e-CHUG

Per the outcome of your administrative judicial hearing you have been sanctioned to complete e-CHUG and write a reflection paper (see guidelines below).

*Email or return a hard copy of your reflection paper to your hearing officer by your deadline. Your responses to e-CHUG are confidential.*

What is e-CHUG?

The e-CHUG (Electronic Check-Up to GO) 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 10 - 12 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 e-CHUG, you are prompted to enter information about yourself. In addition to demographic information, it will ask you to enter information about your drinking habits.

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

You can access e-CHUG at (link IS case sensitive):  [http://interwork.sdsu.edu/echug2/Elon](http://interwork.sdsu.edu/echug2/Elon)

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**e-CHUG Reflection Paper Guidelines**

After you complete e-CHUG and review your personal feedback please respond to the following questions:

1. What did you learn from this course and your personalized feedback? What surprised you this information? What thoughts/emotions did this feedback evoke?

2. If a close friend or relative received this feedback, what suggestions or advice would you give him/her?

3. Reflect upon what you have learned as a result of the Elon judicial process (conference, hearing, sanctions, etc.). How can you use the information you have learned for future decision regarding alcohol use?

Your reflection paper must be 2-3 pages, double spaced with 1 inch margins in 12-point Times New Roman font.