

## Want feedback on your use of alcohol? Complete the Alcohol e-CheckUpToGo and see where you stand!

### What is Alcohol e-CheckUpToGo?

The Alcohol *e-CheckUpToGo* is an interactive web survey that allows college and university students to enter information about their drinking patterns and receive feedback about their use of alcohol. The assessment takes about 6-7 minutes to complete, is self-guided, and requires no face-to-face contact time with a counselor or administrator.

### What Does it do?

When you access the Alcohol *e-CheckUpToGo*, you are prompted to enter information about yourself. In addition to demographic information, it will ask you to enter information about your drinking habits, family history, and to complete the World Health Organization's AUDIT.

After all information has been entered, you submit the form. The information you entered is then validated and processed. The Alcohol *e-CheckUpToGo* calculates a number of variables and compares your responses to national and local college norms. Then, your personalized feedback is displayed in an easy-to-read format.

### What do I need to use the Alcohol e-CheckUpToGo?

You need:

1. A computer
2. Internet access
3. A **JavaScript enabled** Internet Browser
4. About 6-7 minutes
5. A printer (to print the feedback)

Click on Mountwest's personalized link to get started:  
<https://interwork.sdsu.edu/echeckup/usa/alc/coll/?id=mctc&hfs=true>

**All information is confidential! For more information please contact:  
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