Alcohol 101 Plus

Name ____________________                             Section ____________________

Alcohol 101 Plus is a virtual campus experience involving making decisions regarding alcohol use. Just like any campus, this campus has lots going on, it has places for fun and places for serious stuff, and it has people making all types of decisions, good and bad. It’s a campus you can come back to over and over again and you can explore it with your friends along the way.

Alcohol 101 Plus is designed to help you and your friends make responsible decisions about alcohol and to see the negative consequences that can result from bad decisions.

Alcohol 101 Plus is available for use only in the Instructional Technology Center lab. To access the program, log on with your username and password. Then double click on the ALCOHOL 101 + icon on the desk top. Listen to the introduction then go to the MAP or QUAD and choose FIRST YEAR STUDENT RESIDENCE as your first experience (Upper-class students may go right to Student Residence).

First Year Student Residence

Listen and watch the situation.

Play out the following scenarios: Christy takes the drink – Truth & Consequences
              Christy refuses the drink – How will drinking effect you the next morning?
                          Does everyone do it?

1. Why do students feel pressure to make these decisions?

2. List one way you would feel comfortable turning down a drink?

Student Residence  (Assume this to be off-campus housing at Concordia College)

After a few seconds of watching the “dancing”, click on any one of the “moving” students. Play out both the Regretted Sex and Alcohol Poisoning scenarios.

Regretted Sex
Click on MOOD and check out the effect of alcohol on your emotions. Continue. Play out both scenarios: She declines
                          She gets another drink – she makes a joke/she makes a move/she tells the truth
Play out the options under **She gets another drink**:  Sheri stops them – Women’s sex tips  
Perry stops them  
Let them go – Next morning for Alison  
Next morning for Dante – Men’s sex tips

1. How and when should friends intervene?

2. Does knowing a person well help determine this?

3. Does gender have any influence?

*To change scenarios click on another “moving” character.

**Alcohol Poisoning**

Play out the options:  Stop the game  
Continue the game – Try to wake him up  
Let him sleep it off  
Call 911

1. What should Andre’s friends have done as they saw him get more intoxicated?

2. What are the signs of alcohol poisoning?

**Brain** (Click on BRAIN at the bottom of the screen)

This is your brain the morning after a drinking episode. Click on the various parts of the brain.

**See inside:** vestibular system/brain stem/cerebellum/frontal lobes  
**See outside:** temporal lobe/frontal lobe/cerebellum

1. Choose one area from each location (inside & outside), and lists the effects.

**Virtual Bar** (Enter the Virtual Bar by clicking on BAR at the bottom of the screen)

Enter your gender and weight.  
Select an alcoholic beverage and choose to sip, drink, or slam it.

1. What is your BAC? __________  

Drink 4 more drinks (total of 5).

2. What is your BAC? __________  

3. How long will it take you to return to .00? __________
Click on **Friends** and compare the BAC of a small woman.

**DUI** (Click on DUI at the bottom of the screen)

1. What are the consequences faced for DUI?

2. What is the potential financial cost of a DUI?

Enter the **Dean’s Office** and read through the **Truth & Consequences**. Read through **Drunk Driving – The Numbers**.

Return to the **MAP** and click on the **Kiosk**. Read through the following messages:

- The Real Buzz
- How Much is Too Much
- Safety Tips
- Handling a Medical Emergency
- Sex
- Top Ten Ways to Turn Down a Drink
- Food

**b4u Drink** (Click on b4u Drink at the bottom of the screen)

b4u Drink is designed to test your knowledge about alcohol. Answer three questions in each of the tests and report your scores for the following topics:

- Alcohol and the Body _____ out of 3
- BAC _____ out of 3
- Friends and School _____ out of 3
- Sex _____ out of 3
- Truth & Consequences _____ out of 3

*Athletes may find it interesting to explore **Wilson Park** (enter through the **Quad** on the bottom of the screen and scroll to Wilson Park, or click on **MAP** on bottom of the screen and choose Off-Campus Bar).