

CORE Alcohol and Drug Survey
Cottey College
August 8, 2014

The Cottey Counseling Center administers the CORE alcohol and drug survey to students every two years on Assessment Day (4/23/14). The statistics are compiled comparing 159 students' use and perceptions on the Cottey College campus to a reference group of 168,499 college students from 338 institutions nation-wide. As in past years, Cottey students continue to be below the reference group for tobacco, alcohol, and illegal drug usage for lifetime, annual, and 30-day usage. Though the statistics for alcohol use are less than the reference group, it remains an on-going concern. With the goal of increased alcohol/drug awareness and prevention thru campus programming, the following statistics are significant and warrant assessment, education, and program intervention.

Key findings on the use of alcohol at Cottey College:

- 70% of the students consumed alcohol in the past year ("annual prevalence") which is 4% increase from two years ago.
- 37% of the students consumed alcohol in the past 30 days ("30-day prevalence").
- 38% of underage students (younger than 21) consumed alcohol in the previous 30 days which is 4% increase from two years ago.
- 16% of students reported binge drinking in the previous two weeks which is 3% increase from two years ago. A binge is defined as consuming five or more drinks in one setting.

Most frequently reported illegal drug used in the past 30 days:

- 11% Marijuana (pot, hash, hash oil) which is 4% decrease from two years ago.

Key findings on the consequences of alcohol and drug use:

- 15% reported some form of public misconduct (such as trouble with police, fighting/argument, DWI/DUI, vandalism) at least once during the past year as a result of drinking or drug use.
- 15% reported experiencing some kind of serious personal problems (such as suicidality, being hurt or injured, trying unsuccessfully to stop using, sexual assault) at least once during the past year as a result of drinking or drug use.

Key findings on opinions about the campus environment:

- 97% of students said the campus has alcohol and drug policies.
- 52% of students said the campus has an alcohol and drug prevention program.
- 86% of students said the campus is concerned about the prevention of drug and alcohol use
- All findings increased from two years ago.

Students' perceptions of other students' use:

- 58% of students indicated they would prefer not to have alcohol available at parties they attend.
- 91% of students indicated they would prefer not to have drugs available at parties they attend.
- 79% of Cottey students felt that alcohol use is less on Cottey campus than other college campuses.
- 43% of the students believe that the average student on campus uses alcohol once a week or more as compared to 37% of students who report alcohol use in the past 30 days.
- 27% of students feel the average student on campus uses some form of illegal drug each week as compared to 11% who report to have used marijuana in the past 30 days. Six percent report use of another illegal drug in the past 30 days.

Perceived effects of alcohol by students:

- Break the ice (48%)
- Enhance social activity (50%)
- Makes it easier to deal with stress (30%)
- Give people something to do (54%)
- Give people something to talk about (46%)
- Facilitate a connection to peers (33%)
- Allows people to have more fun (38%)
- Facilitates sexual opportunity (32%)

The statistics continue to support the on-going need for alternative activities on campus to promote non-alcoholic social activities, as well as the need for continued off campus road trips, etc. for “something to do.” Almost one-third of students perceive that the effect of alcohol makes it easier to deal with stress. The Counseling Office will use this statistic to continue implementation of stress management programming. Awareness that the majority of students do not use alcohol or drugs on campus is advantageous and will be disseminated by campus groups including BACCHUS, SGA, peer listeners and RA's.

Significant concerns impacting students

- 5% of Cottey students had serious thoughts about suicide in the past year which is slightly **higher** than the reference group.
- 1% of students report having tried to commit suicide in the past year which is congruent with the reference group.
- 8% of students reported being taken advantage of sexually when drinking.
- 7% reported concerns of having a drinking or other drug problem.
- 9% reported doing poorly on a test while 10% missed a class.
- 12% reported getting in an argument or fight.
- 10% reported being hurt or injured.
- 21% reported doing something they later regretted.
- 30% reported having a hangover.
- 15% reported having memory loss.

Additional questions submitted by the Cottey College Partners in Prevention Task Force

- 16% of students felt alcohol use had a negative impact on their GPA.
- 67% of students supported a smoke-free environment on the entire campus.
- 9% reported binge drinking (as defined by four drinks in a two hour setting) once or more a month (including spring break).
- 11% of students report concerns for "a lot" of alcohol use on campus.
- 27% had a major concern for "a lot" of alcohol use off campus.
- The most significant wellness concerns on campus included depression and anxiety. Additional concerns included technology distractions (Facebook, gaming, Netflix, etc.) sexual assault, bullying, and food related issues. Alcohol, drug, and tobacco issues had the least concern.
- Students provided a variety of answers for how Cottey College might address wellness concerns in addition to the best times for wellness programming (provided upon request).

The statistics warrant the ongoing need for counseling services as well as education and programming. Assessment and interventions will continue to be provided to students for alcohol and drug use/abuse. The Health Service and Counseling Offices will continue to distribute the *Cottey College Drug and*

Alcohol Prevention Program to each student as well as posting it on the College website. The 2014 CORE report and data, in its entirety, is available for review in the Counseling Office.