

Welcome to Marijuana *e-CheckUpToGo*!

What is the Marijuana *e-CheckUpToGo*?

The Marijuana *e-CheckUpToGo* is a marijuana-specific brief assessment and feedback tool designed to reduce marijuana use among college students. The assessment takes about 10-15 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 Marijuana *e-CheckUpToGo*, they are prompted to enter information about themselves. In addition to demographic information, they enter information about their use of marijuana, spending patterns, and their lifestyle. After all information has been entered, you submit the form. The information you entered is validated and then processed. The Marijuana *e-CheckUpToGo* calculates a number of variables and compares your responses to national and local college norms. Then, that information is displayed in an easy-to-read format.

What does one need to use the Marijuana *e-CheckUpToGo*?

1. A computer
2. Internet access
3. A standards-compliant Internet Browser with JavaScript activated
4. 10-15 minutes to complete the survey
5. A printer (to print the feedback)

Click on Mountwest's personalized link to get started:

<https://interwork.sdsu.edu/echeckup/usa/mj/coll/?id=mctc&hfs=true>

All information is confidential! For more information please contact:

Candace Layne, Mental Health Counselor

laynec@mctc.edu

304-710-3388