

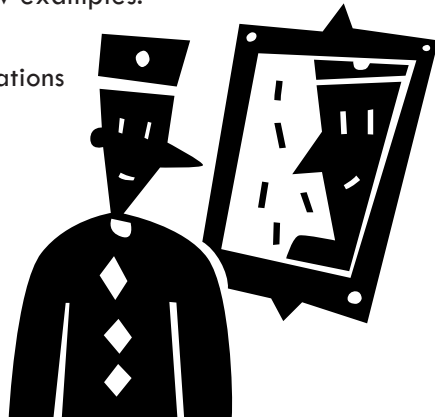
# Awake & Alive: Get Smart

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## ALCOHOL USE & CAMPUS PROBLEMS

No one can deny that alcohol causes problems on our campus. In fact, statistics show that most students have either experienced one or more consequences related to their own drinking, or as the result of someone else's. Here are a few examples:

- Underage drinking citations
- Driving under the influence citations
- Hangovers
- Embarrassment
- Fights and arguments
- Sexual harassment
- Sexual assault
- Missed classes
- Lower grades
- Health problems



We know that many students are still going to drink. We also know that most problems happen when students “binge drink”. Awake & Alive: Get Smart teaches skills to set realistic limits for drinking and to minimize risks.

## ALCOHOL EDUCATION CLASS

**Awake and Alive: Get Smart** is an alcohol education class that is a no-lecture, non-judgmental approach to looking at one's alcohol use taking place in a relaxed and informal atmosphere. It is a highly interactive, discussion-based class with students sharing ideas and experiences involving alcohol. It offers an opportunity to gain ideas for making healthy choices to Get Smart and stay Awake and Alive.

### THIS EDUCATION CLASS:

- Teaches skills for risk reduction
- Helps students understand the law to avoid potential legal and

social consequences related to alcohol use

- Provides students with hands-on skills and knowledge to reduce health and safety risks associated with alcohol use
- Helps students become well informed regarding the use of alcohol and other chemicals so they can make responsible choices.

## CLASSES ARE OPEN TO UWL STUDENTS WHO:

- Are interested in learning more about his/her alcohol use,
- Have received an underage drinking citation or
- Have caused problems on campus or in the community as a result of their drinking.

## WHEN AND WHERE DO THE CLASSES MEET?

- Classes meet throughout the fall and spring semesters
- Each class consists of one 3-hour session
- Classes are varied times and days
- Classes are offered at different sites on campus


## HOW TO SIGN UP:

Go to: <http://reslife.uwlax.edu/awakeandalive> to log in using your EAGLE username and password. Class fee is \$50\* and will be billed to your UWL account. In addition, a \$5 gift card will be sent to students who attend this class and complete a six-month follow-up survey!

\*There is no charge for self-referred students

## FOR MORE INFORMATION:

- Jeannie Hanley  
Counseling & Testing Center  
170 Morris Hall  
608-785-8073

 THE UWL COUNSELING & TESTING CENTER STAFF ARE AVAILABLE TO HELP THOSE STUDENTS WHO ARE DEALING WITH ALCOHOL AND OTHER DRUG ABUSE. CALL (608)785-8073 TO MAKE AN APPOINTMENT TO TALK WITH A COUNSELOR.