



## Mini-Grant Report

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*\*This person is responsible for the completion of the proposed project.*

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Total mini-grant funds received: \$1,500

Project start date: January 1, 2016 Project end date: September 16, 2016

Name & Title of Project Manager: Linda Major, Assistant Vice Chancellor for Student Affairs

Signature: LMajor

Date: 9.19.16



## Mini-Grant Final Report

### PROJECT DESCRIPTION

- State the project objectives to be met (should be from the college strategic plan).
  - Goal Statement: Reduce the incidence and prevalence of dangerous drinking among UNL students 18-24 years of age.
    - Objective 1: Deepen self-awareness and build community interested in student well-being with a strong emphasis on high risk behaviors including dangerous drinking.
    - Objective 2: Increase participant awareness about actual peer injunctive and behavioral norms and evaluate their values, personal and professional goals and incorporate responsible decision-making about alcohol use into their values and goals.
    - Objective 3: Provide participants with the knowledge and skills necessary to have meaningful conversations about substance use, personal health, relationships, personal safety and legal issues.
- Describe the activities to meet each objective.
  - Customize playing cards featuring questions that prompt healthy and challenging discussions among students.
    - Brainstorm questions to be printed on playing cards. Alcohol related questions will be developed based on education/awareness topics identified in NIAAA's College Aim.
    - Develop resource cards to be distributed to participants after playing the game.
    - Create a facilitator's guide to assist with program implementation.
  - *Progress to date: Customized playing cards featuring questions that prompt healthy and challenging discussions among students were created, printed and distributed beginning fall 2016. Students are directed to a website populated with resources related to a variety of areas. A facilitator's guide was created and posted on the website. The questions and the facilitator guide are attached to this report.*
  - Develop an implementation plan designed to integrate card-based discussions into student programming.
    - Project to be piloted with a random sample of student groups beginning spring 2016.

- *Progress to date: 500 decks of playing cards and facilitator guides were distributed to various student affairs units including the Office of Fraternity and Sorority Life, University Housing, the Women's Center, Counseling and Psychological Services and Health Outreach and Promotion.*
- Develop an evaluation plan designed to assess program impact on student attitudes and behaviors.
- *Progress to date: Facilitators are encouraged to integrate a one-minute reflection exercise at the conclusion of the activity. The Campus High Risk Behaviors Task Force will collect reflection cards and identify themes that emerge from student feedback.*
  
- How will the success be measured?
  - Student self-report data
  - 1 minute reflection papers completed after each session
  - *Progress to date: Please see above*
  
- Timeline for completion of the activities for the mini-grant request (include project start and end date).
  - The customized playing cards and facilitator's guide will be available to UNL faculty, staff and student groups by March 1, 2016.
  - *Progress to date: Playing cards were printed during the summer and distributed prior to the start of the academic year.*
  
- Explain where this project falls in the National Institute on Alcohol Abuse and Alcoholism's "Tiers of Effectiveness".
  - The activity is an individual-level strategy intended to correct student misperceptions about peer injunctive and behavioral norms and encourage them to evaluate their drinking decisions based on their personal and professional values and goals. Both of these strategies are identified as having some level of effectiveness when nested among a larger, more comprehensive environmental management plan.

