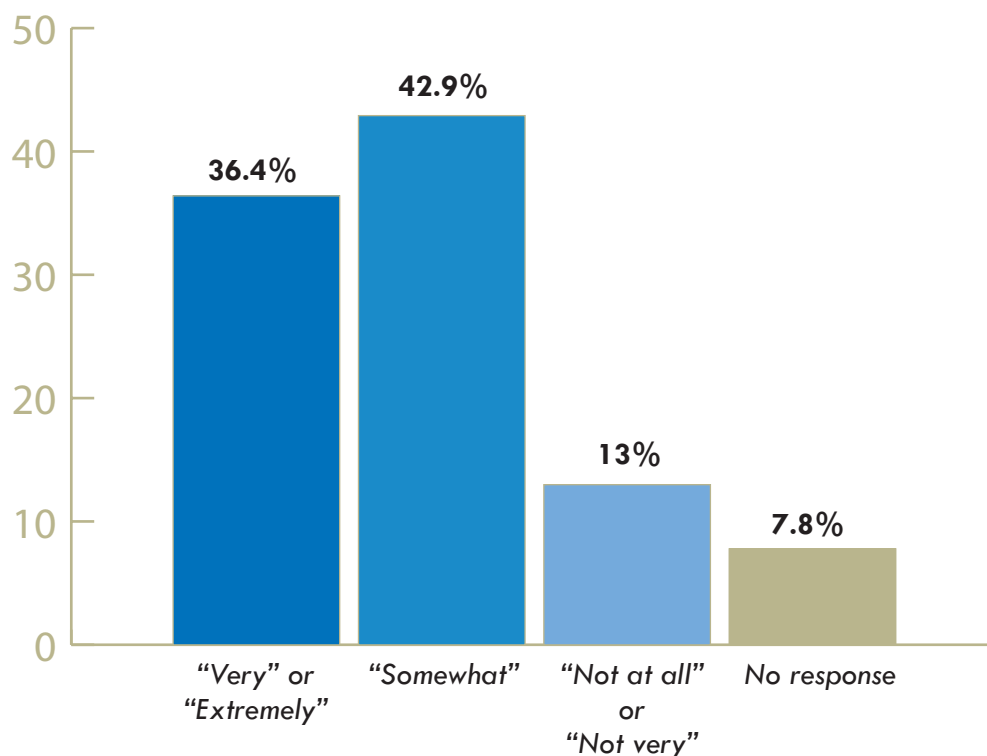
Two-thirds (66.9%) of the students responded affirmatively and one-quarter (25.3%) responded negatively to the question *“Do you believe you were in fact responsible for the violation for which the discipline system found you responsible?”* The remaining 7.8% did not answer the question.

Almost three-quarters (74.0%) said this was the first time they had been found responsible for violating an institutional alcohol policy. For 13.0% it was the second time, for 3.2% it was the third time, and for 1.9% it was at least the fourth time. The remaining 7.8% did not indicate how many times (including the most recent incident) they had been found responsible for violating an institutional alcohol policy.

Student knowledge and awareness before the incident

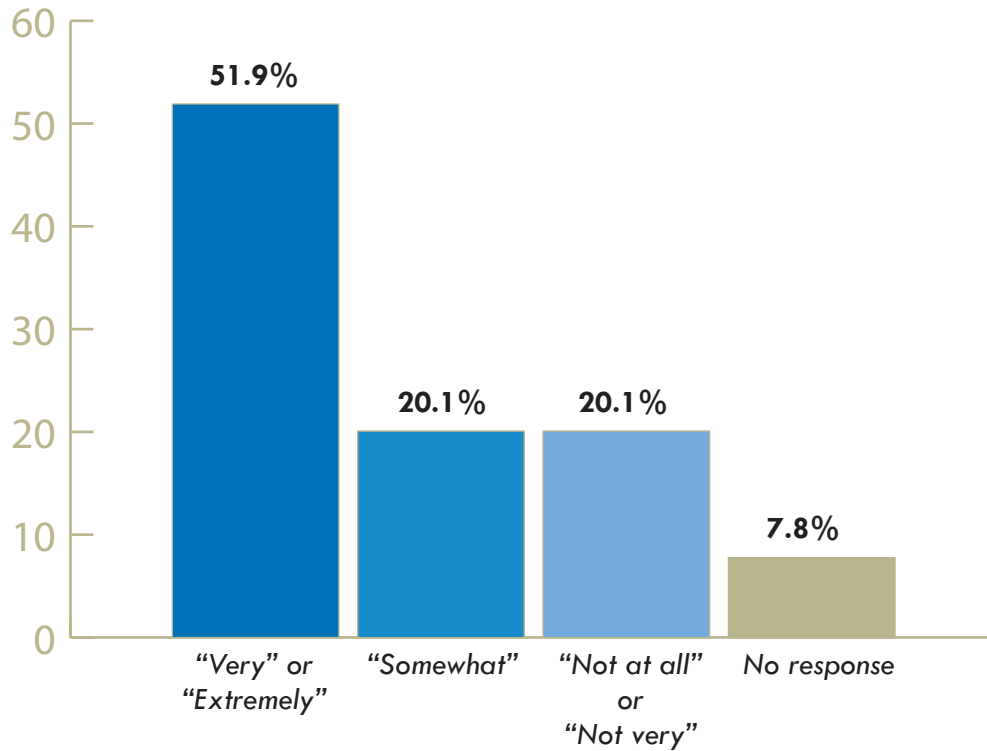
As illustrated in Figure 1, 42.9% of the students indicated that they were “somewhat” knowledgeable of their institutional alcohol policy before the most recent incident occurred. An additional 36.4% were “very” or “extremely” knowledgeable, whereas only 13.0% were “not at all” or “not very” knowledgeable of the policy, and 7.8% did not respond to the question.

Figure 1: Knowledge of Policy Before the Incident



As shown in Figure 2, the majority of the students (51.9 %) said they were very or extremely aware that their behavior would violate institutional policy, 20.1% were somewhat knowledgeable, 20.1% were not very or not at all knowledgeable, and 7.8% did not answer the question.

Figure 2: Awareness of Policy Violation Before the Incident



Before the incident, how aware were the students of the negative effects that alcohol could have on their behavior, health, and safety? Almost three-quarters (74.1%) said they were very or extremely aware, 13.6% were somewhat aware, 4.5% were not very or not at all aware, and 7.8% did not respond to this survey item (see Table 7).

Institutional responses to the violations

One survey item asked, "Did the institution measure your Blood Alcohol Level at the time of your violation?" Only 20.1% said "yes," 74.7% said "no," and 5.2% did not answer this question. As noted in the section on *Disciplinary sanctions and their effectiveness*, more than half of those receiving an alcohol assessment said it would deter them from subsequent underage or excessive drinking. Of those students who participated in an alcohol treatment program more than 67% said it was effective or very effective in deterring them from repeating the behavior in the future. However, while these disciplinary sanctions are effective, it is difficult to see how they can be enacted without knowing a student's BAL, and most institutions are not measuring it.

Subsequent questions asked whether a student conduct administrator, a disciplinary panel, or both had (a) found the student responsible for the violation and (b) determined the disciplinary sanctions. Two-thirds (66.9%) of the students were found responsible by a student conduct administrator, 11.7% by a disciplinary panel, and 13.0% by both. Similarly, the majority (63.6%) of the students had their disciplinary sanctions determined by a student conduct administrator, 14.9% by a disciplinary panel, and 13.0% by both. The remaining 8.4% of the students did not answer either of these questions.

TABLE 7

Student Knowledge and Awareness Before the Alcohol Policy Violation

Survey Questions	Frequency	Percentage
Before the most recent incident occurred, how knowledgeable were you of your institution's alcohol policy?		
Not at all knowledgeable	4	2.6
Not very knowledgeable	16	10.4
Somewhat knowledgeable	66	42.9
Very knowledgeable	46	29.9
Extremely knowledgeable	10	6.5
(Missing response)	(12)	(7.8)
Before the incident, how knowledgeable were you that your behavior would violate your institution's alcohol policy?		
Not at all knowledgeable	14	9.1
Not very knowledgeable	17	11.0
Somewhat knowledgeable	31	20.1
Very knowledgeable	65	42.2
Extremely knowledgeable	15	9.7
(Missing response)	(12)	(7.8)
Before the incident, how aware were you of the negative effects alcohol could have on your behavior, health, and safety?		
Not at all aware	3	1.9
Not very aware	4	2.6
Somewhat aware	21	13.6
Very aware	74	48.1
Extremely aware	40	26.0
(Missing response)	(12)	(7.8)

Disciplinary sanctions and their effectiveness as deterrents

One survey item asked *“Which of the following disciplinary sanctions were issued? (Check all that apply.)”* Thirteen response options, including “Other (please specify)” were listed, yet 7.8% of the students chose none of the options. As noted in Table 8, the most common sanctions involved participation in an alcohol education program (57.8%), disciplinary probation, which usually comes with a warning that repeated behavior will result in more serious consequences (47.4%), and a warning not to repeat the behavior (46.8%). These sanctions were followed in descending order by a monetary fine (36.3%), community service (24.0%), and completion of a research paper pertaining to alcohol (22.1%). Fewer than ten percent of the students indicated that each of the remaining sanctions was issued. It should perhaps be noted that only 6.5% of the students were required to participate in an alcohol treatment program, yet Table 13 shows that a total of 29.9% participated in such programs whether or not participation was required by the disciplinary system. Only 3.9% of the students were required to receive an alcohol assessment prior to the determination of sanctions, and only 9.1% of the students were required to receive an alcohol assessment as a sanction itself. (Please see Table 8 and note that the sanctions described in the “Other” category are listed in Appendix G.)

Disciplinary Sanctions



Excessive and underage drinking by US college and university students continues to be a significant problem.

Curtailling the misuse of alcohol on college campuses is an important goal of college and university administrators because of the many negative consequences resulting from alcohol misuse. As part of their prevention programs, US colleges and universities are required by law to make information about their alcohol policies available to students. Often the source of this information is the school's website. The authors evaluated the alcohol-policy information that is available on the Web sites of the 52 top national universities listed in the 2002 rankings of *US News and World Report*. In general, they found that the information was difficult to find, was located in many areas of the website, and did not provide complete information about the school's alcohol policy.

From: <http://www.collegedrinkinglearningprevention.gov/CollegePresidents/evalCollegeAlcoholPolicies.aspx>

TABLE 8***A Summary of Disciplinary Sanctions Issued***

Type of Sanction	Frequency	Percentage
A warning not to repeat the behavior	72	46.8
Disciplinary probation (which usually comes with a warning that repeated behavior will result in more serious consequences)	73	47.4
Participation in an alcohol education program	89	57.8
Completion of a research paper pertaining to alcohol	34	22.1
Creating a bulletin board display or conducting a program designed to educate other students about alcohol	8	5.2
A monetary fine	56	36.4
Community service	37	24.0
Eviction from on-campus housing	2	1.3
Suspension from the institution	1	.6
Participation in an alcohol treatment program	10	6.5
Receiving a post-incident alcohol assessment prior to the determination of sanctions	6	3.9
Receiving a post-incident alcohol assessment as a sanction itself	14	9.1
Other (please specify) [Please see Appendix G]	11	7.1
(Missing response)	(12)	(7.8)

How effective were the sanctions in deterring the students from repeating their behaviors in the future? Student responses to this question varied widely, with 31.2% of the students describing their sanctions as not at all effective or slightly effective, 20.1% saying their sanctions were somewhat effective, and 39.6% indicating that their sanctions were effective or extremely effective. Further, 39.0% of the students said they believed that disciplinary sanctions deter students from violating institutional alcohol policies in the future, whereas 79.2% said they believed that disciplinary sanctions simply make students more cautious so they don't get caught in the future. As noted in Table 9, 9.1% of the students did not respond to any of these three items. Seventeen students (11.0% of the total) offered suggestions regarding sanctions that may be more effective as deterrents and comments regarding their own sanctions and alcohol policies in general. These 17 suggestions and comments are listed in Appendix H.

TABLE 9***Student Opinions Regarding the Effectiveness of Disciplinary Sanctions as Deterrents to Alcohol Policy Violations***

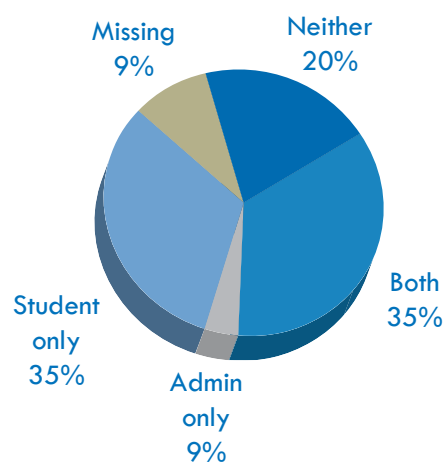
Survey Questions	Frequency	Percentage
How effective were the disciplinary sanctions you received in deterring you from repeating the behavior?		
Not at all effective	24	15.6
Slightly effective	24	15.6
Somewhat effective	31	20.1
Effective	41	26.6
Extremely Effective	20	13.0
(Missing response)	(14)	(9.1)
Do you believe disciplinary sanctions deter students from violating institutional alcohol policies in the future?		
Yes	60	39.0
No	80	51.9
(Missing response)	(14)	(9.1)
Do you believe disciplinary sanctions simply make students more cautious so they don't get caught in the future?		
Yes	122	79.2
No	18	11.7
(Missing response)	(14)	(9.1)
Are there other disciplinary sanctions that you believe may be more effective in deterring you from repeating the behavior in the future? If yes, please describe them briefly. [See Appendix H]		
Yes	17	11.0
No	121	78.6
(Missing response)	(16)	(10.4)

Parent Notification



Of the 109 students whose parents had been told (by the student and/or by an administrator) about the incident and its disciplinary consequences, **63.3% said that their parents' knowing had deterred them from repeating the behavior in the future.** Those deterred included 55.1% of those whose parents had been notified only by the student, 50.0% of those whose parents had been notified only by an administrator, and 72.2% of those whose parents had been notified by both the student and an administrator. **This suggests that parental notification may serve most effectively as a deterrent to repeated behavior when both the student and an administrator participate in the notification process.**

Parents were notified of the incident and its disciplinary consequences by



Parental notification and its effectiveness as a deterrent

Table 10 shows that two-thirds (66.9%) of the students said they told their parents about the incident and/or its disciplinary consequences, whereas only 39.0% said that the student conduct administrator or other institutional official did so. A closer look at the responses to these two questions taken together shows that 31.8% of the students indicated that parents were notified by the student and not by an institutional official, only 3.9% said parents were informed by an institutional official and not by the student, and 35.1% said their parents were notified by both the student and an institutional official. Thus, a total of 70.8% had parents who had been notified by one or both parties (the student and/or an institutional official); 19.5% had parents who had been notified by neither the student nor an institutional official, and 9.7% did not answer these or any other questions regarding parental notification as shown in Table 10.

Consider the third question: ***“Did your parents’ knowing about the incident and/or its disciplinary consequences deter you from repeating the behavior in the future?”*** Of the 109 students whose parents had been told (by the student and/or by an administrator) about the incident and its disciplinary consequences, 63.3% said that their parents’ knowing had deterred them from repeating the behavior in the future. Those deterred included 55.1% of those whose parents had been notified only by the student, 50.0% of those whose parents had been notified only by an administrator, and 72.2% of those whose parents had been notified by both the student and an administrator. **This suggests that parental notification may serve most effectively as a deterrent to repeated behavior when both the student and an administrator participate in the notification process.**

The fourth question shown in Table 10 asked, ***“Would the student conduct administrator or other institutional official notifying your parents about the incident and/or its disciplinary consequences deter you from repeating the behavior in the future?”*** Sixty-six students (42.9% of the total sample) said “yes.” They included 63.3% of the students whose parents had been notified by an administrator and 35.4% of the students whose parents had not been notified by an administrator. Thus, students who have not had their parents notified by an institutional official may underestimate the degree of influence that such notification may have as a deterrent to repeated behavior.

TABLE 10***Parental Notification and its Effectiveness as a Deterrent***

Survey Questions	Frequency	Percentage
Did you ever tell your parents about this incident and/or its disciplinary consequences?		
Yes	103	66.9
No	36	23.4
(Missing response)	(15)	(9.7)
Did the student conduct administrator or other institutional official ever tell your parents about the incident and/or its disciplinary consequences?		
Yes	60	39.0
No	79	51.3
(Missing response)	(15)	(9.7)

Continued...

TABLE 10 (CONTINUED)

The following results are based on responses to both of the above questions:

Parents were told about the incident and/or its disciplinary consequences by . . .

The student only	49	31.8
An administrator only	6	3.9
Both the student and an administrator	54	35.1
Total student and/or administrator	109	70.8
Neither the student nor an administrator	30	19.5
(Missing Response)	(15)	(9.7)

		If Parents Were Told by . . .									
Total		Student		Administrator		Both Stu		Stu and/			
Sample		Only		Only		and Admin		or Admin			
(N=154)		(n=49)		(n=6)		(n=54)		(n=109)			
Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.

Did your parents' knowing about the incident and/or its disciplinary consequences deter you from repeating the behavior in the future?

Yes	69	44.8	27	55.1	3	50.0	39	72.2	69	63.3
No	40	26.0	22	44.9	3	50.0	15	27.8	40	36.7
(Missing)	(45)	(29.2)	(0)	(0.0)	(0)	(0.0)	(0)	(0.0)	(0)	(0.0)

Total		If Parents Were		If Parents Were	
Sample		Told by an		Not Told by an	
(N=154)		Administrator		Administrator	
		(n=60)		(n=79)	
Freq.	Pct.	Freq.	Pct.	Freq.	Pct.

Would the student conduct administrator or other institutional official notifying your parents about the incident and/or its disciplinary consequences deter you from repeating the behavior in the future?

Yes	66	42.9	38	63.3	28	35.4
No	73	47.4	22	36.7	51	64.6
(Missing)	(15)	(9.7)	(0)	(0.0)	(0)	(0.0)

Involvement with the criminal justice system and its effectiveness as a deterrent

Table 11 summarizes the responses of the total sample to six survey questions concerning involvement with the criminal justice system and its effectiveness as a deterrent to repeated behavior. The table shows that 62 students said that police were notified of or involved in the incident for which their institutions found them responsible for violating alcohol policies. Of these 62 students, 15 (24.2%) were arrested, 25 (40.3%) had cases that went to court, 8 (12.9%) had to spend time in jail, and 41 (66.1%) said their involvement with the criminal justice system deterred them from repeating their behaviors in the future.

The sixth and final question in this series asked, **“Would involvement with the criminal justice system deter you from repeating the behavior in the future?”** Of the 154 students in the total sample 72.1% said “yes.” They included 79.0% of the 62 students who had in fact been involved with the criminal justice system in some way or another and 80.5% of the 77 students who had not been involved with the criminal justice system.

Criminal Justice System



Police Involvement: About 5 percent of 4-year college students are involved with the police or campus security as a result of their drinking (Wechsler et al., 2002), and 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence (Hingson et al., 2002).

From: <http://www.collegedrinkprevention.gov/StatsSummaries/snapshot.aspx>

TABLE 11

Involvement with the Criminal Justice System and its Effectiveness as a Deterrent

Survey Questions	Total Sample (N=154)		If Police Notified (n=62)		If Police Not Notified (n=77)	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
Were police notified of or involved in the incident?						
Yes	62	40.3				
No	77	50.0				
(Missing response)	(15)	(9.7)				
Were you arrested?						
Yes	15	9.7	15	24.2	0	0.0
No	47	30.5	47	75.8	0	0.0
(Missing response)	(92)	(59.7)	(0)	(0.0)	(77)	(100.0)
Did your case ever go to court?						
Yes	25	16.2	25	40.3	0	0.0
No	37	24.0	37	59.7	0	0.0
(Missing response)	(92)	(59.7)	(0)	(0.0)	(77)	(100.0)
Did you have to spend any time in jail?						
Yes	8	5.2	8	12.9	0	0.0
No	54	35.1	54	87.1	0	0.0
(Missing response)	(92)	(59.7)	(0)	(0.0)	(77)	(100.0)

TABLE 11 (CONTINUED)

Did your involvement with
the criminal justice system
deter you from repeating
the behavior in the future?

Yes	41	26.6	41	66.1	0	0.0
No	21	13.6	21	33.9	0	0.0
(Missing response)	(92)	(59.7)	(0)	(0.0)	(77)	(100.0)

Would involvement with
the criminal justice system
deter you from repeating
the behavior in the future?

Yes	111	72.1	49	79.0	62	80.5
No	28	18.2	13	21.0	15	19.5
(Missing response)	(15)	(9.7)	(0)	(0.0)	(0)	(0.0)

Alcohol Assessment



The goal of screening in student health or other college settings is to reduce alcohol-related harm. Abstinence is an unrealistic expectation for many college campuses. Screening students goes beyond simply identifying and referring students who are alcohol-dependent and require referral to a specialized alcohol treatment program. For example, there is a direct dose-response relationship between drinking and a number of alcohol-related consequences. Persons drinking 3-4 drinks per day have a 2- to 3-fold risk for accidents, stroke, liver disease, cancer, and hypertension (Anderson, 1993). This effect is independent of the presence or absence of alcoholism.

Collegedrinkingsprevention.org has a screening and assessment module online that includes definitions and criteria, questions, interview techniques, tests and clinical references.

See: http://www.collegedrinkingsprevention.gov/NIAACollegeMaterials/trainingmanual/module_2.aspx

Alcohol assessment and its effectiveness as a deterrent

Table 12 shows that 46.1% of the students said they had received an alcohol assessment (whether or not it was required) as a result of the incidents for which they were found responsible for violating institutional alcohol policies. Of the 71 students who received an alcohol assessment more than half (50.7%) said that the assessment deterred them from subsequent underage or excessive drinking. With respect to deterring the student from repeating the specific behaviors involved in the most recent incident, 15.6% of the students who received an alcohol assessment rated it as not at all or only slightly effective, 17.5% rated it as somewhat effective, 12.3% rated it as very or extremely effective, and 1.4% did not rate it.

TABLE 12

Alcohol Assessment and its Effectiveness as a Deterrent

Survey Questions	Frequency	Percentage
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Whether or not it was required, did you receive an alcohol assessment as a result of this incident?

Yes	71	46.1
No	68	44.2
(Missing response)	(15)	(9.7)

Did the assessment deter you from subsequent underage or excessive drinking?*

Yes	36	23.4
No	35	22.7
(Missing response)	(83)	(53.9)

How effective was the assessment in deterring you from repeating the behavior in the future?

Not at all effective	8	5.2
Slightly effective	16	10.4
Somewhat effective	27	17.5
Very effective	13	8.4
Extremely effective	6	3.9
(Missing response)	(84)	(54.5)

* From this point forward, "Percentage" is calculated using N=154.

Treatment Programs



What makes alcohol treatment for college students unique?

The majority of college alcohol treatment programs are located on or around campus. They are especially prevalent in those college towns that play host to a large research university that can support such institutions. They are unique not only because they only treat young people, but also because they address college-age specific issues. For example, you may find alcohol counseling at one of these programs that focuses on how to cope with the pressure of getting good grades without turning to alcohol. Issues such as these speak directly to graduate and undergraduate students – and likely will NOT be found in any standard adult program.

From: <http://www.thegooddrugsguide.com/drug-and-alcohol-treatment/population/treatment-college-students/index.htm>

Alcohol treatment programs and their effects

Responses to three questions concerning alcohol treatment programs for the total sample of 154 students are summarized in Table 13. Forty six (29.9%) of the students said they had participated in an alcohol treatment program as a result of the most recent incident. Of the 46 students who participated in the program, 32.6% said their treatment programs were not at all or only slightly effective, 41.3% said they were somewhat effective, and 26.1% said they were very or extremely effective in deterring the students from repeating the behaviors in the future.

Students were subsequently asked whether they believed that being in an alcohol treatment program would make them more aware of the negative effects alcohol can have on their behavior, health, and safety. Fifty-nine students (38.3% of the entire sample of 154 students) said “yes.” The 59 students responding affirmatively included 56.5% of the 46 students who indicated they had actually been in an alcohol treatment program and 35.5% of the 93 students who said they had not been in an alcohol treatment program. This suggests that students who have not participated in an alcohol treatment program may underestimate its effect on their awareness of the negative effects alcohol can have on their behavior, health, and safety. Also, the responses of those students who had actually been in an alcohol treatment program suggest that being in the program made them more aware of the negative effects of alcohol on their behavior, health and safety.

TABLE 13

Alcohol Treatment Programs and Their Effects

Survey Questions	Total Sample (N=154)		If Received Treatment (n=46)		If No Treatment (n=93)	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
Did you participate in an alcohol treatment program as a result of this incident?						
Yes	46	29.9				
No	93	60.4				
(Missing response)	(15)	(9.7)				
How effective was the treatment program in deterring you from repeating the behavior in the future?						
Not at all effective	6	3.9	6	13.0	0	0.0
Slightly effective	9	5.8	9	19.6	0	0.0
Somewhat effective	19	12.3	19	41.3	0	0.0
Very effective	9	5.8	9	19.6	0	0.0
Extremely effective	3	1.9	3	6.5	0	0.0
(Missing response)	(108)	(70.1)	(0)	(0.0)	(93)	(100.0)
Do you believe being in an alcohol treatment program would make you more aware of the negative effects that alcohol can have on your behavior, health, and safety?						
Yes	59	38.3	26	56.5	33	35.5
No	79	51.3	20	43.5	59	63.4
(Missing response)	(16)	(10.4)	(0)	(0.0)	(1)	(1.1)

The impact of the incident and its consequences on student awareness and repeated behaviors

Table 14 shows that of the 154 students in the total sample, 50.0% reported that, as a result of the incident and its consequences, they had become more aware of the negative effects that alcohol can have on their behavior, health, and safety. Of these 77 students, 80.5% said this awareness deterred them from repeating the behavior in the future. A subsequent item asked, *“How has that awareness deterred you from repeating the behavior in the future?”* Samples of their responses are included in Appendix I.

TABLE 14

<i>Student awareness and its effectiveness as a deterrent</i>		
<i>Survey Questions</i>	<i>Frequency</i>	<i>Percentage</i>
As a result of the incident and its consequences, did you become more aware of the negative effects that alcohol can have on your behavior, health, and safety?		
Yes	77	50.0
No	60	39.0
(Missing response)	(17)	(11.0)
Did that awareness deter you from repeating the behavior in the future?		
Yes	62	40.3
No	15	9.7
(Missing response)	(77)	(50.0)

Binge drinking

Before a series of three items regarding binge drinking, the survey provided the generally accepted definition of a binge drinker as “someone who consumes four or more drinks at one sitting (for women) or five or more drinks at one sitting (for men) at least once in a two-week period.” Table 15 shows that, given this definition, 39.6% of the total sample said they were binge drinkers at the time the incident occurred and 29.9% of the total sample said they were binge drinkers now. However, only 10.4% of the total sample said that, to their knowledge, the student conduct administrator or other institutional official has referred to them as binge drinkers.

Because many student conduct officers have provided anecdotal evidence (though not research data) that there has been an increase in binge drinking, particularly among women, responses to the three binge drinking items in the survey were sorted by student sex and analyzed for men and women separately. The sub-samples for these analyses included 65 men and 70 women who responded to both the item regarding their sex and the items regarding binge drinking.

Of the 65 men, 44.6% said that, given the definition of “binge drinker” provided in the survey, they were binge drinkers at the time of the incidents involving institutional alcohol policy violations for which they were found responsible, and 40.0% said that they are binge drinkers now (at the time they completed the survey). Eleven (16.9%) of the men said that an institutional official had referred to them as binge drinkers; seven of these eleven men indicated that they were indeed binge drinkers at the time their disciplinary incidents occurred.

Of the 70 women, 45.7% reported that they were binge drinkers when their incidents occurred, and **28.6% said they are binge drinkers now** (when they completed the survey). Five (7.1%) of the women said that an institutional official had referred to them as binge drinkers; four of these five women said they were indeed binge drinkers when their incidents occurred. **These data suggest that the incident and/or its disciplinary consequences had a greater effect on the binge drinking of women than on the binge drinking of men.**

Figure 3: Binge Drinkers

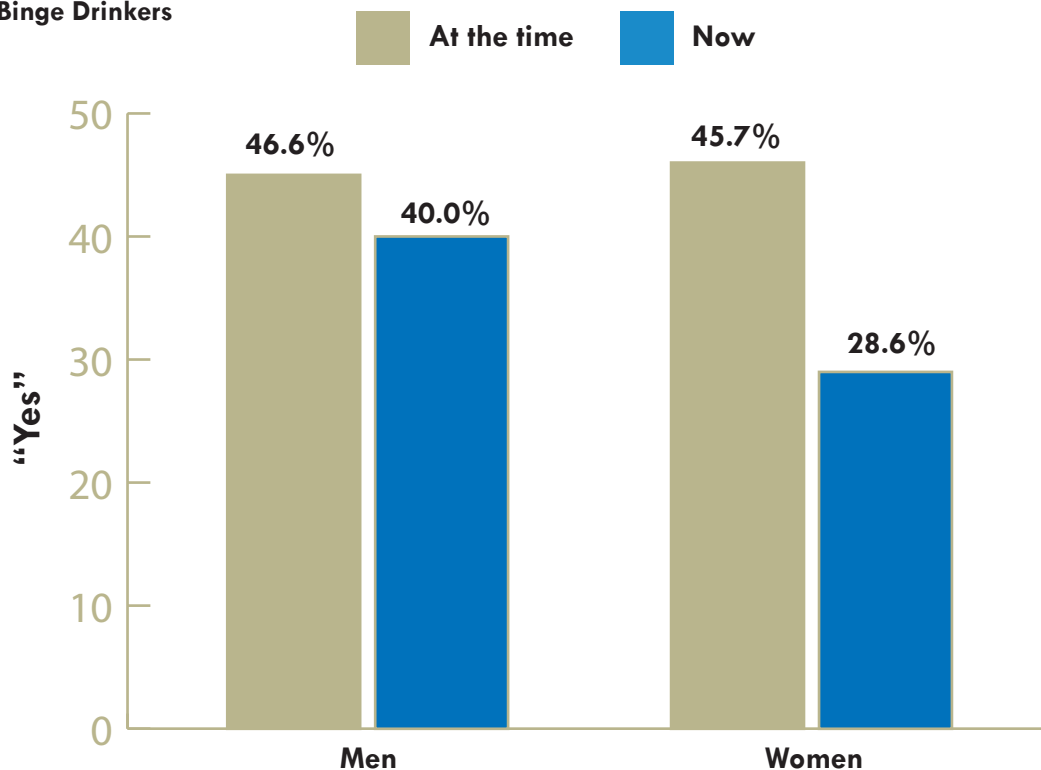


TABLE 15

Binge Drinking

<i>Total</i>			
<i>Sample</i>	<i>Men</i>	<i>Women</i>	
(N=154)	(n=65)	(n=70)	

Survey Questions

Before responding to the following questions, please note that the generally-accepted definition of a “binge drinker” is someone who consumes four or more drinks at one sitting (for women) or five or more drinks at one sitting (for men) at least once in a two-week period.

Given this definition, were you a “binge drinker” at the time the incident occurred?

	<i>Freq.</i>	<i>Pct.</i>	<i>Freq.</i>	<i>Pct.</i>	<i>Freq.</i>	<i>Pct.</i>
Yes	61	39.6	29	44.6	32	45.7
No	75	48.7	36	55.4	38	54.3
(Missing response)	(18)	(11.7)	(0)	(0.0)	(0)	(100.0)

Given this definition, are you a “binge drinker” now?

Yes	46	29.9	26	40.0	20	28.6
No	90	58.4	39	60.0	50	71.4
(Missing response)	(18)	(11.7)	(0)	(0.0)	(0)	(100.0)

To your knowledge, has the student conduct administrator or other institutional official ever referred to you as a “binge drinker”?

Yes	16	10.4	11	16.9	5	7.1
No	120	77.9	54	83.1	65	92.9
(Missing response)	(18)	(11.7)	(0)	(0.0)	(0)	(100.0)

Disciplinary sanctions reported by students as most effective in deterring other students from violating institutional alcohol policies

The survey form asked students to select up to five disciplinary sanctions that they believed would be most effective in deterring other students from violating their institutional alcohol policies. Sixteen response options, ending with “None of these sanctions would be effective” and “Other (please specify)” were listed. Student responses are summarized in Table 16, which shows that the sanctions selected by the most students were community service (38.3%), a monetary fine (35.7%), a warning not to repeat the behavior (33.8%), and notification of parents (29.9%). At the other extreme, only two students (1.3%) described “other” sanctions they believed would be effective. These are as follows:

Psychiatric counseling and evaluation

Loss of scholarship would work well. Also, some form of counseling that would be time consuming and required would be effective.

TABLE 16

Type of Sanction	Frequency	Percentage
<i>What disciplinary sanctions do you believe would be most effective in deterring other students from violating your institution's alcohol policies? (Please select up to five.)</i>		
A warning not to repeat the behavior	52	33.8
Disciplinary probation (which usually comes with a warning that repeated behavior will result in more serious consequences)	42	27.3
Participation in an alcohol education program	42	27.3
Completion of a research paper pertaining to alcohol	35	22.7
Creating a bulletin board display or conducting a program designed to educate other students about alcohol	6	3.9
A monetary fine	55	35.7
Community service	59	38.3
Eviction from on-campus housing	19	12.3
Suspension from the institution	25	16.2
Participation in an alcohol treatment program	18	11.7
Receiving a post-incident alcohol assessment prior to the determination of sanctions	7	4.5
Receiving a post-incident alcohol assessment as a sanction itself	12	7.8
Notification of parents	46	29.9
Notification of police (if the violation involves unlawful behavior)	28	18.2
None of these sanctions would be effective	5	3.2
Other (please specify)	2	1.3

Follow-up by the institution

Students were asked, *“What, if any, follow-up has your institution had with you after you completed the disciplinary sanction regarding your alcohol violation?”* Although many students left this item blank, 45 students actually wrote “none,” “nothing,” “n/a,” and other brief comments indicating there had been no follow-up. Other responses are listed in Appendix J.

Suggestions from Students

The final survey question asked, *“In your opinion, what programs, policies, or actions could your institution have in place to deter alcohol policy violations such as the one you were cited for before they happen?”* Although many students left this item blank, of those who did respond some indicated that there was nothing to be done since students will always drink, but others offered positive suggestions and some said the institutions were doing all they could. A list of comments are contained in Appendix K.



Conclusions

*T*he purpose of this research was to determine the effectiveness of sanctions for alcohol related policy violations. Effectiveness was determined by whether the student participants in the research reported that their sanction had deterred them from repeating their behaviors. The importance of finding effective deterrents to repeated violations of institutional alcohol policies can not be over emphasized. In this study, 230 institutional conduct administrators reported that 30,280 students had been found responsible for violating alcohol policies during the previous six months and more than two-thirds (66.9%) of the students responding to the survey admitted that they were responsible for committing such violations.

Most students reported that they were knowledgeable of their institutional alcohol policies (79.3%), knew that their behavior would violate the policies (72.0%), and were aware of the negative consequences that alcohol had on their behavior, health, and safety (87.7%). The students' responses clearly indicate that a lack of awareness is not a major factor in the alcohol violations that plague college campuses. However, even in light of their professed knowledge they continued to violate institutional alcohol policies and almost 20% of the students reported that they had been found responsible for violating the institution's alcohol policies two, three, or even four or more times!

The students' responses suggest that colleges and universities may be focused on less effective sanctions and are less likely to use sanctions that students reported are more effective deterrents to repeated alcohol policy violations. Although the data provided by this study are based on a limited number of responses from both student conduct administrators and students, they provide a starting point for discussion. Perhaps institutions should employ the survey on their own campuses to determine the extent to which the results of this study apply to their particular institutions. Administrators may

use the survey with proper attribution for research on their campuses. Clearly, college and university officials need to listen to what their own students say about effective sanctioning for alcohol policy violations.

The vast majority of alcohol policy violations involved underage drinking and possession, often in combination with noise and other disruptive behaviors. This is understandable since only residential institutions were included in the study, most of the student respondents lived on campus, and most on-campus residents are under 21 years of age. Since 81.8% of the students responding to the survey lived on campus, many or most of these incidents likely involved students being “written up” by their resident assistant (RA) for drinking and possession in the residence halls. However, a sizeable number of students (almost 20%) reported that they had engaged in an activity that posed a significant danger to themselves or others, (DUI, drinking that endangered themselves or others and alcohol poisoning requiring hospitalization). These data alone should encourage colleges and universities to reexamine their policies and practices to focus on this serious threat.

Clearly, college and university officials need to listen to what their own students say about effective sanctioning for alcohol policy violations.

A substantial percentage of students (79.2%) stated that disciplinary sanctions for alcohol policy violating simply make students more cautious so they will not get caught in the future. Institutions may want to reconsider their sanctions for alcohol-related violations. **Participation in an alcohol education program was used as a sanction in more than half the cases (57.8%) reported by students, although it is well known that education alone is not an effective deterrent** (DeJong, Vince-Whitman, Colthurst, Cretella, Gilbreath, Rosati, & Zweig, 1998). Other sanctions most commonly applied included disciplinary probation with a warning that repeated behavior would result in more serious consequences and a simple warning not to repeat the behavior. A monetary fine and community service were also frequent sanctions issued for alcohol violations; however, more than half of the students (51.9%) reported that disciplinary sanctions did not deter students from violating alcohol policies in the future. It is difficult to see a close connection between an alcohol violation and a fine, community service, or probation particularly when these sanctions are not coupled with other educational sanctions. These are certainly punishments, but can they be justified as disciplinary sanctions that change behavior?

Disciplinary Actions



What disciplinary sanctions change behavior?

While some students stated that there was nothing to be done to stop college students from drinking, there were several disciplinary sanctions that deterred students from repeating behaviors that violated institutional alcohol policies. Sadly, few institutions utilized these sanctions.

Students required to have an alcohol assessment or to attend an alcohol treatment program said it deterred them from underage or excessive drinking in the future. These sanctions helped students to become aware of the negative effects of alcohol on their behavior, health and safety.

Parental notification is another noteworthy deterrent to repeated behaviors that violate institutional alcohol policies. This sanction is most effective in deterring repeated behaviors when parents are notified by both the student and an institutional administrator, but also effective for more than half the students if the notification is made only by the student or only by the administrator.

Involvement with the criminal justice system is another sanction that has an impactful effect in deterring repeated behaviors that violate institutional alcohol policies.

Finally, being subjected to the disciplinary system itself has a positive effect on women who were binge drinkers. Binge drinking among women decreased substantially after being disciplined for violating institutional alcohol policies.

From: Century Council

Most (78.6%) of the students said they had no suggestions for other sanctions that may be more effective as deterrents. Some even asserted that there was nothing that could be done to stop college students from drinking. Those who did offer suggestions included those who wanted more leniency as well as those who called for more strict sanctions. One thoughtful student said, “I think that more time spent one-on-one with the health educator could be more effective because the personal discussions you can have in confidence allow you to learn more about what you did, why it was wrong, and how your behavior could be improved.” This type of sanction makes a close connection between the violation and the sanction. Of course this would be ideal, but most colleges don’t have the resources for this type of individualized sanction. Nevertheless, it should not be dismissed out of hand.

Most institutions fail to follow-up with students who have been sanctioned for alcohol violations.

Administrators need to think about this in creative ways. Are there grants that may be obtained? Can appropriate graduate students be trained and utilized as counselors? Where there are no graduate students at the institution can there be internship opportunities for appropriate graduate students from nearby institutions? Are there members of the faculty and administration who may be willing, on a limited basis, to volunteer to meet with students if given proper training? This was actually suggested by one student as something that would deter students from violating alcohol policies. This is an area of extreme importance since most institutions fail to follow-up with students who have been sanctioned for alcohol violations. When asked about institutional follow-up after they had completed their sanctions most students indicated that there had been none. Contacting students after they have completed their sanctions is a way of supporting them in their efforts not to violate the policies in the future. This is an area that institutions definitely need to focus on and improve.

Two interventions that students reported as effective in deterring them from subsequent underage or excessive drinking were alcohol assessment and alcohol treatment programs. More than half of the students who had had an alcohol assessment specifically stated that it would deter them from underage or excessive drinking in the future. Over 80% of those who had actually participated in an alcohol treatment program stated that the awareness of the negative effects of alcohol on their behavior, health and safety, as gained in the program, deterred them from repeating their behaviors. In spite of the finding regarding the effectiveness of alcohol assessment and treatment programs, it should be noted that fewer than half of the students participating in this study had received an alcohol assessment and fewer than a third had participated in an alcohol treatment program. One possible explanation for these low participation rates may be that very few institutions measure the blood alcohol level (BAL) of students involved in alcohol-related incidents. Only 11.3% of the administrators participating in the study reported that they measured the BAL of students charged with underage or excessive drinking while 53% did not even respond to the question).

Similarly, where students were charged with excessive drinking, only 15.2% measured their BAL, while again 53% did not respond to the question. Without the knowledge of how intoxicated the student may have been, it would be difficult to justify an alcohol assessment or a treatment program. Measuring the BAL would provide evidence of whether the student is in need of an alcohol assessment or a treatment program. Otherwise, an administrator simply cannot know that the student may need these interventions.

The information regarding BAL could trigger a student’s referral to an alcohol assessment or treatment program with a deterrent effect on subsequent alcohol violations. In addition, this information could make students more aware of their level of intoxication. How often have administrators heard students say, “I only had a couple of beers”?

An additional sanction that these data suggest is very effective as a deterrent to repeated violations, but not often used, is parental notification. This sanction, which is really not a sanction at all, except in the eyes of the student, is most

effective when parents are notified by both the student and an institutional administrator, but it is also effective for more than half the students even when parents are notified by only the student or only the institutional official. However, almost a fifth of the institutions did not notify parents, thereby losing out on an effective deterrent and a powerful ally in reducing alcohol violations (Lowery, Palmer & Gehring, 2005; Palmer, Lohman, Gehring, Carlson, & Garrett, 2001; Lowery, 2011). According to The Family Educational Rights and Privacy Act (FERPA)[20 U.S.C. 1232(g); 34 CFR 99] parental notification may only be made when the student is less than 21 years of age at the time of the notice, but most students in this study met that age limit established in FERPA as would students at most undergraduate institutions.

With respect to lowering binge drinking rates, simply going through the disciplinary process and being sanctioned does seem to have a greater effect on female than male students. Binge drinking rates among female students decreased by 37.5% between the time of the incident and the time students completed this survey. In contrast, binge drinking among male students decreased only by 10.3% during the same time period. This seems to be a fertile area for future research. Would a larger study find that women are more than three times as likely as men to stop binge drinking after going through the disciplinary process or is the finding restricted to the smaller sample in this study? If the changes in binge drinking rates differ drastically for men and women, why is that the case? Within the parameters of Title IX are there any practice implications of this finding?

Another experience that has a significant deterrent effect is involvement in the criminal justice system. Approximately 80% of both the students who indicated they had in fact been involved in the criminal justice system and the students who reported they had not been involved in the system said that such involvement would deter them from repeating their behavior in the future. For violations of law, institutions might consider turning the matter over to the police as well as taking action on campus. While such an action involves a wide variety of concerns, it certainly should be discussed since the vast majority of the students said such an involvement would be a deterrent. Institutions that want to treat their students like adults need to think about involving the criminal justice system for violations of law just as other adults are treated in our society.

The data generated by this study, while based on a limited sample, provide useful information that should be considered if institutions want to deter students from violations of institutional alcohol policies. It is strongly recommended that institutional studies be conducted to ascertain effective deterrents for students on different campuses. Hopefully, this study represents a beginning step in the process of coming to understand how the disciplinary process in higher education can best address the problems of underage and excessive drinking in the student population.

References

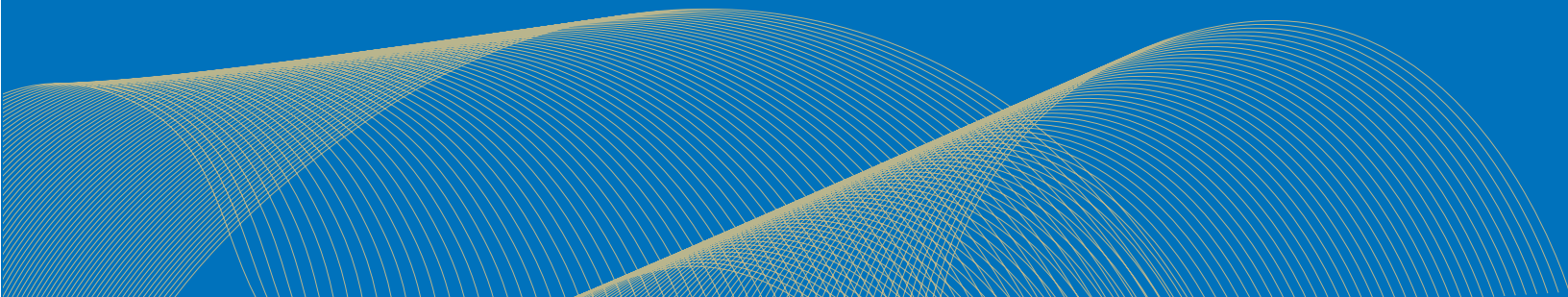
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Palmer, C. J., Lohman, G., Gehring, D. D., Carlson, S., & Garrett, O. (2001). Parental notification: A new strategy to reduce alcohol abuse on campus. *NASPA Journal*, 38,372-385.

Appendices



APPENDIX A

E-mail to Administrators Requesting their Participation in the Study Including a Link to a Letter Requesting Students to Participate

Dear <Name>:

We are writing to request your help with an important research project. We received your e-mail address from ASCA for the purposes of inviting you to participate in a study of the relationship of disciplinary sanctions to subsequent underage or excessive drinking on the part of students found responsible for violating institutional alcohol policies. If you are not the primary student conduct officer for your institution, we would appreciate your forwarding this message to that individual.

This research, which is funded by The Century Council, is sponsored by the Association for Student Conduct Administration in partnership with The National Judicial College. The ultimate goal of the study is to improve the effectiveness of campus conduct systems in deterring students found responsible for violating institutional alcohol policies from repeating their behavior in the future. Participation in the study is voluntary. If you wish to participate, please forward the e-mail message that appears below our contact information [please see Appendix C] to 10 randomly-selected students who were found responsible for violating your institution's alcohol policies within the past six months. In addition, you will be asked to complete the brief web-based survey which seeks information about your institution's alcohol policies and the approximate number of various types of alcohol violations that have been addressed through your student conduct system in the past 6 months. You may find it helpful to have access to your statistics when you complete the administrator survey.

*Follow this link to the Survey:

https://iup.qualtrics.com/WRQualtricsSurveyEngine/?Q_SS=4OYWchgaPSNycQc_6yF2FhluJeWHAPy&_=1

Or copy and paste the URL below into your Internet browser:

https://iup.qualtrics.com/WRQualtricsSurveyEngine/?Q_SS=4OYWchgaPSNycQc_6yF2FhluJeWHAPy&_=1

Once you have distributed the e-mail message to students and completed your own survey you will be eligible for a drawing to win a Kindle. Five Kindles will be given away to student conduct administrators who complete the survey and forward the information to 10 students. All survey responses will be anonymous. That is, the researchers will have no way of knowing who you or your students are or which institution you represent. As noted in the message below to students, they will have the opportunity to identify themselves if they wish to receive a \$15 iTunes gift card, which we will provide to the first 300 student respondents. All students who complete the survey will also be eligible for a drawing for a Kindle. A total of five Kindles will be given away to students.

The researchers will use a procedure that will not link students' identities to their survey responses in these drawings. Responses will come directly to the researchers, so you will not have an opportunity to see the responses for your own institution or even know how many of your 10 students (or which ones) chose to

participate in the study. We will, however, be happy to send you an executive summary of the research findings at your request. Please complete the administrator's online survey and forward the message below [located in Appendix C] to 10 randomly selected students by **Wednesday, March 24**. Please contact us if you have any questions or problems with the survey, its completion on-line, or this research project in general.

Sincerely,

Donald D. Gehring, Ed.D.
Donald D. Gehring & Associates, Inc.
Professor Emeritus, Bowling Green State University
908-433-4912
dgehrin1@earthlink.net

John W. Lowery, Ph.D.
Associate Professor, Indiana University of Pennsylvania
724-357-4535
jlowery@iup.edu

Carolyn J. Palmer, Ph.D.
Associate Professor, Bowling Green State University
419-372-7383
cpalmer@bgsu.edu

The administrator's online survey is located in Appendix C.

APPENDIX B

Administrator Survey (Including Informed Consent)

Dear Administrator:

You are invited to participate in a study of the effects of sanctioning on underage and excessive drinking on college campuses. The following information is provided in order to help you to make an informed decision about whether or not to participate. If you have any questions please do not hesitate to contact us.

The purpose of this study is to examine the effects of sanctioning on underage and excessive drinking on college campuses. Participation in this study will require approximately 10 minutes of your time. You will answer survey questions concerning your institution, its policies, and statistics. There is no personal risk involved in participating in this study.

Your participation in this study is voluntary. You are free to decide not to participate in this study or to withdraw at any time without adverse effect. Your decision will not result in any loss of benefits to which you are otherwise entitled. If you choose to participate, you may withdraw at any time by closing your web browser.

If you choose to participate, your survey responses will be held in strict confidence. Your responses will be presented in aggregate form with those of other participants or all information identifying you or your institution will be removed. The information obtained in the study may be published in journals or presented at professional meetings but your identity will be kept strictly confidential. If you include information in your responses which identifies you or your institution, that information will only be available to the research team. If you elected to enter the drawing for a free Kindle, your contact information will be stored completely separately from your survey responses. The research team will not be able to connect your contact information with your responses.

If you are willing to participate in this study, please click the “Agree” button below and you will be automatically directed to the survey.

If you have any questions regarding this study or would like a summary of the findings, please contact Dr. John Lowery at jlowery@iup.edu. The Indiana University of Pennsylvania Institutional Review Board (IRB) for the Protection of Human Subjects (Phone: 724-357-7730) has approved this research.

Thank you for your participation.

Sincerely,

Donald D. Gehring, Ed.D.
Donald D. Gehring & Associates, Inc.
Professor Emeritus, Bowling Green State University
908-433-4912
dgehrin1@earthlink.net

John Wesley Lowery, Ph.D.
Associate Professor, Indiana University of Pennsylvania
724-357-4535
jlowery@iup.edu

Carolyn J. Palmer, Ph.D.
Associate Professor, Bowling Green State University
419-372-7383
cpalmer@bgsu.edu

☐ I agree

☐ I disagree

The Effects of Sanctioning on Underage and Excessive Drinking on College Campuses

Which of the following characteristics best describes your institution?

- ☐ Public
- ☐ Private, religious-affiliated
- ☐ Private, independent

Which of the following characteristics best describes your institution?

- ☐ Four-year undergraduate only
- ☐ Four-year undergraduate and graduate/professional
- ☐ Graduate/professional only

How many students are enrolled on your campus?

- ☐ Fewer than 2,000
- ☐ 2,000 - 9,999
- ☐ 10,000 - 19,999
- ☐ 20,000 - 29,999
- ☐ 30,000 or more

How many students live on your campus?

- ☐ 1 - 999
- ☐ 1,000 - 4,999
- ☐ 5,000 - 9,999
- ☐ 10,000 or more

During the past six months, approximately how many students were alleged to have violated your institutional alcohol policies and had these allegations addressed by your student conduct system?

Approximately how many of these students were found to be responsible for violating your institutional alcohol policies?

Of the total number of students found responsible, approximately how many had violated your alcohol policies . . .

on campus?

off campus?

Of the total number of students found responsible, approximately how many were responsible for each of the following violations?

Underage possession (only; that is, not in combination with other behaviors that violated institutional policies)

Possession (regardless of age) on a campus or in a specific location where alcohol is prohibited (only)

Underage drinking (only)

Underage drinking (regardless of age) on a campus or in a specific location where drinking is prohibited (only)

Providing alcohol to one or more underage individuals

Driving while intoxicated

Drinking in combination with loud, rude, disorderly, or disruptive behavior that remained at the verbal level

Drinking in combination with behavior that damaged personal or institutional property

Drinking in combination with behavior that endangered their own safety

Drinking in combination with behavior that endangered the safety of one or more other people

Drinking in combination with behavior that endangered the safety of one or more other people and themselves

Drinking in combination with behavior that actually injured themselves

Drinking in combination with behavior that actually injured one or more other people

Drinking in combination with behavior that actually injured one or more other people and themselves

Alcohol poisoning requiring hospitalization or medical treatment

Other (Please specify below)

Do you take any kind of measure of the Blood Alcohol Level of students suspected of underage drinking?

- ☐ Yes
☐ No

Do you take any kind of measure of the Blood Alcohol Level of students suspected of excessive drinking?

- ☐ Yes
☐ No

Do you want to be entered into a drawing to win an Amazon Kindle?

- ☐ Yes
☐ No

Please enter the following information to be included in the drawing.

This information will not be connected to your responses to the survey.

First name

Last name

E-mail address

Survey Powered By Qualtrics

APPENDIX C

E-mail Inviting Students to Participate in the Study

Dear Student:

You are invited to participate in a study of the effects of sanctioning on underage and excessive drinking on college campuses. The following information is provided in order to help you to make an informed decision about whether or not to participate. If you have any questions please do not hesitate to contact us.

The purpose of this study is to examine the effects of sanctioning on underage and excessive drinking on college campuses. Participation in this study will require approximately 10 minutes of your time. You will answer survey questions concerning your institution, its policies, and statistics. There is no personal risk involved in participating in this study.

Your participation in this study is voluntary. You are free to decide not to participate in this study or to withdraw at any time without adverse effect. Your decision will not result in any loss of benefits to which you are otherwise entitled. If you choose to participate, you may withdraw at any time by closing your web browser.

If you choose to participate, your survey responses will be held in strict confidence. Your responses will be presented in aggregate form with those of other participants or all information identifying you or your institution will be removed. The information obtained in the study may be published in journals or presented at professional meetings but your identity will be kept strictly confidential. If you include information in your responses which identifies you or your institution, that information will only be available to the research team. If you elected to enter the drawing for a free Kindle, your contact information will be stored completely separately from your survey responses. The research team will not be able to connect your contact information with your responses.

If you are willing to participate in this study, please click the "Agree" button below and you will be automatically directed to the survey.

If you have any questions regarding this study or would like a summary of the findings, please contact Dr. John Lowery at jlowery@iup.edu. The Indiana University of Pennsylvania Institutional Review Board (IRB) for the Protection of Human Subjects (Phone: 724-357-7730) has approved this research.

Thank you for your participation.

Sincerely,

Donald D. Gehring, Ed.D.
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Carolyn J. Palmer, Ph.D.
Associate Professor, Bowling Green State University
419-372-7383
cpalmer@bgsu.edu

- ☐ I agree
☐ I disagree

The Effects of Sanctioning on Underage and Excessive Drinking on College Campuses

Which of the following characteristics best describes your institution?

- ☐ Public
- ☐ Private, religious-affiliated
- ☐ Private, independent

Which of the following characteristics best describes your institution?

- ☐ Four-year undergraduate only
- ☐ Four-year undergraduate and graduate/professional
- ☐ Graduate/professional only

How many students are enrolled on your campus?

- ☐ Fewer than 2,000
- ☐ 2,000 - 9,999
- ☐ 10,000 - 19,999
- ☐ 20,000 - 29,999
- ☐ 30,000 or more

How many students live on your campus?

- ☐ 1 - 999
- ☐ 1,000 - 4,999
- ☐ 5,000 - 9,999
- ☐ 10,000 or more

Are you male or female?

- ☐ Male
- ☐ Female

At the time of the most recent incident for which you were found responsible for violating your institution's alcohol policy, how old were you?

- ☐ Under 21
- ☐ 21 or older

Did the incident occur on campus or off campus?

- ☐ On campus
☐ Off campus

Were you living on campus or off campus at the time the incident occurred?

- ☐ On campus
☐ Off campus

Did the institution measure your Blood Alcohol Level at the time of your violation?

- ☐ Yes
☐ No

Which of the following best describes the violation for which you were found responsible? (Please choose only one.)

- ☐ Underage possession (only; that is, not in combination with other behaviors that violated institutional policies)
☐ Possession (regardless of age) on a campus or in a specific location where alcohol is prohibited (only)
☐ Underage drinking (only)
☐ Drinking (regardless of age) on a campus or in a specific location where drinking is prohibited (only)
☐ Providing alcohol to one or more underage individuals
☐ Driving while intoxicated
☐ Drinking in combination with loud, rude, disorderly, or disruptive behavior that remained at the verbal level
☐ Drinking in combination with behavior that damaged personal or institutional property
☐ Drinking in combination with behavior that endangered your own safety
☐ Drinking in combination with behavior that endangered the safety of one or more other people
☐ Drinking in combination with behavior that endangered the safety of one or more other people and yourself
☐ Drinking in combination with behavior that actually injured you
☐ Drinking in combination with behavior that actually injured one or more other people
☐ Drinking in combination with behavior that actually injured one or more other people and yourself
☐ Alcohol poisoning requiring hospitalization or medical treatment
☐ Other (please specify below)

Do you believe you were in fact responsible for the violation for which the discipline system found you responsible?

- ☐ Yes
☐ No

How many times, including the most recent incident, have you been found responsible for violating your institution's alcohol policy?

- ☐ 1
☐ 2
☐ 3
☐ 4 or more

Before the most recent incident occurred, how knowledgeable were you of your institution's alcohol policy?

- ☐ Not at all knowledgeable
- ☐ Not very knowledgeable
- ☐ Somewhat knowledgeable
- ☐ Very knowledgeable
- ☐ Extremely knowledgeable

Before the incident occurred, how knowledgeable were you that your behavior would violate your institution's alcohol policy?

- ☐ Not at all knowledgeable
- ☐ Not very knowledgeable
- ☐ Somewhat knowledgeable
- ☐ Very knowledgeable
- ☐ Extremely knowledgeable

Before the incident occurred, how aware were you of the negative effects alcohol could have on your behavior, health, and safety?

- ☐ Not at all aware
- ☐ Not very aware
- ☐ Somewhat aware
- ☐ Very aware
- ☐ Extremely aware

Were you found responsible by a student conduct administrator, a disciplinary panel, or both?

- ☐ Student conduct administrator
- ☐ Disciplinary panel
- ☐ Both

Were the disciplinary sanctions determined by a student conduct administrator, a disciplinary panel, or both?

- ☐ Student conduct administrator
- ☐ Disciplinary panel
- ☐ Both

Which of the following disciplinary sanctions were issued? (Please check all that apply.)

- ☐ A warning not to repeat the behavior
- ☐ Disciplinary probation (which usually comes with a warning that repeated behavior will result in more serious consequences)
- ☐ Participation in an alcohol education program
- ☐ Completion of a research paper pertaining to alcohol
- ☐ Creating a bulletin board display or conducting a program designed to educate other students about alcohol
- ☐ A monetary fine
- ☐ Community service
- ☐ Eviction from on-campus housing
- ☐ Suspension from the institution
- ☐ Participation in an alcohol treatment program
- ☐ Receiving a post-incident alcohol assessment prior to the determination of sanctions

- ☐ Receiving a post-incident alcohol assessment as a sanction itself
- ☐ Other (please specify)
-
-

How effective were the disciplinary sanctions you received in deterring you from repeating the behavior?

- ☐ Not at all effective
- ☐ Slightly effective
- ☐ Somewhat effective
- ☐ Effective
- ☐ Extremely effective

Do you believe disciplinary sanctions deter students from violating institution alcohol policies in the future?

- ☐ Yes
- ☐ No

Do you believe disciplinary sanctions simply make students more cautious so they don't get caught in the future?

- ☐ Yes
- ☐ No

Are there other disciplinary sanctions that you believe may be more effective in deterring you from repeating the behavior in the future?

- ☐ Yes
- ☐ No

If yes, please describe them briefly:

Did you ever tell your parents about this incident and/or its disciplinary consequences?

- ☐ Yes
- ☐ No

Did the student conduct administrator or other institutional official ever tell your parents about the incident and/or its disciplinary consequences?

- ☐ Yes
- ☐ No

Did your parents' knowing about the incident and/or its disciplinary consequences deter you from repeating the behavior in the future?

- ☐ Yes
- ☐ No

Would the student conduct administrator or other institutional official notifying your parents about the incident and/or its disciplinary consequences deter you from repeating the behavior in the future?

- ☐ Yes
☐ No

Were police notified of or involved in the incident?

- ☐ Yes
☐ No

Were you arrested?

- ☐ Yes
☐ No

Did your case ever go to court?

- ☐ Yes
☐ No

Did you have to spend any time in jail?

- ☐ Yes
☐ No

Did your involvement with the criminal justice system deter you from repeating the behavior in the future?

- ☐ Yes
☐ No

Would involvement with the criminal justice system deter you from repeating the behavior in the future?

- ☐ Yes
☐ No

Whether or not it was required, did you receive an alcohol assessment as a result of this incident?

- ☐ Yes
☐ No

Did the assessment deter you from subsequent underage or excessive drinking?

- ☐ Yes
☐ No

How effective was the assessment in deterring you from repeating the behavior in the future?

- ☐ Not at all effective
☐ Not very effective
☐ Somewhat effective
☐ Very effective
☐ Extremely effective

Did you participate in an alcohol treatment program as a result of this incident?

- ☐ Yes
☐ No

How effective was the treatment program in deterring you from repeating the behavior in the future?

- ☐ Not at all effective
☐ Not very effective
☐ Somewhat effective
☐ Very effective
☐ Extremely effective

Do you believe being in an alcohol treatment program would make you more aware of the negative effects that alcohol can have on your behavior, health, and safety?

- ☐ Yes
☐ No

As a result of the incident and its consequences, did you become more aware of the negative effects that alcohol can have on your behavior, health, and safety?

- ☐ Yes
☐ No

Did that awareness deter you from repeating the behavior in the future?

- ☐ Yes
☐ No

How has that awareness deterred you from repeating the behavior in the future?

Before responding to the following questions, please note that the generally-accepted definition of a “binge drinker” is someone who consumes four or more drinks at one sitting (for women) or five or more drinks at one sitting (for men) at least once in a two-week period.

Given this definition, were you a “binge drinker” at the time the incident occurred?

- ☐ Yes
☐ No

Given this definition, are you a “binge drinker” now?

- ☐ Yes
☐ No

To your knowledge, has the student conduct administrator or other institutional official ever referred to you as a “binge drinker”?

- ☐ Yes
☐ No

What disciplinary sanctions do you believe would be most effective in deterring other students from violating your institution's alcohol policies?

(Please select up to 5.)

- ☐ A warning not to repeat the behavior
- ☐ Disciplinary probation (which usually comes with a warning that repeated behavior will result in more serious consequences)
- ☐ Participation in an alcohol education program
- ☐ Completion of a research paper pertaining to alcohol
- ☐ Creating a bulletin board display or conducting a program designed to educate other students about alcohol
- ☐ A monetary fine
- ☐ Community service
- ☐ Eviction from on-campus housing
- ☐ Suspension from the institution
- ☐ Participation in an alcohol treatment program
- ☐ Receiving a post-incident alcohol assessment prior to the determination of sanctions
- ☐ Receiving a post-incident alcohol assessment as a sanction itself
- ☐ Notification of parents
- ☐ Notification of police (if the violation involves unlawful behavior)
- ☐ None of these sanctions would be effective
- ☐ Other (please specify below)

What, if any, follow-up has your institution had with you after you completed the disciplinary sanction for your alcohol violation?

In your opinion, what programs, policies, or actions could your institution have in place to deter alcohol policy violations such as the one you were cited for before they happen? (Please explain below.)

Do you want to be entered in a drawing to win an Amazon Kindle or receive a \$15 iTunes card?

- ☐ Yes
- ☐ No

Please enter the following information to be included in the drawing. This information will not be connected to your responses to the survey in any way.

First name

Last name

E-mail address

Mailing address

City, state, and zip code

Survey Powered By Qualtrics

APPENDIX D

Comments of administrators in response to questions about the types of alcohol violations.

We do not break down our alcohol violations into different categories as you have described so without looking at every case separately I cannot answer these questions.

We only track violations of our alcohol policy, not whether the students are underage or not.

Unable to distinguish between possession and consumption. These are combined in our alcohol policy.

Use and possession are not separated in our system.

We do not distinguish between possession and consumption.

We do not separate out possession only vs. consumption only.

We don't differentiate between possession and drinking.

Use and possession are categorized as one violation

Our policy wraps consumption and possession together.

Unable to differentiate (our database does not differentiate between these and other "level 1" offenses).

As there appears to be a distinction being made between actively drinking and mere possession, I think it's important you understand my institution does not distinguish between the two. There is a zero tolerance for alcohol within the residence hall. This also includes being visibly intoxicated, possession of empty alcohol containers, and being present where an alcohol violation is occurring. As such, while we are able to work with the student on the adjudication end to ensure education is specific and intentional, there are no grey areas regarding the policy. As such, a student who is found responsible under any of the aforementioned circumstances/conditions would be cited with an alcohol policy violation.

APPENDIX E

Other Types of Alcohol Violations Listed by Administrators.

Arrests by local police department.

Weapons violation (shooting a pellet gun behind a dorm into the woods).

Assaults.

Theft. (2 responses)

Charging for alcohol (selling alcohol without a license).

Transporting an open container of beer/liquor in vehicle.

Controlled substances.

Illegal drugs. (2 responses)

Drugs. (2 responses)

Drugs policy.

Possession of marijuana.

Being present where the odor of marijuana is present and confirmed by law enforcement.

Possession of drug paraphernalia.

Substance abuse paraphernalia.

Alcohol paraphernalia.

Possession of funnels.

Excessive rapid consumption.

Destroying, damaging, or tampering with property.

Misuse or unauthorized possession or use of public or private property.

Fire and safety systems.

False fire alarm.

Unauthorized entry to University facilities.

Public intoxication.

Intoxication.

Open intox.

Disorderly conduct. (2 responses)

Disruption of a university activity.

Sexual misconduct.

Sexual contact without permission.

Abusive behavior.

Hazing. (2 responses)

False ID.

Misuse of identification card.

Failure to comply with directive.

Failure to comply with the directions of a University official.

Furnishing false information. (2 responses)

Amnesty calls.

Guest policy.

Courtesy hours.

Quiet hours. (2 responses)

Noise.

Loud music disturbing other residents.

Hosting a party.

Candles and incense.

Plagiarism.

APPENDIX F

Student alcohol violations listed in the “Other” category

Being present in a room in a dorm where alcohol is prohibited. I was not drinking, but was guilty by association.

In the presence of alcohol.

Being in a room with alcohol.

Being in the presence of alcohol.

Walking into a room that was suspected of having alcohol, although none was found, a.k.a. being in the presence under 21.

My friend left his empty alcohol containers in his refrigerator in a common room connecting our rooms, and I was written up for having possession of alcohol paraphernalia, even though it was not mine.

Initially a glass bottle, with underage drinking added later.

Reported for drinking underage off campus.

Report of underage drinking off campus.

Noise violation.

Hosting underage students drinking in my room.

Hosting a party.

Participation in a drinking game.

Used a fake ID to enter a bar near campus.

Drinking and theft.

Drinking and burglary.

APPENDIX G

Disciplinary sanctions listed in the “Other” category

None. I wasn't guilty.

Forced to leave the building against my will.

Alcohol reflection program. I didn't find this necessary.

Online alcohol education survey.

Ethics course.

Attending two on-campus events and writing a response paper to them.

Writing letters of apology.

Letter to my parents.

Counseling

Psychiatric counseling and evaluation.

Court date and fine.

APPENDIX H

Seventeen Suggestions and Comments Regarding “Other” Disciplinary Sanctions That May Be More Effective as Deterrents

There are always ways to make people do what you want. Extremely over the top punishment for minor drinking infractions would show students that it is not something the school tolerates, but I don't believe any school would do that.

Stricter policies would be more efficacious, but the negative impact outweighs this additional deterency [sic].

To really get the point across, I think it would have to be something that is considered extreme, i.e., taking away scholarships, getting kicked out of the dorm, or suspension.

Scholarship loss and/or public police action.

Check-ins, substance testing randomly.

Random check-ins. Substance test randomly in the mornings on the weekends.

Fines or community service.

Tons of community service.

I don't think that community service is very effective as a punishment because I don't believe that the relation, or lack thereof, between alcohol consumption and community service is apparent. I think that more time spent meeting one-on-one with the health educator could be more effective because the personal discussions you can have in confidence allow you to learn more about what you did, why it was wrong, and how your behavior could be improved.

I feel like a warning should be given before action and fines are issued.

I believe that all first offense alcohol offenses should only receive a warning and not probation. Probation should come with the second offense.

A reasonable policy on alcohol. The college knows that we are going to drink no matter what the rules, so why not control it in a better way? I visited [name of another university] a few weekends ago and students of all ages are allowed to drink in their room if the door is open. That way the RA can monitor all situations, making everybody safer, and doesn't leave him/her guessing what is happening behind a hall of closed doors.

I don't feel as though there are other sanctions. I just feel as though the sanctions need to be more lenient.

I actually think if my sanctions had been less I still would have learned the same lesson. I spent enough of my own money on lawyers' fees, lost my license for a year, and spent incredible amounts of time dealing with the legal situation. The University sanctions just stressed me out more and made me completely frustrated with the situation.

A paper is just fine. Two sanctions are not necessary. It's the end of the school year, and I have finals to study for. I have no time to do a group thing. I already had to take time out of my schedule for a meeting, and I am sick of it.

Simple. No punishment for legal drinking. I will continue to drink wherever I please because I am 21 and I don't care about the administration. This school doesn't care about its students, only its reputation, so why should I care about it?

If people drink they're going to drink. Colleges do not understand.

“I don't think that community service is very effective as a punishment because I don't believe that the relation, or lack thereof, between alcohol consumption and community service is apparent. I think that more time spent meeting one-on-one with the health educator could be more effective because the personal discussions you can have in confidence allow you to learn more about what you did, why it was wrong, and how your behavior could be improved.”

APPENDIX I

Responses to the impact of the incident and its consequences on student awareness and repeated behaviors.

In so many ways—I don't drink at all anymore and am very happy!

It was miserable in Detox.

I learned how to better limit myself instead of excessively drinking and causing myself to blackout.

I am never going to drink and drive ever again.

The way my underage alcohol treatment has deterred me is that I no longer drink on campus. The incident I am in trouble for occurred because the alcohol I had consumed caused me to become suicidal and focus upon the sexual assault which happened to me in 2009. I still drink. I simply don't do it on campus because I can't afford to be removed from my institution. My parents are aware of my consumption of alcohol, as long as I am responsible. I do not see why any problems should arise.

I'll be more cautious when drinking and know my limits.

I am now more aware of what I am doing in general in regards to consuming alcohol, because it provided me with a better opportunity and way to look at myself and my decisions from an outside perspective. I am now aware of what I am doing wrong and how I can improve it. I am also more aware of what my limits are.

Made me more aware of the seriousness of underage drinking. Realizing there are more cons than pros.

I have always been aware of the negative consequences of excessive drinking regardless of my situation, and this was the first time I drank and drove and got caught, so I was never going to do it again regardless of University sanctions.

I am now well aware of the consequences and the effects of alcohol on my body.

Understand BAC and my body.

It has caused me to be more careful in my actions and to pay more attention to what is happening around me.

Made me realize what could actually go wrong.

In the sense that I still participate in the consuming of alcohol, the awareness has not deterred me from repeating my behavior. However, this awareness has caused me to be safer in how I go about consuming alcohol. I am less likely to binge drink and I do not drink on an empty stomach anymore. I now set strict limits for myself.

I eat before drinking and monitor my alcohol consumption.

I learned that alcohol has a lot of calories, and that gave me the most incentive not to drink as much.

I learned about alcohol's effect on the brain. That was more important to me than anything else.

It has deterred me from drinking excessive amounts, but what it really taught me was how to drink safely, so it didn't really stop me from actually drinking at all.

Being caught isn't fun.

I am more aware of what is going to happen if I get caught.

I now know the consequences and what would be the next punishment.

I just don't want to get fined again.

My own pride is what prevents me from drinking, not any of the punishment inflicted.

I just learned not to get caught again.

I've learned drinking by doing and not by sitting in some classroom being lectured about the dangerous effects of alcohol.

Well, I already had my knowledge about alcohol and how it could affect my behavior toward others, yet I learned a few things from the Alcohol Education Program via the online course. It doesn't stop me from drinking or partying at all. It is college. What do you expect, especially from freshmen?

“I have always been aware of the negative consequences of excessive drinking regardless of my situation, and this was the first time I drank and drove and got caught, so I was never going to do it again regardless of University sanctions.”

APPENDIX J

Student comments about institutional follow-up after the incident.

Not much.

Not enough.

A lot, they are good people.

They sent an e-mail notification saying they got the paper I wrote, and that's about it.

I received an email thanking me for completing my educational project on time.

A letter acknowledging that the sanctions have been completed.

I must turn in my community service hours to my institution, and I was required to take an alcohol education test. However, no technical follow-up meetings were held.

A meeting to talk to the school counselor was mandatory.

Two meetings with an alcohol counselor.

A one-on-one counseling meeting.

Two meetings with substance counselors spaced a month apart.

I had to attend two counseling sessions.

Meeting with a trained member of the faculty to assess my drinking habits.

Had to have a meeting with a student conduct coordinator, had to take a chemical health screening.

I met with someone about the incident and was told about my fine and my probation.

Assessment, paper, and prohibition [sic].

Just an email notifying me of my charges and the mandatory paper that was assigned.

Just a letter about the assignment I had to complete.

This survey.

To participate in this survey.

They are making me take alcohol education classes, I have to read a book and write a paper on it, and I am on conduct probation.

Alcohol class

I had to attend two alcohol group awareness classes, followed by two one-on-one sessions.

After I took the online course about alcohol education, I was also required to meet with one of the Peer Health Advocates (one session). It was basically to review the online course and ensure that I understand the consequences if I get busted for underage drinking again.

They try to [expletive deleted] me.

“The alcohol evaluation test was the biggest deterrent of my actions. First, it costs \$100. Second, other classes and actions usually follow this test. However, the community service assignment I received was also a major deterrent. Third and last, the court appearance and costs were probably the largest deterrence. I believe my university has enough programs set in place to deal with the issue adequately, although I do believe more of a warning should be issued for a first-time offender.”

APPENDIX K

Student suggestions of what programs, policies or actions institutions could have in place to deter alcohol violations.

I don't know.

I don't know. I can't think of anything they're not already doing.

My institution is well rounded with their actions and knows how to distribute them.

They handled it well.

I have no idea.

None that aren't already in place.

Nothing. It's pointless and a waste of money. Honestly.

I don't think there is much the institution can do because some students are going to do what they want despite the rules.

I think college kids will drink and there is really nothing you can do to stop it from happening.

Nothing. They can never stop college students from drinking.

Nothing really. People are going to drink in the dorms no matter what rules are put in place. Kids will just find a way around those rules.

Nothing is going to stop students from drinking in college. We work hard all week in our classes and pay a ridiculous amount of money to come here for our education. If kids want to let off a little steam on Friday or Saturday night by drinking, I don't see the problem with that as long as they are safe and not a hazard to the people around them.

I really don't think there are any preventative measures that would improve the occurrence rate. Universities offer programs that try to prevent these activities from taking place, but the people who are going to violate the policy are not the ones who are going to attend these programs. The sad truth is that people know the rules, but the rules don't mean anything to them. If people want to drink alcohol, they will do so regardless of the university policy.

None. Students will still, always drink in the dorms.

None, because if person wants to drink they are going to drink. The logic behind the drinking age is asinine. If a person's mind is developed enough to fight a war, it is mature enough for them to drink.

In my opinion, it's college, and students are going to drink no matter whether they're underage or of legal age. The rules are only something that is to try and prevent us from drinking on campus or having alcohol on campus, but honestly it doesn't stop anyone. Students just become more sneaky about how they drink on campus. Rules won't stop college students from drinking.

In all reality people in college are going to drink. They drink underage even after they have been caught once. I really don't think changing the policies will really change the decisions of the students who drink.

I think the school should just better inform the students of what the policies are.

During orientation be more specific about how you can get in trouble and what will happen if you get in trouble.

Awareness of the Student Handbook and that even if you don't drink but there is alcohol present you are guilty by association, which I do not agree with because that to me is unfair and unjust.

In depth meetings that explain the consequences of drinking and being disorderly while underage and under the influence.

Let students know that unlawful behavior will result in the notification of police.

My incident occurred off campus. I don't live on campus, and I never thought I would have to face a punishment through campus. I think more students should be told that even though they are off campus, they can still get in trouble through their campus.

I guess just letting students know early on the effects alcohol has and the negatives than can come from it.

Have freshmen know the rules about underage drinking and the consequences. I was not aware of any of these when I first came to college, so I got in trouble.

Have more signage and awareness on campus of the consequence of breaking the policies.

List all policies about alcohol on bulletin board.

Poster campaigns.

“ I believe the system my university has right now is a good one. I think it works, especially the fines that are added on to the consequence. Being a college student, I can tell you that paying a fine for something is very hard to do. Going to college is expensive, and I think the fine had the biggest effect on me personally. ”

More posters to spread awareness about the effects of alcohol would help.

Lectures about the hazards of alcohol at orientation.

Alcohol classes.

An alcohol awareness program that people would want to go see instead of being forced to participate in.

More student education—possibly having police officers come talk to students and explain what they look for and what behaviors to avoid in order to stay out of trouble.

I think that community service and alcohol awareness programs (such as a recovering alcoholic coming and talking about how their life took that turn from being a casual drinker to being an alcoholic and how quickly it changed but that the process back was and is a long and hard one) would possibly help deter students from drinking.

I believe that anyone who has an addiction to alcohol should get some help such as treatment. But not everyone, such as freshmen, would benefit from the online course at all. I mean, you have to expect that we freshmen are partying our asses off mostly. Therefore, I believe that if we get busted for drinking underage, we should only get to pay the fine and do the community service. It is more reasonable rather than take the online course about alcohol education. Nobody really cares if anyone ever read it carefully at all.

They could make you have to go to a class, because the online class is treated as a joke and not taken very seriously.

They could use the alcohol education program. The price of the classes would make a person think twice about violating the policy again.

The alcohol evaluation test was the biggest deterrent of my actions. First, it costs \$100. Second, other classes and actions usually follow this test. However, the community service assignment I received was also a major deterrent. Third and last, the court appearance and costs were probably the largest deterrence. I believe my university has enough programs set in place to deal the issue adequately, although I do believe more of a warning should be issued for a first-time offender.

I think the University should be less strict on first-time offenders.

I believe a warning is enough.

Start with WARNINGS! It was my first offense, and I wasn't even drinking, but I got more punishment than those who were drinking.

Fining the students and giving them a warning I think would be most effective.

Make some room for error—give a warning before action is taken and consider the circumstances reasonably.

Warning and probation.

Writing papers/a warning.

Warnings.

Community service really deters people from alcohol because it's very time consuming.

Put out bulletins to show that one can get in trouble easily if they were to do what I did. I think there should be more activities on campus that DON'T COST MONEY as a replacement for drinking and not just more ways to punish students who do drink, because that only makes them more stressed out and upset with the administration and will just urge them to drink more.

Not close everything on campus down after 9 p.m. on the weekends. Students really aren't left with any other options than to go drinking at night on weekends.

There are plenty of programs and activities that are in place on my campus that are set up as alternatives to drinking. I simply wanted to drink.

Be understanding.

A reasonable alcohol policy.

Allow responsible drinking for a 21 year old.

I believe the system my university has right now is a good one. I think it works, especially the fines that are added on to the consequence. Being a college student, I can tell you that paying a fine for something is very hard to do. Going to college is expensive, and I think the fine had the biggest effect on me personally.

Having to meet with someone and talk to them about the incident that occurred and how to make sure that incident doesn't happen again.

Take away certain privileges.

I think notifying the parents is a big one.

Follow up with an evaluation.

My actions were a result of curiosity. If there is a program that addresses that it would be good.

They could patrol more carefully, instead of just going into "suspicious" rooms. I was simply sitting in a room. I don't think there's anything they can do for that.

They could carry breathalyzers so that if you were just in a room with alcohol, you would not actually get in trouble for drinking if you had just walked in at the wrong moment, as it what happens with some students.

It's college and people drink and smoke and do all kinds of things. I can't answer this question because I already don't drink. My "presence" in a room for a matter of thirty seconds is quite unreasonable, and the RA completely exaggerated the story, making it difficult for me to talk to the board and have them believe me. I think the policy is a good one, but kids are going to do what they want in college, even if it means taking a risk with their education.

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