### Kennesaw State University

## **Drug-Free Schools and Communities Act (DFSCA) Biennial Review**

December 2014

(covering Academic Years 2012-2013 & 2013-2014)

### **Review Committee:**

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\*KSU and SPSU are consolidating into one university effective January 2015. The consolidation process began in November 2013 and working groups were established to review all policies, programs, and protocols for integration, thus SPSU representatives were invited to join this review committee.

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### Statement of AOD Program Goals Academic Years 2012-2013 & 2013-2014

- I. To provide and enforce clear AOD policies for the campus community (students, faculty, and staff) in order to promote an educational environment free from alcohol abuse and other drug use.
- II. To develop and disseminate educational information for members of the campus community regarding alcohol and other drug issues in a collegiate environment for the purpose of preventing alcohol abuse and other drug use.
- III. To make available counseling, treatment, and outside referrals if necessary to assist members of the campus community overcome AOD problems.
- IV. To implement campus policies and activities that promote and reinforce health, responsible living, respect for community and campus standards, individual responsibility, and the intellectual, social, emotional, spiritual or ethical, and physical well-being of the members of the campus community.
- V. To work towards these goals in a purposeful and coordinated manner with planning, record keeping, and assessment overseen by one central office charged with this responsibility.

### Statement of AOD Program Accomplishments Academic Years 2012-2013 & 2013-2014

- I. The faculty and staff handbooks currently are available online and include campus AOD policies. The student code of conduct (including AOD policies) is available online, in all university catalogs, and in the online student handbook. The residential code of conduct which is a section of the student code of conduct is given to each residential student.
- II. On campus housing was added to this university for the first time in fall 2002. In spring 2004 the university created a Residence Life Department for the first time and a Director of Residence Life was hired. In fall 2010, the department staffing was restructured to eliminate two coordinator positions and add two residence director positions. The remaining coordinators positions were reclassified to Area Coordinators. These steps were part of a multi-year effort to reorganize the staffing to include three area coordinators and six residence directors. In October 2010, the associate director position was eliminated to help support this transition as that employee was promoted into the Director position. In summer 2012, one additional residence director and two assistant director positions were added into the structure to support the increased demands on the department as a result of a new 451-bed housing facility opening in fall 2012.

III. In the past few years the Residence Life Department and the Department of Student Conduct and Academic Integrity (SCAI) have worked together to revise student conduct procedures so that AOD violations allegedly committed by KSU students on residential property can be resolved by a disciplinary meeting between Residence Life staff and the accused student when the alleged violation is not one where the student would be removed from housing, suspended, and/or expelled from the university. Those violations where the student might be removed from housing, suspended, and/or expelled from the university are referred to the SCAI Department for a hearing before either the Assistant Director of SCAI or a university court panel. This process results in most allegations of first or second offense alcohol violations being heard by Residence Life staff and most additional repeat alcohol offenses and all drug violations being heard by the SCAI assistant director or the SCAI hearing panel. Also, during the summer of 2012 the KSU Student Code of Conduct was amended to make clear to students that use or possession of synthetic marijuana and the use of a product in a manner inconsistent with the manufacturer's recommendation (such as sniffing glue or aerosol products, etc.) are a violation of our code of conduct.

IV. SCAI and Residence Life have continued to work together to purchase and use software specifically designed to record student conduct (including AOD) violations and enable the easier creation of reports designed to track information and assess problem areas. A new software program, Advocate, was purchased in summer 2011, training of all users took place, and the program is now successfully in use. The data from the previous software program was retained, transferred, and integrated into the new system over the course of academic year 2011-2012.

V. The Counseling and Psychological Services (CPS) Center, (470) 578-6600 is located on the second floor of Kennesaw Hall. The Center has eleven professional counselors available to work with students who have mental health problems and issues associated with alcohol and/or drug abuse. At present one CPS counselor is designated as the Substance Abuse Specialist and has been certified in Prime for Life. For counseling matters directly related to AOD use and dependence, referrals are made to the Center for Young Adult Addiction and Recovery (CYAAR). The CYAAR has two licensed professional counselors on hand who specialize in addiction education, prevention, counseling and recovery. The CYAAR provides a centralized office for AOD education and addiction prevention programs through outreach to high risk populations, invitation by faculty and staff as well as through individual counseling.

The two counselors specializing in substance abuse and addiction co-lead an alcohol and other drug class for students found responsible for first time alcohol and/or other drug related code of conduct violations as mandated by the Department of Student Conduct and Academic Integrity. In addition both counselors are certified in Prime for Life and teach an hour-long course for those students presenting with high risk choices. CPS and the Center for Young Adult Addiction and Recovery also perform in-house evaluations for alcohol and drug abuse. CYAAR maintains a list of referral agencies for off-campus assistance when such assistance is more appropriate. CYAAR services are available to all enrolled students.

Two counselors specializing in substance use and dependence have served as co-facilitators for the KSU Alcohol and Other Drug (AOD) Education and Prevention Coalition during year one of this review period. In year two, 2013-2014 Dr. Michael Sanseviro, Dean of Students began to

Co-chair the coalition alongside Teresa Johnston, Director of the Center for Young Adult Addiction and Recovery. This coalition provides many AOD services, including assistance in the writing of AOD campus policies, conducting research and grant writing, assessing environmental issues, and establishing AOD educational programs. The Center for Young Adult Addiction and Recovery along with multiple other departments and individuals collaborates with the AOD Coalition to coordinate, plan, assess and educate the community about AOD issues.

The Center for Young Adult Addiction and Recovery is home to five on-campus 12 step meetings per week, one weekly Al-Anon meeting, a bi-weekly Celebration Recovery meeting where students in recovery share their story with others. The CYAAR has developed an education workshop, Trends in Addiction, Abuse, Use and Treatment, which has been presented in multiple major settings and has trained peer educators to present about AOD issues to the incoming freshman class. The CYAAR continued to implement the goals of the NCAA Choices Grant during year two and three of the award. The grant provides funding for alcohol education and helps to raise awareness about high risk choices. The CYAAR is located in University College Room 222 and in Willingham Hall Room 128. The telephone number is 470-578-2538 or email <a href="majorateleology.com/recovery@kennesaw.edu">recovery@kennesaw.edu</a>.

VI. The Center for Health Promotion and Wellness has been awarded seven grants from the Governor's Office of Highway Safety (GOHS) with the first award starting in the 2007-2008 school year. A total of \$92,110.00 has been awarded.

The Young Adult program is an awareness campaign aimed at reducing the number of traffic fatalities among 18- to 24-year-old drivers, a high-risk group.

The campaign seeks to influence student behavior on staying sober on the roads. Highlighters reinforcing that message were distributed to specific populations, such as first-year students, Greeks and student athletes during high-risk times including spring break, homecoming, rush and St. Patrick's Day. Vinyl banners and posters were placed in strategic locations around campus. Signs were placed in and around the campus student shuttle system including tailgate signs, signs inside the shuttle, as well as at shuttle stops. Signs were also placed in the napkin dispensers within the main dining facility. The goal is to change what students perceive as the norm.

Another social marketing campaign entitled *The Domino Strategy on How to Drink Responsibly* was implemented on campus. This campaign encouraged the campus community to pay attention to the size, content and amount of alcohol they consume each time they drink. The campaign recommends that individuals follow responsible drinking guidelines defined by the U.S. Department of Health and Human Services.

A DUI simulator was also part of the GOHS grant. This event is held during the Week of Welcome during fall semester. KSU students were allowed to experience drunk driving first hand without actually being under the influence. UNITE provided a passenger eye view set up so that those students standing around the simulator were able to experience what the driver experienced from the passenger's point of view. UNITE gave students a mock ticket after their simulation so that they can physically see the legal dangers of drunk driving.

Funds were also used to train student peer-health educators at Kennesaw State to help fellow students understand the dangers of drinking and driving. The peer health educators had the opportunity to attend the Bacchus Network Area 9 Conference where they joined together with other peer health educators from Florida, Georgia, Puerto Rico, and South Carolina.

VII. KSU's athletics programs compete in NCAA Division I and the Atlantic Sun Conference. The Athletics Department has its own Alcohol and Drug Policy for student-athletes (SAs). See Appendix C. The policy includes both random and "for cause" drug testing for SAs.

The Athletics Department does mandatory SA drug and alcohol education programs funded by grants from the NCAA, Atlantic Sun Conference, and the KSU Athletic Department. KSU Athletics educational programming is developed in conjunction with the KSU Center for Young Adult Addiction and Recovery (CYAAR), as well as the campus-wide AOD Coalition programming subcommittee. Programming in 2012-2014 has included guest speakers, individual team sessions with the CYAAR counselors and online education programs.

Incoming KSU SAs are required to complete myplaybook.com, which is an online program that includes education on alcohol and drug issues, as well as information regarding substances and supplements banned by the NCAA. This program was provided for free in both the 2012-2013 and 2013-2014 school years as KSU Athletics was included in a study funded by a National Institutes of Health Grant. Returning student-athletes are required to complete an annual myplaybook.com refresher course.

VIII. For the academic years 2012-2013 and 2013-2014, the SCAI Department contracted with the National Assessment of Student Conduct Adjudication Processes (NASCAP) to administer a survey instrument to students who participated in KSU's student conduct adjudication process for non-academic misconduct issues (primarily violations of alcohol and drug rules). NASCAP also separately administered a survey instrument assessing learning outcomes specifically to those students who completed KSU's substance 101 workshop and Prime for Life class (our primary alcohol and drug educational sanction programs). The results of the two survey instruments show that KSU students' responses are similar to those of NASCAP's reference groups. See Appendix G and Appendix H for more information.

IX. The Office of the Dean of Students established an independent website and within that department site created a dedicated webpage for Alcohol and Other Drug Information, creating an easy and accessible single location for comprehensive information about the AOD Education and Prevention Coalition, KSU Drug and Alcohol Policy, Parental Notification Policy, and Drug-Free Schools and Communities Act Biennial Review.

### **Kennesaw State University Drug and Alcohol Policy**

### I. Introduction

National statistics reveal that the leading causes of death among the 18-23 year-old population are alcohol-related accidents, alcohol-related homicides, and alcohol-related suicides. A high percentage of campus disorderly conduct, disruptive behavior and property destruction, and academic failures on a national level is alcohol-related. The abuse of alcohol and other drugs can alter behavior, distort perception, impair thinking, and impede judgment. Alcohol and drug abuse might also result in various diseases, illnesses, and even death. The Georgia legislature, in response to these disturbing facts, has provided by law certain measures to reduce those dangers associated with alcohol abuse. These measures include statutory provisions which provide that no person below the age of 21 years may use, purchase, or possess alcoholic beverages. The law also prohibits serving alcoholic beverages to any intoxicated person. These considerations, among other things, are equally applicable to the use and abuse of illicit drugs. In response, federal and state laws regarding the manufacture, use and distribution of illicit drugs have been enacted and are applicable to all full-time, part-time, and temporary faculty, staff, students, and administrators. The University supports and endorses these provisions of federal and state laws and insists on strict compliance with these statutes by its students, staff, faculty, and administrators at all levels.

### II. Alcohol Policy

Kennesaw State University expressly prohibits the use, possession, sale, or distribution of alcoholic beverages on campus by any campus constituency. Alcoholic beverages may be served at off-campus activities to adults of legal drinking age for the state in which the activity is being held, providing that a responsible club or organization representative acknowledges responsibility for monitoring alcohol consumption. Student Activity funds or institutional funds may not be used for the purchase of alcoholic beverages. Kennesaw State University is committed to recognizing, upholding, and enforcing the laws of the state of Georgia. Violation of those state laws, incorporated into the Kennesaw State University Alcohol Policy shall not be condoned on the campus or at any activity held off campus by any constituency. Exceptions to the policy of no alcohol on campus may from time to time be permitted at the discretion of the president, and there are other limited exceptions to this policy within the residence halls by those aged twenty-one or older who do not reside in substance-free communities. See the Residential Code of Conduct at subsection III U of KSU Student Code of Conduct for more information. http://www.kennesaw.edu/scai/code\_of\_conduct.shtml#iii

Official state regulations regarding the use, sale, or possession of intoxicating beverages are as follows:

- 3-1-2 Defines "alcoholic beverages" to mean all alcohol, distilled spirits, beer, malt beverages, wine, or fortified wine.
- 3-2-36 Provides for criminal process against any person who violates the law in counties and municipalities where the sale of alcoholic beverages is not authorized or where alcoholic beverages are being sold contrary to law.

- 3-3-21 Provides that no person knowingly or intentionally may sell or offer to sell any wine or malt beverages within 100 yards of any school building, school grounds, or college campus. Provides further that distilled spirits may not be sold within 200 yards of a school building, educational building, school grounds, or college campus.
- 3-3-22 States that no alcoholic beverage shall be sold, bartered, exchanged, given, provided, or furnished to any person who is in a state of noticeable intoxication.
- 3-3-23 Prohibits the furnishing to, purchasing of, or possession of alcoholic beverages by persons under 21 years of age.
- 3-3-23.1 Provides that any person furnishing or possessing alcoholic beverages in violation of the previous Code Section shall be guilty of a misdemeanor. Establishes procedures for arrest by law enforcement officers.

University student conduct policies and procedures require that all student organizations must submit an "Acknowledgment of Alcohol Policy" form to the Student Life Department each fall semester and each time there is a change in either the president or advisor of the organization. By their signatures, the president and advisor are assuring Kennesaw State University that they and the individuals responsible for the group's social events understand the Kennesaw State University Alcohol Policy and state laws regarding the service and consumption of alcoholic beverages. Alcoholic beverages will be allowed only for functions at which alcohol is not the focal point, reason for, or the "drawing card" for the event. Organizations choosing to advertise the service of alcoholic beverages at functions will not make reference to the quantity of or overindulgence in alcoholic beverages. Reference will also be made to serving of food and alternative beverages, and the checking of driver's licenses. Any activity (especially those competitive in nature) contributing to the overindulgence of alcohol is, by these guidelines, prohibited.

Any violation of this policy at any organization activity shall be reported to the Student Life Department by the designated monitor(s), generally the faculty or staff advisor, verbally within 24 hours of returning to campus and followed by a written report within three working days. The Student Life Department will send the report to the Student Conduct and Academic Integrity (SCAI) Department for possible disciplinary action. The Kennesaw State University Police shall report any violation of this policy, whether at an activity or on an individual basis, to the Dean of Student Success, who shall then be responsible for referring the matter to SCAI for possible disciplinary action according to established University non-academic disciplinary procedures. Possible sanctions shall be the same as those for other violations of nonacademic University rules and regulations as provided for in the University Student Code of Conduct.

### III. Drug-Free Workplace and Campus Policy

As a recipient of federal funds, Kennesaw State University supports and complies with the provisions of the Drug-Free Schools and Communities Act of 1989 and the Drug-Free Workplace Act of 1988. The unlawful possession, manufacture, distribution, dispensation,

and/or use of illicit drugs and alcohol by employees or students on the university campus is prohibited and violations of this policy will result in appropriate disciplinary action. Faculty, staff and students are expected to adhere to the policies of the university and observe the basic standards of good conduct, meet appropriate standards of performance, and observe all local, state and federal laws relative to unlawful use of illicit drugs and alcohol. Penalties for violations of these standards range from warnings and probation to expulsion, loss of academic credit, suspension, temporary or permanent suspension and withdrawal of organization recognition, referral to the legal system for prosecution, demotion, and termination of employment. Detailed sanctions are defined in the Student Handbook (Student Code of Conduct), Board of Regents' Policy Manual, Classified Employee Handbook, Faculty Handbook, and in the complete policy statement available in the Office of the Provost and Vice President for Academic Affairs upon request.

### IV. University Sanctions for Violations of the Alcohol and Drug Policy

A. Any faculty, staff member, administrator, or other employee who violates the policy on alcohol and drugs, shall be subject to disciplinary action up to and including the possibility of dismissal and referral to the appropriate federal, state or local authorities for prosecution in the courts.

B. Any student or student organization that violates the policy on alcohol and drugs, shall be subject to disciplinary action in accordance with the Kennesaw State University Student Code of Conduct up to and including educational sanctions, possible loss of on-campus housing, suspension and/or expulsion from the university and referral to the appropriate federal, state, or local authorities for prosecution in the courts. A student organization shall be subject to disciplinary action up to and including educational sanctions, suspension and/or revocation of its registration with Student Life and referral to the appropriate federal, state, or local authorities for prosecution in the courts.

C. When there is an alcohol or drug infraction, in addition to any criminal prosecution or university student code of conduct sanction, a student who is a member of a university athletic team may face additional sanctions based on rules established by the NCAA, athletics department, or team.

### V. Drug and Alcohol Education Programs and Assistance Available

A combination of several campus offices will provide assistance or act as a referring agency for Kennesaw State University. Included in the campus efforts to assist those with substance abuse problems are:

The Counseling and Psychological Services (CPS) Center, (770) 423-6600 is located on the second floor of Kennesaw Hall. The Center has eleven professional counselors available to work with students who have mental health problems and issues associated with alcohol and/or drug abuse. At present one CPS counselor is designated as the Substance Abuse Specialist and has been certified in Prime for Life. For counseling matters directly related to AOD abuse and addiction, referrals are made to the Center for Young Adult Addiction and

Recovery (CYAAR) where counselors are on hand specializing in misuse, addiction and recovery.

Counselors specializing in Substance Misuse and Addiction co-lead an alcohol and other drug class for students found responsible for first time alcohol and/or other drug related code of conduct violations as mandated by the Department of Student Conduct and Academic Integrity. CPS and CYAAR also perform in-house evaluations for alcohol and drug abuse and use the SASSI-3 Substance Abuse Subtle Screening Inventory for alcohol abuse screening. CPS and CYAAR maintain a listing of referral agencies for off-campus assistance when such assistance is more appropriate. CPS and CYAAR services are available to all enrolled students. Two counselors currently serve as co-facilitators for the campus AOD Education and Prevention Coalition. This coalition provides many AOD services including writing of AOD campus policies, conducting research and grant writing, assessing environmental issues and establishing AOD educational programs.

The Center for Young Adult Addiction and Recovery (CYAAR) is located on the second floor of University College. The Center provides a safe environment in which students struggling with and recovering from substance misuse and addiction can find professional and peer support. CYAAR is home to the Collegiate Recovery Community (CRC), a peer recovery community which supports multiple on-campus 12 step meetings, SMART recovery and ANAD. In addition, there is an open monthly meeting called Celebration Recovery on the third Monday of the month where students in recovery share their story. CYAAR provides Alcohol and Other Drug education in any university settings and trains peer educators to present AOD prevention and education to the incoming freshman class. To date, CYAAR has presented to the Greek Life, Student Athletes, and other at-risk populations. Clinical professionals provide education and Screening Brief Intervention and Referral (SBIRT) services. The telephone number is 678-797-2538 or email recovery@kennesaw.edu.

The Department of Human Resources, (770) 423-6030, is located in the Campus Services Building. The Drug-Free Workplace coordinator is the Assistant Vice President of Human Resources. Employee Assistance Programs (EAP) relating to drug and alcohol abuse are available for KSU employees (staff and faculty). KSU's EAP is provided by Horizon Health and may be accessed 24 hours a day, toll free, at 1-877-851-1631. Additional information can be found at https://web.kennesaw.edu/hr/content/eap\_employee\_assistance\_program.

The Wellness Center, (770) 423-6394, is located in the Student Recreation and Wellness Center, Bldg. 3, RM 131. The mission of the Center for Health Promotion and Wellness is to improve the health and well-being of students and employees through awareness and education. The Center encourages students and employees to assume more responsibility for their health and well-being. The Center's primary goal is to enhance and provide a balance in the intellectual, emotional, physical, social, environmental, and spiritual development of the whole person. They also strive to provide an environment that is supportive of positive health practices. Programming focuses on helping students and employees reduce lifestyle risk factors. The Wellness Center participates each year in National Collegiate Alcohol Awareness week in October, sponsoring many interactive programs designed to educate students, faculty, and staff

to issues associated with alcohol use and abuse. The Center also received Young Adult Program grants from the Georgia Governor's Office of Highway Safety since 2008. This grant is used to promote education and awareness to young adults about safety issues, such as but not limited to, underage drinking, impaired driving, destructive decisions, and other high risk behaviors in order to decrease crashes, injuries, and fatalities in young adult drivers and passengers.

The KSU Health Clinic, (770) 423-6644, is located on Campus Loop Road, House 52, across from University Place Housing on the south part of campus. There is also a satellite office located near the residence halls on the north part of the campus: The Village Walk-In Clinic, Village Suites, Building #37. The clinics provide services to all KSU students. Alcohol and drug use and abuse programming is presented in conjunction with the Wellness Center. A query is made regarding alcohol and drug use as part of the student's initial health assessment and is reviewed by medical professionals at the time of student's visit to the clinic. Medical professionals provide education regarding prevention and assist students with referrals for treatment in the community.

The Department of Residence Life, (770) 420-4388, is located in the University Village Suites to better serve the residential population, and in particular the first-year residents. The office is on the terrace level of the 3000 Building of the University Village Suites, Room 3051. It provides AOD education to residential students on a continuing basis throughout the year through programs presented in both small and large group settings.

The Department of Public Safety, (770) 423-6206 (non-emergency number), is located in the Public Safety Building #20 near the West Parking Deck. The Department also has established a community policing office, the North Precinct, located in building 6000 of University Village residential housing, adjacent to the North Deck parking area. The KSU police are a co-sponsor of annual National Collegiate Alcohol Awareness week in October and will speak to groups or classes upon request about safety and alcohol and drug awareness issues.

### VI. Annual Distribution of KSU Drug and Alcohol Policies Required

The Office of the Dean of Student Success is responsible for ensuring that Kennesaw State University's Drug and Alcohol Policy is distributed annually to each student and employee (faculty and staff).

### Procedures for distributing AOD policies annually to students and employees

I. KSU students are provided with a campus-assigned e-mail address. When a student accesses the OwlExpress KSU registration system he/she receives the following message. "Welcome to the KSU Owl Express System! Please note that students are responsible for reviewing ALL official communication sent from KSU to their campus-assigned email address. Please check your e-mail account often for important information from the university." Distribution to KSU students is accomplished by e-mail to the student's campus-assigned address once each semester. This fulfills the annual distribution requirement and notifies new students who may enroll for the first time in any semester.

II. KSU employees (faculty and staff) are provided with a campus-assigned e-mail address. Annual distribution to KSU employees is accomplished by e-mail to the employee's campus-assigned address minimally once each year, with reminder notices distributed each semester.

III. Each KSU employee (faculty and staff) interacts with the Human Resources Department to complete required documentation upon beginning employment. At that time each new employee receives information about KSU's AOD policies.

IV. The KSU AOD policies are included in the university undergraduate and graduate catalogs, the faculty handbook, the staff handbook, and the Student Handbook.

V. The student code of conduct which contains significant portions of KSU's AOD policies is also included in the online Student Handbook. The code of conduct is also published on the SCAI webpage (which is linked to the KSU webpage), and in all KSU catalogs.

VI. To increase awareness of AOD policies among students, KSU's AOD policies are distributed to parents of currently enrolled KSU students at least once annually through the Parent and Family Association electronic newsletter. In addition to the policy information parents are encouraged to discuss AOD-related choices with their students.

# Description of education programs and systems to prevent AOD use and abuse (Program Elements)

### I. Alcohol Availability

- A. The use and possession of alcohol by anyone on the KSU campus is limited. Alcohol is prohibited on campus with two exceptions.
  - 1. The university president may grant permission for alcohol to be served to persons aged twenty-one or older at specific functions or events.
  - 2. The residential communities that are not substance-free allow persons aged twenty-one or older to possess and use alcohol within the confines of their private residential space. Alcohol in these communities must be in individual containers; no kegs are allowed. No open containers of alcohol are allowed in these residential communities outside the confines of units specifically housing residents over the age of 21 (even within the non-substance free communities, persons over the age of 21 may not drink within the unit of residents who are all under 21).
- B. State law and university policy, with a few exceptions, prohibit the sale or manufacture of alcohol on campus. During the period of this review, no alcohol was sold on campus at any KSU sponsored or organized event.
- C. Neither student activity funds nor institutional funds may be used for the purchase of alcoholic beverages.
- D. The student code of conduct provides guidelines to KSU organizations on the use of alcohol off campus.
  - 1. All student organizations planning to serve alcohol at any off-campus function must submit an "Acknowledgment of Alcohol Policy" form to the Student Life Department at the beginning of each fall semester and each time there is a change in either the president or advisor of the organization. By their signatures, the president and advisor are assuring Kennesaw State University that they and the individuals responsible for the group's social events understand the Kennesaw State University Alcohol Policy and state laws regarding the service and consumption of alcoholic beverages. Alcoholic beverages will be allowed for functions at which alcohol is not the focal point, reason for, or the "drawing card" for the event. Organizations choosing to advertise the service of alcoholic beverages at functions will not make reference to the quantity of or overindulgence in alcoholic beverages. Reference will also be made to serving of food and alternative beverages, and the checking of drivers' licenses. Any activity (especially those competitive in nature) contributing to the overindulgence of alcohol is, by these guidelines, prohibited.
  - 2. Any violation of this policy at any club or organization activity shall be reported to the Department of Student Life by the designated monitor(s), generally the faculty or staff advisor, verbally within 24 hours of returning to campus and followed by a written report

within 3 business days. Student Life will send the report to the Student Conduct and Academic Integrity (SCAI) Department for possible disciplinary action. The Kennesaw State University Department of Public Safety shall report any violation of this policy, whether at an activity or on an individual basis, to the Dean of Student Success within one business day of the occurrence. The Dean of Student Success shall then be responsible for referring the matter to SCAI for possible disciplinary action according to established university nonacademic disciplinary procedures. Possible sanctions shall be the same as those for other violations of nonacademic university rules and regulations as provided for in the university student code of conduct.

### II. Marketing and Promotion of Alcohol

A. Alcohol advertising in the student newspaper is accepted, but limited. The *Sentinel*, KSU's student newspaper, has an acceptance policy for alcohol advertising. It states, "Alcohol Advertising of beer and wine is acceptable but must conform with Georgia law and The Kennesaw State University Alcohol Policy and Guidelines. Advertising of alcohol should avoid demeaning sexual or discriminatory portrayals and not encourage high-risk consumption nor place emphasis on quantity nor frequency of use. Alcohol should not be the only or central theme of an advertisement. Use of brand names and prices are discouraged. All advertisements of alcohol must contain reference to enforcement of the Georgia state drinking age."

B. The KSU student code of conduct states that when a KSU organization holds an event off-campus, alcoholic beverages will be allowed only for functions at which alcohol is not the focal point, reason for, or the "drawing card" for the event. Organizations choosing to advertise the service of alcoholic beverages at functions will not make reference to the quantity of or overindulgence in alcoholic beverages. Reference will also be made to serving of food and alternative beverages, and the checking of driver's licenses.

### III. Alcohol-Free Options

A. Events and activities on campus are frequent and alcohol free.

### IV. Normative Environment

A. Just over half of all the beds currently in on-campus housing are in substance-free communities where nobody is allowed to possess alcohol regardless of age.

B. HPS 1000 (Fitness for Living) is a class every undergraduate, degree-seeking student is required to take. A portion of the course includes information on alcohol misuse and drug use issues as they relate to personal fitness and health. An elective course, HPE 3300 (Personal Health Behaviors) covers the issues of alcohol abuse and drug use in more depth. KSU has several versions of a First Year Seminar. All incoming first year students take one of these first year seminars or participate in a learning community, the majority of which have a first year seminar imbedded within the community. In this seminar students are given the assignment to take an online educational course and survey which covers alcohol and drug education issues. In addition to the online educational program, counselors and AOD Peer educators present to the KSU freshman class. Counselors from the University's Center for Young Adult Addiction and

Recovery are available to discuss the results of the online survey with the class at the instructor's request and to answer any questions students may have regarding alcohol and other drugs.

- C. Pro-wellness, anti-substance abuse messages are promoted through campus media throughout the year.
- D. KSU participates each year in National Collegiate Alcohol Awareness week in October, sponsoring many interactive programs designed to educate students, faculty, and staff to issues associated with alcohol use and abuse. See Appendix A for programming associated with this week.
- E. Resident Assistants conduct AOD educational programming within on-campus housing areas during the course of an academic year. See Appendix E for programming.
- F. The Center for Young Adult Addiction and Recovery is home to five on-campus 12 step meetings per week, one weekly Al-Anon meeting, a bi-weekly Celebration Recovery meeting where students in recovery share their story with others. The CYAAR has developed an education workshop, Trends in Addiction, Abuse, Use and Treatment, which has been presented in multiple major settings and has trained peer educators to present about AOD issues to the incoming freshman class. The CYAAR continued to implement the goals of the NCAA Choices Grant during year two and three of the award. The grant provides funding for alcohol education and helps to raise awareness about high risk choices. The CYAAR is located in University College Room 222 and in Willingham Hall Room 128. The telephone number is 470-578-2538.
- G. The Center for Health Promotion and Wellness' Peer Health Educators create, implement and evaluate AOD educational programming for students in on-campus housing, classrooms, and student groups/organizations. The Center has received Young Adult Program grants from the Georgia Governor's Office of Highway Safety since 2008. This grant is used to promote education and awareness to young adults about safety issues, such as but not limited to, underage drinking, impaired driving, destructive decisions, and other high risk behaviors in order to decrease crashes, injuries, and fatalities in young adult drivers and passengers. The Center for Health Promotion and Wellness also sponsors various events during National Collegiate Alcohol Awareness Week. See Appendix B for programming.
- H. The Office of Fraternity and Sorority Life, along with individual National Organizations, require Greek Lettered Organizations to participate in at least one initiative or program per year related to alcohol education. Most chapters require all new members to complete Greek Life EDU, an online awareness course.

The Interfraternity Council installed a new member program that included mandatory education sessions for all new fraternity members, including sessions on alcohol and other drug awareness in partnership with a representative from our campus AOD task force.

Each year in August the Interfraternity Council and Panhellenic Council host formal recruitment and start their week with Orientation. At orientation we bring in a speaker and do a presentation on safe recruiting habits and address the usage of alcohol during recruitment events.

In August our National Pan-hellenic Council also hosts their annual Convocation where they explain to the members in attendance the KSU Alcohol Policy.

In September for Hazing Prevention Week we bring in a speaker to address our community about hazing, alcohol abuse, and more in addition to the speaker we host for our students in April for Greek Week. This past year the speaker addressed the fraternity and sorority community as to the meaning fraternal values and addressed alcohol and drug abuse within these organizations during this presentation.

The KSU Alcohol and Drug Policy is also discussed and reviewed annually at the Fraternity and Sorority Presidents Retreat in addition to individual chapters' risk management policies.

I. KSU Athletics educational programming was developed in conjunction with the KSU Center for Young Adult Addiction and Recovery (CYAAR) and funding from the NCAA Choices Grant. Student Athletes were trained as peer educators by team. Programming in 2012-2014 has included guest speakers, individual team sessions with CYAAR counselors, Athletic staff, faculty and coach training as well as online training called MyPlayBook.

### V. Policy Enforcement

A. The SCAI and Residence Life Departments have collaborated to produce a residential code of conduct that is consistent with and fully integrated into the overarching student code of conduct so that AOD violations by residential and commuter students are resolved as consistently as possible in a university student conduct system that is educational in nature.

- 1. The residential code of conduct is a subsection within the KSU student code of conduct.
- 2. The SCAI and the Residence Life Departments use the same software system to keep unified records of disciplinary incidents. This was begun in August 2006. A new software system was adopted in fall 2011 and historic data from the previous system was transported and integrated into the new system. This enables both departments to ensure that repeat offenders receive appropriate sanctions.
- B. KSU has its own Public Safety Department on campus and it enforces AOD laws. Upon request, the KSU Police will respond and issue citations or arrest any AOD violators. Every known violator of AOD laws also has been referred to the university student disciplinary process.
- C. Resident Assistants enforce the residential code of conduct (including those sections dealing with AOD issues). RAs conduct rounds several times a night and are on-call 365 days a year.
- D. There are four residential communities. Each community has professional staff members, Area Coordinators and Residence Directors, living within the community and available to assist RAs in planning AOD programming and enforcing the residential code of conduct.

E. Approximately once each month, the SCAI Department reviews all the past month's disciplinary cases (both residential and non-residential) for the purpose of updating the KSU police on incidents that must be included in the annual Clery Report for the University. The KSU Public Safety Department produces the annual Clery report for the University. The Clery report includes most code of conduct violations involving AOD. See Appendix D for latest Clery ASR AOD information.

F. Sanctions for students who are found responsible for violating AOD policies in the student code of conduct are consistent. The campus student conduct procedure is meant to be educational and developmental in nature for the accused student as well as protective of the overall academic functioning of the community (including the residence halls). Whenever, after a disciplinary hearing, it is determined that a student has violated the code of conduct, the university imposes a sanction. The sanction is tailored to the individual based on the idea of graduated discipline, the level of acceptance of responsibility, the likelihood that the student will violate the code again, and how others in similar circumstances have been sanctioned. The overwhelming majority of KSU students who are referred for discipline for AOD violations are on-campus residents. First time alcohol offenders will receive educational sanctions such as referral to a short educational workshop conducted by CYAAR, Substance 101, and a reflective essay. Second time offenders usually receive a referral to a more intensive AOD education course, Prime for Life, or to counseling for evaluation and possible in-house or outside referral for treatment, while third time offenders are usually removed from housing and prohibited from visiting housing property. First time drug violators will receive educational sanctions such as referral to a short educational workshop conducted by CYAAR, Substance 101, and a reflective essay. Second time offenders usually receive a referral to a more intensive AOD education course, Prime for Life, or to counseling for evaluation and possible in-house or outside referral for treatment. In addition, first time drug violators may be removed from housing and prohibited from visiting housing property. Repeat drug offenders usually will be removed from housing and prohibited from visiting housing property. Non-residential students receive similar sanctions, with educational sanctions for first time offense and referrals to counseling for evaluation and possible in-house or outside referral for treatment for additional violations. This is in addition to any criminal charges such students may face if police arrest them.

### Summary of AOD education programs strengths and weaknesses

### I. Strengths

- A. AOD policies are clear and easily understandable and most students and employees are aware of them.
- B. Alcohol on the KSU campus is strictly limited and currently there are few offenses except within the residence halls.
- C. The Center for Young Adult Addiction and Recovery (CYAAR) along with several other KSU departments provide coordination of AOD education, prevention, and services campuswide. The CYAAR now provides full services to the campus community from AOD prevention efforts through recovery. The CYAAR is home to five on-campus 12 step meetings per week, an Al-Anon meeting, a bi-weekly meeting called Celebration Recovery where students in recovery share their story with others. The CYAAR has developed several AOD education workshops, which are presented in multiple cross-campus settings. The CYAAR is part of the AOD Coalition and is directly involved in the implementation of online education tools for the entire campus community and the training of peer educators who present about AOD issues in the classroom.
- D. New student conduct software was purchased in summer 2011 and previous disciplinary records from a different conduct software system were transported and integrated into the new system over the course of academic year 2011-2012 to better enable integrated AOD record keeping and the ability to track violations and sanctions for report purposes. The university has continued to document AOD student charges, violations, and resolutions using this software.
- E. There is recognition by the current campus administration of AOD issues/concerns on the campus as evidenced by the Vice President of Student Success' support of the oversight and establishment of an AOD office through the Center for Young Adult Addiction and Recovery.
- F. The university's permanent AOD coalition consisting of representatives from faculty, staff, students, and the local community to address AOD concerns and be responsible for DFSCA requirements meets on a regular basis. Subcommittees of the larger AOD coalition also meet regularly, and on a more frequent basis than the larger coalition. These subcommittees are: Policy and Procedures, Environmental Issues, Education, Programming, Assessment, Research and Grants.
- G. The American College Health Association-National College Health Assessment (ACHA-NCHA) survey was conducted on campus during spring semester 2014. The survey provides the university with information about current KSU students' attitudes, perceptions, behaviors, and opinions about health topics including AOD issues. See Appendix F for the executive summary of the ACHA-NCHA KSU survey.
- H. There are many offices across campus that collaborate to provide AOD education programs.

- I. There is a growing commitment and focus on prevention and education to high risk populations including all first time freshmen. The First Year Experience Programs, through University College, have included AOD risk management as part of its curriculum in a chapter on emergency preparedness.
- J. There is a growing relationship between KSU and the surrounding environment as evidenced by the participation of the Cobb County Alcohol Task Force on the AOD Coalition and KSU's involvement on the Task Force Board.
- K. The Center for Health Promotion and Wellness has been awarded seven grants from the Governor's Office of Highway Safety with the first award starting in the 2007-2008 school year. A total of \$92,110.00 has been awarded. The grant's purpose is to reduce the number of crashes, injuries, and fatalities in young drivers aged 18-24 years on Georgia roadways. A significant portion of these funds were and still are used to educate students on alcohol and other drug issues as they relate to highway safety.
- L. The Center for Young Adult Addiction and Recovery was awarded the NCAA Choices Grant in May 2011 and in 2013-2014 concluded its final year. A total of \$30,000 over three years was used to fund, educate and provide alcohol education and alcohol free events. The student athlete population was the focus of the grant as they develop leadership in AOD prevention and education.
- M. KSU provides a risk perception education program aimed at raising awareness around high risk behaviors related to AOD. The CYAAR staffs have developed a new assessment instrument to measure change in risk perception call the TAV and has begun to research further how risk perception education prevents high risk choices.
- N. KSU continues to coordinate state-wide efforts in Higher Education to address AOD issues on the college campus. This effort, known as the GA Network, is co-chaired by CPS and CYAAR Counselors.
- O. Student involvement in the AOD coalition has grown during the review period with the most recent addition of students representing honor societies and students in recovery from addiction.

### II. Weaknesses

- A. Although there are many offices on campus addressing AOD issues (e.g. education, programming, enforcement, treatment, etc.), the AOD services, under the centralized department of the Center for Young Adult Addiction and Recovery, is understaffed and lacks budgetary resources to assure efficiency and effectiveness.
- B. There is limited operational budget to produce the mandatory documents or to conduct evaluations or assessments.

- C. There is a lack of <u>sustained</u> student involvement in the AOD taskforce efforts to coordinate programming and assess educational impact of the programming.
- D. With the rapid growth of the campus, particularly in programs and populations that are at higher risk historically such as fraternities and sororities, and with significant increases in student athletics and the anticipated addition of football (and tailgating) in fall 2015, the university needs to formalize protocols to address potential increases in AOD concerns.
- E. New off-campus student housing continued to be introduced into the local real estate market contiguous to the campus but independent from the campus and those communities are lacking the policies and services provided by the university in campus-based housing, raising concerns about how these unregulated communities will impact student AOD behavior and potentially impact student conduct on the campus.

### **Recommendations for revisions**

- I. While the university administration has acknowledged the need for a coordinated campus efforts associated with AOD issues, need for further funding of operations and staff exists. The AOD Education services within the CYAAR should have a state funded budget and staff sufficient to meet the needs for assessment of programming, implementation of coordinated campus-wide prevention/education programs, and enforcement efforts.
- II. Coordinated research and evaluation of AOD programming should be a university supported effort in conjunction with the Student Success Assessment Office in order to continue to provide data to the greater community at large.
- III. The AOD coalition should continue to reach out to campus and community groups not currently engaged with the AOD coalition to encourage participation and communication with the coalition to ensure a uniform campus and community-wide approach to AOD education.
- IV. An anticipated new full-time first-year traditional student live-on requirement beginning in Fall 2015 would require these students to either live on campus or at home with parents. Enhanced support for AOD-related education and enforcement will be needed, including increased education for parents, community, and off-campus housing providers about the shift in policy and culture of the university.
- V. The university is finalizing the implementation of new online sexual misconduct training with added modules for ATOD-related topics that will be required for all students and employees effective in the Spring 2015 semester. Future planning is needed to make this online training due as early into the students' experience as possible, including coordination with new student orientation to establish a pre-assessment opportunity then require a post-assessment interaction with the same students, such as requiring the completion of the online eCheck-Up (eChug and eToke) though first-year seminars by mid-October.

### Appendix A

### CYAAR & OTHER AOD Programming Initiatives, 2012-2013

### **AUGUST (School Opening)**

*August 24, 2012* 3:00 – 5:00pm *Bazaar on the Bricks* 

University Village

The AOD Coalition hosts a table at Bazaar on the Bricks every year in August. Bazaar on the Bricks includes a variety of vendors as well as organizations on campus, which KSU students can visit to gain information from. The Programming committee helps to plan what materials and activities to have at the AOD table as well as to provide staff and volunteers to host the table. The table includes an activity for students to teach them about alcohol/drug use, brochures on resources available on campus, and other materials. Students and staff may also sign up to learn about becoming a member of the AOD Coalition or receive more information on what the AOD Coalition provides.

### **SEPTEMBER (National Recovery Month)**

September 14, 2012 1:00-4:00pm Block Party

The Perch

Hosted by Sports and Recreation Dept. at KSU

September 22, 2012 8:00am – 11:00am Run for Recovery 5K Campus Green

The Run for Recovery 5k is hosted by the Center for Young Adult Addiction and Recovery (CYAAR), a division of Student Success Services. Every year in September the Run for Recovery 5k is held to raise funds to support the efforts of the CYAAR which supports students in recovery from addiction as well as provides alcohol education and counseling. Many members of the AOD Coaltion help to support the Run for Recovery by volunteering to help plan, set up, staff, and clean up on event day.

September 23, 2012 7:00pm Speaker: Aaron Cooksey

Convocation Center

The NCAA CHOICES Grant funded the presentation "Drop Your Pride...Too Many Have Died" by Aaron Cooksey. Attendance was required of all student-athletes and all other attendees were welcome. The event was sponsored by KSU Athletics and the Center for Young Adult Addiction and Recovery.

### OCTOBER (National Collegiate Alcohol Awareness Week)

The Programming committee plans events for the National Collegiate Alcohol Awareness Week in October. Committee members organize and distribute marketing materials, plan and organize events, and staff events. Events are held which teach students about substance use and abuse and include educational speakers and classes, Walktoberfest (hosted by the Wellness Center), and other events. For Homecoming, the committee plans the distribution of materials such as resources lists (including campus police numbers) and events during Homecoming week.

October 10-14, 2012 Homecoming Various Campus Locations

Homecoming includes a variety of campus events including Alumni Tailgating, Nestfest Competition, other athletic events, Parent & Family Association events, Kennesaw Activity Board entertainment events, and many more. Departments on campus collaborate to host these events. "Owl Prowl" includes a parade and festival that campus departments participate in. The AOD Programming subcommittee takes part in the festival by hosting a table and providing health and safety information to students. Th AOD coaltion and Registered Student Organization are also represented at this event.

October 16, 2012 12:30pm Walktoberfest

Campus Green

The Center for Health Promotion and Wellness hosts Walktoberfest annually in October. The event includes a one-mile walk, alcohol and drug educational events such as "beer goggles" and mocktails, and other health awareness programming. The AOD committee hosts a table at this event to hand out and promote campus and community resources and educational information related to Alcohol and Other Drugs.

October 16, 2012 Drinks on Me

Residence Life brings in guests speakers to lead a conversation with students on the facts of drinking.

### **FEBRUARY**

February 19, 2013 11:00am-1:00pm Safe Spring Break

Student Recreation & Wellness Center Lobby

Safe Spring break is hosted by the Center for Health Promotion and Wellness very year before KSU's Spring Break. The Programming committee members take part in this event by helping to promote the event through marketing in their various departments and beyond. Programming committee members also staff the event, help in set up and clean up, and overall organization and planning.

February 25, 2013 11:00am-2:00pm Mocktail Party

Social Science Atrium

The AOD hosted a table in the Social Science Building Atrium for giving away free items with social norming messages and alcohol-free mocktails, coordinating use of the beer goggles for learning experiences and other items for safety over spring break.

February 27, 2013 10am-2pm Open House & Safe Spring Break Awareness Same Day Appointment Clinic, Village Suites, Bldg 37

During this event, the Health Clinic gives out safe sex and drug/alcohol awareness packets for students. We will also be doing a tour of the clinic, informing and answering questions about services at the clinic for the entire KSU community, which includes staff and faculty as well.

February 27, 2013 7pm

Spring Break Out

University Village Suites

Residence Life hosted this event to provide students with education on health and safety issues during Spring Break such as getting tattoos and drinking. A tattoo artist provided a presentation to students.

#### MARCH

March 14 7:00pm Presentation: Carolyn Cornelison

Prillaman Hall, Room 1000

Courage 2 Care (C2C): Most college students make safe responsible decisions in their life and in their social situations. However, we all observe and hear about those students who don't. This program addresses the things students are most concerned about and helps bridge the gap between knowing there is a problem, understanding the problem and having the courage to address the problem. Carolyn's talk emphasizes the power of positive peer influence. Students will learn how to recognize the warning signs of out-of-control drinking and ways to help friends who may be developing unhealthy drinking habits. This is a powerful program that takes a realistic look at collegiate drinking.

March 15, 2012 8:00pm KSU Student Athlete

Talent Show Convocation Center

### **APRIL**

April 4, 2013 KSU Day

Campus Green

CHOICES grant hosted table at KSU Day. Gave away cotton candy and had a photo booth.

April 15-19, 2013 Greek Week

KSU students from the Greek Community participate in activities during this week.

April 16, 2013 Crawfish Boil

CHOICES grant hosted the Crawfish Boil after the baseball game.

April 17, 2013 7pm Take Back the Night

Campus Green

### YEAR-ROUND

Peer Educators: The Wellness Center and Center for Young Adult Addiction and Recovery train Peer Educators to go classrooms and lead discussions with and/or present to their peers on alcohol, drugs, and other issues. All Peer Educators are receive certified training through The Bacchus Network and can be requested by an instructor.

*RAD & SAFE Classes*: The Department of Public Safety hosts monthly workshops on self-defense.

*Myplaybook:* Each year, new student-athletes complete myplaybook.com, the online drug and alcohol program. The returning student-athletes do the booster program.

### CYAAR & OTHER AOD Programming Initiatives, 2013-2014

### **AUGUST (School Opening)**

*August 23, 2013* 3:00 – 5:00pm *Bazaar on the Bricks* 

University Village

The AOD Coalition hosts a table at Bazaar on the Bricks every year in August. Bazaar on the Bricks includes a variety of vendors as well as organizations on campus, which KSU students can visit to gain information from. The Programming committee helps to plan what materials and activities to have at the AOD table as well as to provide staff and volunteers to host the table. The table includes an activity for students to teach them about alcohol/drug use, brochures on resources available on campus, and other materials. Students and staff may also sign up to learn about becoming a member of the AOD Coalition or receive more information on what the AOD Coalition provides.

### **SEPTEMBER (National Recovery Month)**

September 21, 2013 8:00am – 11:00am Run for Recovery 5K

KSU

Sports and Recreation
The Burn for Because were

The Run for Recovery 5k is hosted by the Center for Young Adult Addiction and Recovery (CYAAR), a division of Student Success Services. Every year in September the Run for Recovery 5k is held to raise funds to support the efforts of the CYAAR which supports students in recovery from addiction as well as provides alcohol education and counseling. Many members of the AOD Coaltion help to support the Run for Recovery by volunteering to help plan, set up, staff, and clean up on event day.

September 25, 2013 David Stollman Presentation

The Office

of Fraternity and Sorority Life

SO 1021

During National Hazing Prevention Week, David Stollman will be making the keynote speech. David has been a crowd favorite, speaking at over 500 campuses, and at numerous fraternal conventions. He's held many volunteer roles in his fraternity, Sigma Phi Epsilon and even served as a chapter advisor for the Alpha Sigma Tau sorority at New York University for 10 years. He is the co-founder of CAMPUPSEAK, an award-winning speakers agency and HazingPrevention.org.

### **OCTOBER** (National Collegiate Alcohol Awareness Week)

The Programming committee plans events for the National Collegiate Alcohol Awareness Week in October. Committee members organize and distribute marketing materials, plan and organize events, and staff events. Events are held which teach students about substance use and abuse and include educational speakers and classes, Walktoberfest (hosted by the Center for Health Promotion and Wellness), and other events.

October 7, 2013 7pm

Sam Bracken Presentation: My Orange Duffel Bag

Convocation Center Arena

This event is hosted for Student-Athletes and although the focus is homelessness, the presentation also includes important information about drug and alcohol use.

October

16-20, 2013

Homecoming

Various Campus

Locations

Homecoming includes a variety of campus events including Alumni Tailgating, Nestfest Competition, other athletic events, Parent & Family Association events, Kennesaw Activity Board entertainment events, and many more. Departments on campus collaborate to host these events. "Owl Prowl" (Oct 19) includes a parade and festival that campus departments participate in. The AOD Programming subcommittee takes part in the festival by hosting a table and providing health and safety information to students. Th3 AOD coalition and Registered Student Organization are also represented at this event.

October 20-26, 2013

National Collegiate Alcohol Awareness Week

October 21, 2013

2-4pm

Mocktails Giveaway

Center for Health

Promotion and Wellness

Rec Center Lobby

October 21-24, 2013

Open AOD Peer Educator Presentations

Center for Young Adult Addiction and Recovery

Mr. Pat Moore, AOD Education Coordinator/Substance Abuse Specialist at the Center for Young Adult Addiction and Recovery, will conduct three open sessions of the Alcohol and Other Drug Peer Education Presentations: October 21, 12:30-1:30, UC 225; October 23, 12:30-1:30, WH 126; and October 24, 6-7pm, UC 217.

October 22, 2013

12:30pm

Walktoberfest

Campus Green

The Center for Health Promotion and Wellness hosts Walktoberfest annually in October. The event includes a one-mile walk, alcohol and drug educational events such as "beer goggles" and mocktails, and other health awareness programming. The AOD committee hosts a table at this event to hand out and promote campus and community resources and educational information related to Alcohol and Other Drugs.

October 24, 2013

11:30am-1:30pm

Oct-SOBER-fest

Center

for Health Promotion and Wellness

Cobb Ave.

The Center for Health Promotion and Wellness will host Oct-SOBER-fest for students to participate in a Mock DUI using golf carts and beer goggles.

October 25, 2013

Ghost Out

During National Collegiate Alcohol Awareness Week, Phi Eta Sigma and the honor societies will be hosting Ghost Out, a program which focuses on distracted driving (which includes

driving under the influence and texting and driving, etc.). Throughout the entire week 9 more students will become "ghosts" to signify the 9 college age people who die daily from distracted driver and there will be an educational campaign in front of the commons. The main event will be on Friday, Oct. 25 in the late afternoon/early evening and there will be a simulated accident with all of the real service providers and actors in the crashed vehicles on the road along side the campus green. There will also be a life flight helicopter landing on the green to airlift a victim away.

### **DECEMBER**

December 4, 2013 11:00am-? (run out of bags) Blues Bags Giveaway
Commons Center for Health Promotion and Wellness

Blues Bags were put together by the Center for Health Promotion and Wellness to give out to students before they left for the winter break. Items included giveaways and resources from campus partners for students to use while the campus was closed for things regarding stress and "holiday blues." Alcohol and drug resources were included for those looking for counseling, meetings, hotlines and other support during campus closure.

### **JANUARY**

January 12, 2013 Student Athletes only Presentation

John Underwood: Life of an Athlete

The program was geared to enhancing the performance of student-athletes by addressing issues outside of their practices and training. His main focus was on the effect of drugs and alcohol on athletic performance, but he also addressed nutrition and sleep.

### **MARCH**

March 10-14, 2014 Mental Health Awareness Week Counseling and

Psychological Services

March 18, 2014 9:00 a.m. to 6:00 p.m. Health Fair

Location TBA

The annual Health Fair will offer a variety of free health information and screenings for KSU students. One booth will focus on alcohol and the college student by having interactive learning activities to reinforce learning.

March 24, 2014 10:00 a.m. to 2:00 p.m. AOD Table

SO Atrium

The AOD Programming Subcommittee hosts a table to give out information from the various AOD departments regarding safety around AOD issues. Also gives out upcoming events centered around educating students on safety tips to practice during spring break.

March 25, 2014 7:00 p.m. Residence Life Safe

Spring Break

March 25 & 26, 2014 11:00 a.m. to 1:00 p.m. Safe Spring Break

Party Campus Green

Safe Spring break is hosted by the Center for Health Promotion and Wellness every year before KSU's Spring Break. The Programming committee members take part in this event by helping to promote the event through marketing in their various departments and beyond. The HOOTs, student peer health educators, plan, implement and evaluate the event. Activities are interactive and engaging.

#### APRIL

April 10, 2014 11:00am-2:00pm KSU Day

Campus Green

The Center for Young Adult Addiction and Recovery gave away cotton candy and popcorn at KSU Day to students to promote the CYAAR as well as the new student organization KSAS (Kennesaw Students About Service) whose mission is to create a safe environment for students recovering from addiction, to provide an atmosphere for those supporting recovery and in recovery in which they can interact socially, and to deliver opportunities for members to provide maximum service to the Kennesaw State University, local, state and national community.

April 29, 2014 6:30-8:30pm Take Back the Night

Campus Green

Take Back the Night is hosted by the Women's Resource and Interpersonal Violence Prevention Center, KSU Task Force on Interpersonal Violence and Student Task Force on Interpersonal Violence. Take Back the Night is a powerful opportunity to reclaim our right to safely and courageously speak out against violence. This event will include speakers, representation from campus and community partners at information tables, a candlelight vigil, t-shirts, light refreshments, and more.

### YEAR-ROUND

*Peer Educators*: The Wellness Center and Center for Young Adult Addiction and Recovery train Peer Educators to go classrooms and lead discussions with and/or present to their peers on alcohol, drugs, and other issues. All Peer Educators are receive certified training through The Bacchus Network and can be requested by an instructor.

"Let's Get Physical" – a complete physical which also provides education on alcohol and drug abuse. Available to students at the health clinic for a fee of \$29.

RAD & SAFE Classes: The Department of Public Safety hosts workshops on self-defense each semester. Students can sign up for these classes on the Department of Public Safety website.

*Myplaybook:* Each year, new student-athletes complete myplaybook.com, the online drug and alcohol program. The returning student-athletes do the booster program.

CYAAR staff members conduct Substance 101 and Prime for Life workshops on an "as needed" basis for students who are assigned to those workshops for code of conduct violations.

Academic Year 2012-2013				
Substance 101		Prime for Life		
# Students	# of classes	# of Students	# of classes	
239	22	21	9	

Academic Year 2013-2014					
Substance 101		Prime for Life			
# Students	# of classes	# of Students	# of classes		
226	29	34	16		

### Appendix B

### KSU Center for Health Promotion and Wellness Alcohol Education Events and Activities Fall 2012-Summer 2014

### **Fall 2012**

- Vinyl pole banners were hung in high student traffic areas promoting social norming statistics for KSU. They were installed all semester.
- August
  - HPE 2900/Peer Health Education. Academic course trained peer health educators on alcohol awareness
- October
  - Walktoberfest- Part of National Collegiate Alcohol Awareness Week
- November
  - Peer health educators presented, Six Keys to Driving, at the Bacchus Network's General Assembly held in Orlando, FL.
  - Peer health educators hosted an event on the Campus Green, Watch your B.A.C. (Blood alcohol concentration).

### **Spring 2013**

- Vinyl pole banners were hung in high student traffic areas promoting social norming statistics for KSU. They were installed all semester.
- February
  - Safe Spring Break Party
  - Sweat towels were distributed at KSU men's basketball game. Towels were imprinted with social norming statistics.
- March
  - PHEs had an interactive alcohol awareness booth at the Health Fair (allowed students to try Fatal Vision Goggles, handed out alcohol information)
  - Domino Strategy messages displayed in the campus shuttle system and student newspaper
  - o Carolyn Cornelison spoke to the campus on her experiences with alcohol abuse
- April
  - Domino Strategy messages displayed in the campus shuttle system and student newspaper
  - o "Crash Course" –DUI simulator brought to campus, mock DUI, obstacle course (students drove golf cart while wearing fatal vision goggles).

 Sweat towels were distributed at KSU baseball game. Towels were imprinted with social norming statistics.

#### **Summer 2013**

- Vinyl pole banners were hung in high student traffic areas promoting social norming statistics for KSU. They were installed all semester.
- Social norming posters were distributed to various departments on campus.
- Domino Strategy key chain tags were distributed to students during new student orientations.

#### Fall 2013

### All Semester

- Social norming napkin cards were inserted in the dispensers for displaying in the main dining facility on campus.
- o Social norming posters were distributed to various departments on campus.
- o Social norming ground signs were placed in high student traffic areas on campus
- Domino Strategy messages displayed in the campus shuttle system and flyers displayed in seven a-frame signs
- Vinyl pole banners were hung in high student traffic areas promoting social norming statistics for KSU.

### • August-

- Distributed social norming cups, Domino Strategy key chains, highlighters, and coasters, to students during Week of Welcome events
- Alcohol education message was delivered to resident assistants during annual training.
- o DUI simulator event was held during the Week of Welcome
- o Mocktails served in social norming cups during Bike Day Fiesta

### September-

- Alcohol presentation given to students in nutrition course. Social norming cups were distributed.
- o Social norming posters were delivered to the Center for Student Leadership.

### October-

- Distributed alcohol awareness kits at the "Orange Duffle Bag" event required for KSU athletes.
- Peer health educators presented to three classes discussing alcohol awareness and highway safety
- National Collegiate Alcohol Awareness Week
  - Mocktail Happy Hour

- Walktoberfest-one-mile fun walk
- Oct-sober-fest-obstacle course wearing fatal vision goggles while driving a golf cart.
- Highlighters with social norming messages were distributed to students
- "Key Campaign" was initiated by the peer health educators. Alcohol awareness messages were posted on Facebook. Students had to find a "key" based on the clue given.

#### November

- HPE 2900/Peer Health Education. Academic course trained peer health educators on alcohol awareness
- o Alcohol awareness presentation taught to HPS 1000 section
- Alcohol safety information posted on Facebook
- o Peer health educators implemented outreach event entitled Alcohol 101
- Key Campaign" was implemented by the peer health educators. Alcohol awareness messages were posted on Facebook. Students had to find a "key" based on the clue given.

### December

- Holiday survival kits were distributed to students containing Domino Strategy key chains and alcohol awareness information
- o "Key Campaign" was implemented by the peer health educators. Alcohol awareness messages were posted on Facebook. Students had to find a "key" based on the clue given.

### **Spring 2014**

#### All Semester

- Social norming posters were installed inside and on tailgates of the campus shuttles and will be displayed all semester.
- Vinyl pole banners were hung in high student traffic areas promoting social norming statistics for KSU.
- Key Campaign" implemented by the peer health educators. Alcohol awareness messages were posted on Facebook. Students had to find a "key" based on the clue given.

### February

o Domino Strategy messages displayed in seven a-frame signs

#### March

- PHEs had an interactive alcohol awareness booth at the Health Fair (allowed students to try Fatal Vision Goggles, handed out alcohol information)
- Safe Spring Break Party
  - Tie Dye activity: Shirts with designated driver messages

- Beer Drive Obstacle Course
- Student Government Block Party
- April
  - o Domino Strategy messages displayed in seven a-frame signs
  - Social norming napkin cards were inserted in the dispensers in the main dining facility on campus

### **Summer 2014**

- All Semester
  - Vinyl pole banners were hung in high student traffic areas promoting social norming statistics for KSU.
- May
  - Facebook message was posted promoting using a designated driver while celebrating over the Memorial Day weekend.
- July
  - Social norming posters were hung in the Student Center atrium during high traffic times of student orientation

## **Appendix C**

# KENNESAW STATE UNIVERSITY ATHLETIC DEPARTMENT DRUG and ALCOHOL PROGRAM

(The entire program can be found in the Sports Medicine Section of <a href="www.ksuowis.com">www.ksuowis.com</a> in the Policy and Procedure Manual and in the Medical Forms area.)

#### Philosophy Statement

Kennesaw State University (KSU) supports the NCAA statement regarding substance abuse. We are committed and dedicated to promoting and preserving the integrity of Athletics for the benefit and welfare of our student-athletels (SA).

Recognizing that drug and alcohol abuse among college student-athletes is of national concern and could endanger the health, development, and well-being of some of KSU's SA, KSU Athletics has developed this program and policy for drug testing, education and counseling. KSU Athletics Drug and Alcohol Program is separate and distinct from that of the NCAA Drug Testing Program.

#### Mission Statement

The mission of this drug and alcohol program is to maintain the health and safety of the SA through education, testing, counseling, and sanctions to:

- deter student-athletes from using illegal drugs/dietary supplements and abusing alcohol
- educate student-athletes about the physical, social, psychological, financial and legal problems associated with alcohol abuse and drug use
- help student-athletes avoid improper use of illegal and banned drugs and supplements by ensuring they are well informed
- · identify prohibited drug use and/or alcohol abuse
- provide a program to assist individuals who use or abuse drugs or alcohol to recognize their problem and be referred for counseling and rehabilitation
- · provide a fair administrative process for sanctions and appeals
- disassociate from our athletic programs any person who is engaged in improper use of drugs and alcohol and does not respond to rehabilitation efforts, while promoting the University's mission of academic excellence.

#### KSU Athletics Drug and Alcohol Committee

- Responsibilities:
  - Decides if probable cause for testing exists.
  - Decides disciplinary actions for positive test results/policy violations.
  - Ensures adherence to the KSU Athletics Drug and Alcohol Program.
- · Membership:
  - Director of Athletics
  - Associate AD/SWA
  - Associate Athletics Director for Compliance
  - Director of Sports Medicine
  - Team Physician

#### **Eligibility For Testing**

- All active SA who are listed on the NCAA Squad Lists (not including SA who have exhausted eligibility), as well as the Cheerleading and Dance Team members, will be eligible for random drug testing and will participate in the drug and alcohol education program.
- All SA who are listed on the NCAA Squad Lists (including those with exhausted eligibility) are eligible for "cause" testing.

#### Program description

### Drug/Alcohol Education

KSU Athletics will sponsor a drug/alcohol education program that is coordinated by Sports Medicine and the life skills programs. All SA will receive written information and are required to attend these programs.

### Reportable Offenses

- O Any SA involved in an alcohol or drug-related incident including, but not limited to, dui, fighting, domestic violence, trafficking in controlled substances, possession of drug paraphernalia (including hookahs) etc., will be subject to immediate evaluation for possible alcohol or drug abuse. Conclusions of the investigation and subsequent testing may result in probation, suspension and/or termination from the team and can be considered a violation of the alcohol and drug policy, as determined by the Director of Athletics.
- O Violations of the KSU residential and/or student code of conduct policies will be sent to the Program Administrator (PA). The PA will determine if these infractions also constitute violations of this Drug and Alcohol Policy subject to evaluation, counseling, testing and disciplinary action.

### Notification

#### Random Selection

Each SA will be subject to random testing on multiple occasions throughout the academic year. The drug testing schedule will be determined by the Sports Medicine Staff, with the approval of the Director of Athletics. The selection of individuals will be made through a computer-generated blind drawing by the contracted collectors. The selection pool may include but is not limited to all SA across all teams or on a team by team basis. Testing can occur in the pre-season and post-season, as well as during the regular academic year/season. SA will receive no more than 24 hours notice.

#### Probable Cause

SA will be drug-tested and/or evaluated if there is probable cause to suspect alcohol, drug use or abuse. The coaching staff, administrators, academic advisors, athletic trainers or strength coaches may receive a report of substance abuse or observe certain signs, symptoms, or changes in behavior that may cause him/her to suspect substance abuse. These staff members have a duty to report any suspicions to a member of KSU Athletics Drug and Alcohol Committee. A signed report will be forwarded to all members of the committee. KSU Athletics Drug and Alcohol Committee will decide if probable cause exists for testing. No prior notification will be issued before collection is required.

#### Testing

Urinalysis will be the method of choice for drug and/or alcohol testing. Other methods of drug and/or alcohol testing may be utilized.

### · Consent Forms:

Each SA must sign an NCAA Consent Form, provided by the Compliance Office, and a KSU Athletics alcohol-drug testing authorization form, provided by the Sports Medicine office, each year. A SA who does not sign the authorization forms will not be permitted to participate in practice or competition.

#### Banned Substances:

- KSU Athletics drug testing will include, but is not limited to, the substances listed on the most current NCAA banned drug classes list. KSU Athletics may test for cut-off levels lower than that of the NCAA drug testing program.
- Note: you will be in violation of this policy if you test positive for a prescription drug that has not been prescribed to you. Prescription medications must be disclosed prior to testing. Physician documentation will be required.

### Collection Methodology:

KSU Athletics has contracted with drug testing companies and certified commercial laboratories to perform the testing of KSU SA. The testing company's protocols will be followed for collection.

Members of the KSU Sports Medicine Staff have been trained and may handle the collection and direct observation. The staff members will follow the testing company's procedures, guidelines and chain of custody requirements for the urine sample.

#### Positive Results

All drug testing results are delivered to the Director of Sports Medicine. The Director of Sports Medicine reports the results to KSU Athletics Drug and Alcohol Committee. The committee will determine if a positive test constitutes a violation of this drug and alcohol policy. The KSU Director of Athletics (or designee) will meet with the SA to review the positive test and consequences. The SA will then be referred to the Director of Sports Medicine (or designee) who will review the established policy and procedures, including the appeal process, appropriate disciplinary actions, and explain the program of evaluation, counseling and future testing. The respective Head Coach will then be notified and will meet with the SA to inform him/her of any disciplinary action over and above KSU Athletics' required sanctions. A contract which states the specific disciplinary actions, including action by the Head Coach, will be signed by the SA, Head Coach and Director of Sports Medicine.

### Confidentiality

Only the Director of Sports Medicine has the drug-testing rosters, which matches SA names with numbered results. Only KSU Athletics Drug and Alcohol Committee, Head Coach and Substance Abuse Counselor are informed of the identity of the SA with a positive test. Other individuals (Assistant Coaches, Sports Performance, Athletic Trainers, Academic Staff, Medical Staff, etc.) will be informed **ONLY** on a need-to-know basis. As part of the treatment program, the SA may be required to participate in group counseling sessions which may affect confidentiality.

### NCAA Year Round Drug Testing

KSU Athletics will participate in the NCAA Year Round Drug Testing Program. A copy of the NCAA Year Round Testing Program is on file in the Athletic Training Room and Compliance Office. A positive NCAA test will count as a positive KSU test and will be sanctioned accordingly.

### NCAA Championship Drug Testing

In the event that a team/individual qualifies for an NCAA Championship event (Regional or National), they are subject to NCAA Championship Drug Testing. A copy of the NCAA Year Round Testing Program is on file in the Athletic Training Room and Compliance Office. A positive NCAA test will count as a positive KSU test and will be sanctioned accordingly.

### **Disciplinary Actions**

All offenses are cumulative throughout the SA eligibility.

### NCAA Year Round and Championship Testing Program

A positive drug test in the NCAA Drug Testing Program will result in sanctions determined by the NCAA. KSU has no input in the NCAA's decision-making or control over the sanctions. A positive test result in the NCAA program may be considered a positive test result in the KSU program, per KSU Athletics Drug and Alcohol Committee. KSU Athletics disciplinary actions will be in addition to the NCAA's sanctions.

### KSU Athletics Alcohol and Drug Disciplinary Policy

- First Offense (Alcohol)
  - Parent(s)/guardian may be notified in writing by the Director of Athletics.
  - Suspension from practice/team activities for a minimum of two weeks (not including competition).
  - Evaluation by a Substance Abuse Counselor and/or Team Physician.
  - SA will follow the treatment plan developed by the Substance Abuse Counselor.
  - Additional disciplinary action as specified by the Head Coach possible termination from the team and/or loss of Athletic GIA.

#### First Offense (Drug) / Second Offense (Alcohol)

- Parent(s)/guardian notified in writing by the Director of Athletics.
- Suspension from practice/team activities for a minimum of two weeks.
- Suspension from a minimum of the next eligible 10% of championship season games or contests – this includes post season contests and will be carried over to the next season if necessary.
- Evaluation by a Substance Abuse Counselor and/or Team Physician.
- SA will follow the treatment plan developed by the Substance Abuse Counselor.
- Random testing as specified by the Substance Abuse Counselor.
- Additional disciplinary action as specified by the Head Coach possible termination from the team and/or loss of Athletic GIA.
- Subject to follow-up drug testing for the remainder of eligibility at KSU.
- Negative re-entry drug test prior to reinstatement for games/contests.
- Following the first positive drug test, the SA will be screened again. Since certain drugs can
  remain in the human body for extended periods of time, the SA will be tested until he/she
  receives a negative test result. However, each test must show evidence of no increased
  drug use or it can be considered as another offense. Once a negative test is obtained, any
  subsequent positive test will be treated as an additional offense.

#### Second Offense (Drug) / Third Offense (Alcohol)

- Parent(s)/guardian notified in writing by the Director of Athletics.
- Cancellation of eligibility to participate in the KSU Athletics program.
- Athletic GIA will not be renewed.
- Existing grant-in-aid may be canceled in accordance with NCAA and conference guidelines.

#### Failure to Report for a Test

- Any SA who does not report for drug testing at the designated time on the scheduled date,
   will be reported to KSU Athletics Drug and Alcohol Committee.
- The SA will be charged with a positive drug test and will be subject to the appropriate disciplinary actions.

#### Contract

- The SA will sign a Disciplinary Action Contract. This contract will outline disciplinary actions and procedures the SA must follow as part of the Alcohol and Drug Program.
- Failure to comply with the contract can result in suspension or termination from the team.

#### Falsification of Test Results

 Any attempt to falsify test results by providing false information, altering a urine sample, manipulating test results, or any other conscientious effort to circumvent the drug-testing process will result in an automatic dismissal from participation in Kennesaw State University's athletic program.

#### Safe Harbor

The Safe Harbor program is designed to provide student-athletes an opportunity to voluntarily come forward to deal with a drug or alcohol related problem without affecting their athletic eligibility.

You are encouraged to voluntarily come forward to seek assistance with an alcohol or drug-related problem without punitive sanctions. Requests should be made to your team's athletic trainer or team physician. You will be given a request form to sign that will be kept in your file in the athletic training room. Once you are notified that you have been selected for a specific random drug testing session, you may not request "Safe Harbor." You have only one opportunity to request "Safe Harbor" while

participating in KSU Athletics. Counseling is always available to assist with problems or circumstances that could lead to a positive alcohol or drug test result.

#### Once you declare "Safe Harbor" you will:

- Be tested for drugs and/or alcohol immediately.
- Be evaluated by the Substance Abuse Counselor and/or Team Physician regardless of the test results.
- Follow and complete the prescribed counseling/treatment plan (within the prescribed time frame).
- Be drug/alcohol tested at a frequency prescribed by the Counselor or Team Physician.
- Remain in Safe Harbor until released by the Counselor and/or Team Physician for a period of time not to exceed 30 days.
- Be ineligible for randomized drug testing while in Safe Harbor, but remain eligible for drug testing by the NCAA.

The team physician may suspend the SA from all athletic participation if medically indicated. Failure to comply with any aspect of the counseling program or any subsequent positive drug test indicating new or increased use of a banned substance will result in removal from Safe Harbor. The SA will then be re-enrolled in the regular testing program and disciplinary action can be enforced according to KSU Athletics Alcohol and Drug Policy.

KSU Athletics Drug and Alcohol Committee, your Head Coach and your team athletic trainer will be informed of your request for Safe Harbor. Other university officials may be informed only to the extent necessary for the implementation of this policy.

#### **Appeal Process**

If a SA tests positive for a banned substance, he/she has the right to appeal the test result and/or disciplinary action. KSU Athletics Drug and Alcohol Committee must receive a written request within two (2) business days of the notification of the positive test.

#### Medical Exceptions

A SA may be prescribed a medication that contains a banned substance for a specific medical condition. The SA should first check with the physician to see if an alternative treatment is available, to avoid using a banned substance. If no alternative is available, the SA must obtain documentation from the physician that includes the specific condition, the prescribed medication, the dosage of the medication and results of testing performed to diagnose the condition. Prescription medications should be disclosed in the Initial or Interim Health History Forms. All documentation should be submitted to the Sports Medicine staff to be stored in the SA's file.

#### Drug Counseling and Rehabilitation

- KSU Athletics will require all SA who test positive on their drug test or who have a self-admitted drug, alcohol or related problem to go through a comprehensive evaluation, counseling and rehabilitation program to help them overcome the problem.
- The initial step of the program will be to meet with the Team Physician and/or Substance Abuse Counselor (SSS Center) to evaluate the problem and establish a treatment plan. The SA will be required to attend counseling sessions and follow the treatment plan prescribed. This plan may include out-patient or in-patient therapy, attendance at Alcoholics Anonymous or Narcotics Anonymous meetings, group sessions or other special treatments.
- To deter future drug use, weekly random drug tests may be required following the advice of the Counselor. Extensive counseling or in-patient treatment may be recommended and/or required with certain individuals.

#### Financial Responsibilities

- Once a SA has tested positive for a banned substance, he/she will be required to be evaluated by
  the Team Physician and/or Substance Abuse Counselor at the University's Student Success
  Services (SSS)/Center for Young Adult Addiction and Recovery to determine the extent of their
  substance abuse problem. The SA will be referred for the appropriate follow-up counseling or
  treatment.
- SA who abuse drugs or alcohol may require long-term counseling and in-patient comprehensive care
  to help them deal with their problem. The SA or his/her parent(s) or guardian will be responsible for
  the costs incurred outside of the services provided by the KSU SSS Center.

#### **Dietary Supplements**

- SA must be aware that many legal dietary supplements contain substances banned by the NCAA. Many SA assume if a product is purchased in a health food store, they must be allowed to take it under the NCAA rules. THIS IS NOT TRUE! Reliance on the advice of the clerk at the store, the distributor at the gym, or anyone who is not part of the athletic program, can result in erroneous information about whether the product contains any NCAA-banned substances. False information can result in a positive drug test. Remember that labeling on these products can be misleading and inaccurate because the industry is not regulated.
- SA can improve their strength and performance through proper nutrition, conditioning and rest.
   According to NCAA policy, KSU Athletics can only provide non-ergogenic nutritional supplements provided that they do not contain any NCAA banned substances. Permissible supplements include: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, vitamins and minerals.
- Any SA who takes supplements or medications from any other source must complete the Student-Athlete Supplement Disclosure Form. Please make sure you discuss any dietary supplements with the athletic trainer prior to use of the product. The athletic trainer has a list of banned drugs and common banned supplements. Feel free to see the athletic trainer with any questions.
- The National Center for Drug Free Sport website can be utilized to determine if a product contains
  any NCAA banned substances. The website can be found at <a href="www.drugfreesport.com">www.drugfreesport.com</a>. Go to the
  Resource Exchange Center (REC) on the website and use "ncaa1" as your password.

#### Tobacco Products/Possession of Hookahs

- In accordance with NCAA legislation, the use of tobacco products is prohibited by SA and all game personnel (e.g. coaches, athletic trainers, managers and game officials) in all sports during practices and competition.
- The sports medicine staff is responsible for removing any student-athlete or game personnel using tobacco products.
- Hookahs are considered drug paraphernalia by KSU Housing and are banned in the residence halls.
- The possession and/or use of a hookah by a student-athlete is/are a violation of the KSU Athletics Drug and Alcohol Policy.

## Appendix D

#### NUMBER OF ARRESTS FOR SELECTED OFFENSES

These numbers include both citation arrests and physical arrests

OFFENSE TYPE	YEAR	ON CAMPUS  STUDENT OTHER HOUSING		NON- CAMPUS BUILDING AND PROPERTY	PUBLIC PROPERTY	TOTAL
LIQUOR LAW	2011	33	60	0	23	116
VIOLATIONS	2012	15	46	12	5	78
	2013	25	43	6	17	91
DRUG VIOLATIONS	2011	7	24	0	7	38
	2012	12	39	0	14	65
	2013	17	45	2	15	79
WEAPONS	2011	2	0	0	0	2
VIOLATIONS	2012	2	0	0	0	2
	2013	0	1	0	1	2
TOTAL						

#### NUMBER OF JUDICIAL REFERRALS FOR SELECTED OFFENSES

These numbers are provided by the Department of Student Conduct and Academic Integrity

OFFENSE TYPE	YEAR	ON CAMPUS  STUDENT OTHER HOUSING		NON- CAMPUS BUILDING AND PROPERTY	PUBLIC PROPERTY	TOTAL
LIQUOR LAW	2011	7	303	0	0	310
VIOLATIONS	2012	2	212	0	0	214
	2013	0	320	0	0	320
DRUG VIOLATIONS	2011	0	48	0	2	50
	2012	6	70	0	0	76
	2013	6	86	1	3	96
WEAPONS	2011	0	0	0	0	0
VIOLATIONS	2012	1	0	0	0	1
	2013	0	2	0	0	2
TOTALS						

## Appendix E

### Residence Life AOD Education Programs Fall 2012 through Summer 2014

Date	Title
8/18/2012	Party Smart
8/28/2012	Wasted Sex
9/5/2012	Lets Get Chocolate Wasted
9/17/2012	Lets Get Ice Cream Wasted
9/17/2012	Twisted
9/20/2012	Grooving Above the Influence
9/25/2012	Lets Get Smashed
9/25/2012	Are You Ready to Party
9/27/2012	Know Your Limits
9/28/2012	Pregame Olympics
10/16/2012	Drinks on Me
10/29/2012	Know What You're Drinking
10/30/2012	Oktoberfest
11/12/2013	Krazy Koozies
11/14/2012	Alcohol Prevention 101
1/22/2013	Yoga After Happy Hour
2/25/2013	Spring Break Out
2/27/2013	Don't Leave It To Luck This Month-Safe
	Drinking
2/28/2013	Because I got FUBAR
3/13/2013	Facebook Posts
3/14/2013	Spring Break Talk
3/17/2013	The Drinking Game
3/18/2013	St Patrick's Day Party
3/20/2013	Raise Your Glass
3/28/2013	Be Good or Be Good At It
3/28/2013	Stay Classy Kennesaw
8/20/2013	Party Smart
9/18/2013	Cocktails with a Twist
9/30/2013	Get Your Drink On
10/1/2013	Jello Shots
10/23/2013	Drinks of Me
11/3/2013	Party Smart

12/2/2013	Manicures, Mocktails and a Movie
12/2/2013	Beer Party
1/20/2014	Cocktails with a Twist
2/5/2014	Party Fails
2/12/2014	BYOB-Bring Your Own Bowl
2/17/2014	Mocktails
2/27/2024	No Breaks on Spring Break
3/11/2014	Alcohol Awareness
3/18/2014	Cocktails with a Twist
3/19/2014	#DrunkNOlove
4/1/2014	Spring Break Bootcamp

#### Appendix F

# Kennesaw State University Executive Summary

Spring 2014

American College Health Association National College Health Assessment II

ACHA-NCHA II

The ACHA-NCHA II supports the health of the campus community by fulfilling the academic mission, supporting shortand long-term healthy behaviors, and gaining a current profile of health trends within the campus community.

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ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 20 million college students. For more information about the association's programs and services, visit www.acha.org, and www.acha-ncha.org.

#### Suggested citation for this document:

American College Health Association. American College Health Association-National College Health Assessment II: Kennesaw State University Executive Summary Spring 2014. Hanover, MD: American College Health Association; 2014.

#### Introduction

The ACHA-National College Health Assessment II (ACHA-NCHA II) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits, behaviors, and perceptions on the most prevalent health topics.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nation wide through the spring 2008 data collection period. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health.

The revised survey, the ACHA-NCHA-II, was developed following a thorough pilot testing process. Although the general categories of information for which data are collected remain the same between the original ACHA-NCHA and this revised survey, a number of questions have been modified, and new questions have been added to monitor a variety of health constructs. Specific revisions include updated lists of illegal drugs, contraceptive methods, and vaccines. New items have been added to capture sleep behaviors, self-injury, the use/abuse of prescription drugs and additional mental health issues.

Please note the ACHA-NCHA II is not appropriate for trend comparison of items from the original ACHA-NCHA survey. A new baseline for ACHA-NCHA II began in the fall of 2008. Directly comparing pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's redesign, might lead to an erroneous conclusion. Documentation regarding the results of the pilot study and differences between the instruments can be obtained at the ACHA-NCHA website, www.acha-ncha.org.

For additional information about the survey's development, design, and methodology, email Mary Hoban, PhD, CHES, (mhoban@acha.org), E. Victor Leino, PhD (vleino@acha.org), or visit www.acha-ncha.org.

#### Note on use of data:

Missing values have been excluded from analysis. Students responding "not applicable" were excluded from several analyses, which are specifically noted throughout this document. All response categories were included, including "don't know" or "0" unless otherwise noted.

This Executive Summary highlights results of the ACHA-NCHA II Spring 2014 survey for Kennesaw State University consisting of 647 respondents.

The overall response proportion was 8.6%.

Findings

#### A. General Health of College Students

- 47.4 % of college students surveyed ( 59.6 % male and 43.2 % female) described their health as *very good or excellent*.
- ■86.8 % of college students surveyed ( 91.6 % male and 84.9 % female) described their health as *good*, *very good or excellent*.

Proportion of college students who reported being diagnosed or treated by a professional for any of the following health problems within the last 12 months:

Allergies:	20.5 %	Hepatitis B or C:	0.3 %
Asthma:	9.6 %	High blood pressure:	4.9 %
Back pain:	15.4 %	High cholesterol:	3.8 %
Broken bone/Fracture/Sprain:	5.2 %	HIV infection:	0.2 %
Bronchitis:	8.3 %	Irritable Bowel Syndrome:	3.0 %
Chlamydia:	1.7 %	Migraine headache:	10.9 %
Diabetes:	1.7 %	Mononucleosis:	1.3 %
Ear infection:	10.7 %	Pelvic Inflammatory Disease:	0.8 %
Endometriosis:	2.0 %	Repetitive stress injury:	1.7 %
Genital herpes:	1.1 %	Sinus infection:	23.5 %
Genital warts/HPV:	0.8 %	Strep throat:	13.1 %
Gonorrhea:	0.6 %	Tuberculosis:	0.3 %
		Urinary tract infection:	11.5 %

■60.7 % of college students ( 44.0 % male, 66.5 % female) reported being diagnosed or treated by a professional with one or more of the above conditions within the last 12 months.

Proportion of college students who reported any of the following:

Attention Deficit and Hyperactivity Disorder (ADHD)	11.4 %
Chronic illness (e.g., cancer, diabetes, auto-immune disorders)	8.3 %
Deafness/Hearing loss	3.3 %
Learning disability	4.4 %
Mobility/Dexterity disability	1.7 %
Partial sightedness/Blindness	3.0 %
Psychiatric condition	7.7 %
Speech or language disorder	0.9 %
Other disability	1.9 %

#### B. Disease and Injury Prevention

College students reported receiving the following vaccinations (shots):

- 65.9 % reported receiving vaccination against hepatitis B.
- 36.7 % reported receiving vaccination against Human Papillomavirus/HPV (cervical cancer vaccine).
- 33.7 % reported receiving vaccination against influenza (flu) in the last 12 months (shot or nasal mist).
- 71.6 % reported receiving vaccination against measles, mumps, rubella.
- 52.6 % reported receiving vaccination against meningococcal meningitis.
- 56.3 % reported receiving vaccination against varicella (chicken pox).

Other disease prevention practices reported by college students:

- 65.7 % reported having a dental exam and cleaning in the last 12 months.
- 33.1 % of males reported performing a testicular self exam in the last 30 days.
- 42.0 % of females reported performing a breast self exam in the last 30 days.
- 54.4 % of females reported having a routine gynecological exam in the last 12 months.
- 48.5 % reported using sunscreen regularly with sun exposure.
- 34.0 % reported ever being tested for Human Immunodeficiency Virus (HIV) infection.

College students reported the following behaviors within the last 12 months:

Percent (%)	N/A, did not do this activity within the last 12 months	Never*	Rarely or sometimes*	Mostly or always*
Wear a seatbelt when				
you rode in a car	0.2	0.3	2.0	97.7
Wear a helmet when you				
rode a bicycle	64.8	32,6	19.8	47.6
Wear a helmet when you				
rode a motorcycle	88.3	2.7	1.3	96.0
Wear a helmet when you				
were inline skating	88.9	47.9	14.1	38.0

<sup>\*</sup> Students responding "N/A, did not do this activity within the last 12 months" were excluded.

#### C. Academic Impacts

Within the last 12 months, students reported the following factors affecting their individual academic performance, defined as: received a lower grade on an exam, or an important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research, or practicum work; (listed alphabetically):

Alcohol use:	2.5 %	Gambling:	0.3 %
Allergies:	2.2 %	Homesickness:	2.7 %
Anxiety:	28.3 %	Injury:	1.1 %
Assault (physical):	0.6 %	Internet use/computer games:	12.4 %
Assault (sexual):	1.0 %	Learning disability:	3.5 %
Attention Deficit/Hyperactivity Disorder:	8.2 %	Participation in extracurricular	
Cold/Flu/Sore throat:	11.0 %	activities:	5.8 %
Concern for a troubled friend		Pregnancy (yours or partner's):	1.6 %
or family member:	11.5 %	Relationship difficulties:	11.0 %
Chronic health problem or serious illness:	5.2 %	Roommate difficulties:	5.4 %
Chronic pain:	3.8 %	Sexually transmitted disease/	
Death of a friend or family member:	6.1 %	infection (STD/I):	0.5 %
Depression:	16.4 %	Sinus infection/Ear infection/	
Discrimination:	0.3 %	Bronchitis/Strep throat:	7.2 %
Drug use:	1.4 %	Sleep difficulties:	21.9 %
Eating disorder/problem:	0.9 %	Stress:	35.2 %
Finances:	10.6 %	Work:	25.4 %
		Other:	3.1 %

#### D. Violence, Abusive Relationships and Personal Safety

Within the last 12 months, college students reported experiencing:

Percent (%)	Male	Female	Total
A physical fight	6.0	3.4	4.2
A physical assault (not sexual assault)	2.4	4.0	3.7
A verbal threat	19.6	17.0	17.8
Sexual touching without their consent	3.0	5.5	5.0
Sexual penetration attempt without their consent	0.6	3.6	2.9
Sexual penetration without their consent	0.6	2.3	2.0
Stalking	3.6	8.5	7.3
An emotionally abusive intimate relationship	11.3	13.8	13.3
A physically abusive intimate relationship	2.4	2.5	2.6
A sexually abusive intimate relationship	1.2	2.8	2.5

College students reported feeling very safe:

Perce	ont (%)	Male	Female	Total
On their campus (daytime)		89.3	87.0	87.3
On their campus (nighttime)		54.2	27.8	34.5
In the community surrounding their				
school (daytime)		66.1	59.7	61.2
In the community surrounding their				
school (nighttime)		44.0	20.3	26.7

#### E. Alcohol, Tobacco, and Other Drug Use

Reported use versus perceived use - reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of any use in the last 30 days.

Alcohol		Actual Use				
Percen	(%) M	ale	Female	Total		
Never used	24	.6	27.0	26.6		
Used, but not in the last 30 days	18	3.0	15.1	15.8		
Used 1-9 days	41	.3	45.3	44.3		
Used 10-29 days	14	.4	11.7	12.3		
Used all 30 days	1	.8	0.9	1.1		
Any use within the last 30 days	57	.5	57.9	57.6		

Cigarette	Actual Use		
Percent (%)	Male	Female	Total
Never used	71.9	71.3	71.3
Used, but not in the last 30 days	16.8	15.7	16.0
Used 1-9 days	6.6	5.9	6.4
Used 10-29 days	0.6	1.9	1.6
Used all 30 days	4.2	5.1	4.8
Any use within the last 30 days	11.4	13.0	12.7

Marijuana A		Actual Use	
Percent (%)	Male	Female	Total
Never used	68.5	68.3	68.1
Used, but not in the last 30 days	22.0	18.7	19.7
Used 1-9 days	4.8	7.7	7.0
Used 10-29 days	1.8	3.2	2.8
Used all 30 days	3.0	2.1	2.5
Any use within the last 30 days	9.5	13.0	12.2

Perceived Use				
Male	Female	Total		
2.5	3.9	3.6		
3.7	2.2	2.5		
39.5	31.7	33.7		
38.3	43.8	42.4		
16.0	18.4	17.7		
93.8	94.0	93.8		

	Perceived Use				
	Male	Female	Total		
	6.2	6.7	6.6		
Γ	14.2	7.5	9.2		
	37.7	29.7	31.6		
	21.0	24.4	23.5		
	21.0	31.7	29.1		
	79.6	85.8	84.2		

	Perceived Use				
	Male	Female	Total		
	8.1	6.8	7.3		
	13.0	8.1	9.3		
	39.8	37.5	38.0		
	29.8	32.7	31.7		
	9.3	15.0	13.7		
[					
	78.9	85.2	83.4		

Tobacco from a water pipe (hookah)	Actual Use		
Percent (%)	Male	Female	Total
Never used	67.1	65.6	66.0
Used, but not in the last 30 days	25.7	23.9	24.1
Used 1-9 days	6.0	8.1	7.8
Used 10-29 days	0.6	1.7	1.4
Used all 30 days	0.6	0.6	0.6
Any use within the last 30 days	7.2	10.5	9.8

Perceived Use				
Male	Female	Total		
8.6	9.6	9.4		
18.4	12.5	13.9		
50.9	48.1	48.7		
12.3	21.2	19.0		
9.8	8.5	8.9		
73.0	77.9	76.7		

All other drugs combined	A	ctual Us	
Percent (%)	Male	Female	Total
Never used	57.7	71.0	67.4
Used, but not in the last 30 days	26.2	19.7	21.3
Used 1-9 days	9.5	6.6	7.3
Used 10-29 days	4.2	1.1	2.2
Used all 30 days	2.4	1.7	1.9
Any use within the last 30 days	16.1	9.3	11.3

Perceived Use					
Male Female Total					
6.7	7.5	7.4			
12.8	11.8	11.9			
40.2	35.3	36.5			
22.6	30.3	28.5			
17.7	15.1	15.7			
80.5	80.6	80.7			

<sup>\*</sup>Includes cigars, smokeless tobacco, cocaine, methamphetamine, other amphetamines, sedatives, hallucinogens, anabolic steroids, opiates, inhalants, MDMA, other club drugs, other illegal drugs. (Excludes alcohol, cigarettes, tobacco from a water pipe, and marijuana).

- 2.9 % of college students reported driving after having 5 or more drinks in the last 30 days.\*
- 27.4 % of college students reported driving after having any alcohol in the last 30 days.\*

  \*Students responding "N/A, don't drive" and "N/A don't drink" were excluded from this analysis.

Estimated Blood Alcohol Concentration (or eBAC) of college students reporting 1 or more drinks the last time they "partied" or socialized. Students reporting 0 drinks were excluded from the analysis. Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

Estimated BAC	Percent (%) Mal	e Fema	ale Total
< .08	79.	8 78.	8 79.1
< .10	88.	1 82.	8 84.2
Mean	0.0	4 0.0	5 0.05
Median	0.03	2 0.0	3 0.02
Std Dev	0.0	6 0.0	7 0.06

Std Dev

Reported number of drinks consumed the last time students "partied" or socialized. Only students reporting one or more drinks were included.

Number of drinks*	Percent (%)	Male	Female	Total
4 or fewer		60.4	73.2	69.9
5		8.1	11.3	10.4
6		10.8	6.8	7.8
7 or more		20.7	8.7	12.0
Mean		4.74	3.58	3.90
Median		4.00	3.00	3.00

<sup>\*</sup> Students reporting 0 drinks were excluded.

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

3.53

3.28

Percent (%)	Male	Female	Total
N/A don't drink	28.9	26.0	26.7
None	48.8	57.7	55.4
1-2 times	17.5	11.5	12.9
3-5 times	4.2	3.8	3.9
6 or more times	0.6	1.1	1.1

Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months:

Percent (%)	Male	Female	Total
Antidepressants	1.8	3.2	3.1
Erectile dysfunction drugs	1.8	0.0	0.6
Pain killers	7.2	5.3	6.2
Sedatives	2.4	3.6	3.4
Stimulants	5.5	4.9	5.3
Used 1 or more of the above	12.0	12.3	12.9

College students reported doing the following *most of the time* or *always* when they "partied" or socialized during the last 12 months:\*

Percent (%)	Male	Female	Total
Alternate non-alcoholic with alcoholic beverages	32.7	40.8	38.6
Avoid drinking games	50.9	48.3	49.1
Choose not to drink alcohol	25.6	31.9	30.2
Determine in advance not to exceed a set number of drinks	51.3	55.1	53.7
Eat before and/or during drinking	84.6	80.4	81.3
Have a friend let you know when you have had enough	33.0	48.5	44.2
Keep track of how many drinks being consumed	68.4	75.8	73.7
Pace drinks to one or fewer an hour	39.3	49.4	46.5
Stay with the same group of friends the entire time drinking	87.7	91.8	90.6
Stick with only one kind of alcohol when drinking	61.5	65.2	64.0
Use a designated driver	82.9	88.7	86.8
Reported one or more of the above	98.4	98.9	98.5

<sup>\*</sup>Students responding "N/A, don't drink" were excluded from this analysis.

College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:\*

Percent	t (%)	Male	Female	Total
Did something you later regretted		23.7	27.9	27.2
Forgot where you were or what you did		22.9	21.7	22.4
Got in trouble with the police		1.7	0.6	1.1
Someone had sex with me without my consent		0.8	3.6	3.1
Had sex with someone without their consent		0.0	0.6	0.7
Had unprotected sex		25.4	21.4	22.4
Physically injured yourself		6.8	11.6	10.4
Physically injured another person		3.4	0.9	1.8
Seriously considered suicide		5.9	2.7	3.9
Reported one or more of the above		46.6	43.5	44.5

<sup>\*</sup>Students responding "N/A, don't drink" were excluded from this analysis.

#### F. Sexual Behavior

College students reported having the following number of sexual partners (oral sex, vaginal or anal intercourse) within the last 12 months:

	Percent (%)	Male	Female	Total
None		27.7	26.4	26.8
1		50.0	53.7	52.6
2		8.4	9.6	9.5
3		4.2	4.5	4.4
4 or more		9.6	5.8	6.7

Number of partners among students reporting to have at least one sexual partner within the last 12 months:\*

	Male	Female	Total
Mean	1.99	1.56	1.67
Median	1.00	1.00	1.00
Std Dev	2.40	1.20	1.60

<sup>\*</sup>Students reporting 0 sexual partners within the last 12 months were excluded.

College students reported having oral, vaginal or anal sex in the last 30 days:

#### Oral sex within the past 30 days

Percent (%)	Male	Female	Total
No, have never done this sexual activity	22.0	25.8	24.7
No, have done this sexual activity but not in the last 30 days	28.0	25.6	26.4
Yes	50.0	48.6	48.9

#### Vaginal sex within the past 30 days

Percent (%)	Male	Female	Total
No, have never done this sexual activity	32.7	24.9	26.7
No, have done this sexual activity but not in the last 30 days	20.6	18.1	19.0
Yes	46.7	56.9	54.3

#### Anal sex within the past 30 days

Percent (%)	Male	Female	Total
No, have never done this sexual activity	69.7	72.4	71.5
No, have done this sexual activity but not in the last 30 days	20.0	21.8	21.4
Yes	10.3	5.8	7.0

Using a condom or other protective barrier within the last 30 days (mostly or always):

	Percent (%)	Male	Female	Total
Sexually active students reported*				
Oral sex		3.2	1.2	2.3
Vaginal intercourse		48.2	39.2	41.9
Anal intercourse		33.3	17.2	23.7

<sup>\*</sup>Students responding "Never did this sexual activity" or "Have not done this during the last thirty days" were excluded from the analysis.

Contraceptive use reported by students or their partner the last time they had vaginal intercourse:

Percent (%)	Male	Female	Total
Yes, used a method of contraception	46.4	55.6	53.0
Not applicable/Didn't use a method/Don't know	53.6	44.4	47.0

If YES to contraceptive use the last time student had vaginal intercourse, reported means of birth control used among college students or their partner to prevent pregnancy:

Percent (%)	Male	Female	Total
Birth control pills (monthly or extended cycle)	56.0	53.7	54.5
Birth control shots	1.4	5.4	4.5
Birth control implants	4.2	1.9	2.4
Birth control patch	0.0	0.0	0.0
Vaginal ring	2.7	4.6	4.2
Intrauterine device	6.8	5.0	5.4
Male condom	68.4	48.5	53.2
Female condom	0.0	0.4	0.3
Diaphragm or cervical cap	0.0	0.4	0.3
Contraceptive sponge	0.0	0.0	0.0
Spermicide (foam, jelly, cream)	4.2	6.2	5.7
Fertility awareness (calendar, mucous, basal body temperature)	4.1	12.4	10.5
Withdrawal	28.4	34.7	33.1
Sterilization (hysterectomy, tubes tied, vasectomy)	1.4	4.2	3.6
Other method	4.2	2.3	2.7
	•		
Male condom use plus another method	51.4	34.6	38.7
Any two or more methods (excluding male condoms)	21.3	36.5	32.9

■ 13.5 % of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months.

(male: 11.4 %; female: 13.7 %).\*

2.2 % of college students who had vaginal intercourse within the last 12 months reported experiencing an unintentional pregnancy or got someone pregnant within the last 12 months. (male: 1.9 %; female: 2.4 %).\*\*

<sup>\*</sup>Students responding "Not sexually active" were excluded from the analysis.

<sup>\*\*</sup>Students responding "Have not had vaginal intercourse within the last 12 months" were excluded from the analysis.

#### G. Nutrition and Exercise

College students reported usually eating the following number of servings of fruits and vegetables per day:

Percent (%)	Male	Female	Total
0 servings per day	7.1	7.8	7.7
1-2 per day	59.5	58.3	58.4
3-4 per day	28.6	29.0	29.1
5 or more per day	4.8	4.9	4.8

College students reported the following behaviors within the past 7 days:

Do moderate-intensity cardio or aerobic exercise for at least 30 minutes:

Percent (%	) Male	Female	Total
0 days	20.0	24.8	24.0
1-4 days	59.4	63.7	62.1
5-7 days	20.6	11.5	13.9

Do vigorous-intensity cardio or aerobic exercise for at least 20 minutes:

Percent (%)	Male	Female	Total
0 days	32.9	49.0	45.2
1-2 days	29.9	27.2	27.6
3-7 days	37.2	23.8	27.2

Physical Activity and Public Health: Updated Recommendations for Adults. From the American College of Sports Medicine and the American Heart Association (2007): Moderate-intensity cardio or aerobic exercise for at least 30 minutes on 5 or more days per week, or vigorous-intensity cardio or aerobic exercise for at least 20 minutes on 3 or more days per week.

Students meeting the Recommendations for moderate-intensity exercise, vigorous-intensity exercise, or a combination of the two (2 moderate-intensity exercise periods = 1 vigorous-intensity exercise period).

	Percent (%)	Male	Female	Total
Guidelines met		53.6	37.3	41.3

Estimated average Body Mass Index (BMI): This figure incorporates reported height, and weight to form a general indicator of physical health. Categories defined by The World Health Organization (WHO) 2000, reprinted 2004. Obesity: Preventing and Managing the Global Epidemic. WHO Tech Report Series: 894.

BMI	ercent (%)	Male	Female	Total
<18.5 Underweight		3.1	5.0	4.5
18.5-24.9 Healthy Weight		47.9	59.7	56.2
25-29.9 Overweight		31.9	19.4	22.8
30-34.9 Class I Obesity		8.6	8.5	8.8
35-39.9 Class II Obesity		7.4	3.1	4.2
≥40 Class III Obesity		1.2	4.4	3.5
Mean		25.82	24.88	25.16
Median		24.55	23.03	23.68
Std Dev		5.59	6.32	6.14

#### H. Mental Health

Students reported experiencing the following within the last 12 months:

#### Felt things were hopeless

Percent (%)	Male	Female	Total
No, never	41.9	27.2	31.0
No, not last 12 months	23.4	25.1	24.6
Yes, last 2 weeks	12.6	18.0	16.7
Yes, last 30 days	6.6	7.7	7.4
Yes, in last 12 months	15.6	22.1	20.3
Any time within			
the last 12 months	34.7	47.8	44.4

#### Felt exhausted (not from physical activity)

Percent (%)	Male	Female	Total
No, never	19.2	7.9	10.8
No, not last 12 months	5.4	5.3	5.3
Yes, last 2 weeks	37.1	55.7	51.0
Yes, last 30 days	17.4	14.9	15.6
Yes, in last 12 months	21.0	16.2	17.3
Any time within			
the last 12 months	75.4	86.8	83.9

#### Felt overwhelmed by all you had to do

Percent (%)	Male	Female	Total
No, never	15.1	5.5	7.9
No, not last 12 months	10.2	4.0	5.6
Yes, last 2 weeks	31.9	58.0	51.2
Yes, last 30 days	21.7	14.2	16.2
Yes, in last 12 months	21.1	18.3	19.0
Any time within			
the last 12 months	74.7	90.4	86.4

#### Felt very lonely

read terry reading			
Percent (%)	Male	Female	Total
No, never	27.5	19.1	21.2
No, not last 12 months	22.2	21.8	21.8
Yes, last 2 weeks	21.6	24.6	24.0
Yes, last 30 days	9.0	12.8	11.9
Yes, in last 12 months	19.8	21.6	21.2
Any time within			
the last 12 months	50.3	59.1	57.1

#### Felt very sad

Percent (%)	Male	Female	Total
No, never	25.7	16.5	18.8
No, not last 12 months	24.6	20.3	21.4
Yes, last 2 weeks	18.0	25.5	23.5
Yes, last 30 days	7.2	16.1	14.1
Yes, in last 12 months	24.6	21.6	22.2
Any time within			
the last 12 months	49.7	63.2	59.8

#### Felt overwhelming anxiety

Percent (%)	Male	Female	Total
No, never	40.7	24.9	29.0
No, not last 12 months	23.4	15.5	17.6
Yes, last 2 weeks	13.8	25.1	22.1
Yes, last 30 days	3.6	13.3	10.8
Yes, in last 12 months	18.6	21.2	20.5
Any time within			
the last 12 months	35.9	59.7	53.4

#### Seriously considered suicide

Percent (%)	Male	Female	Total
No, never	77.8	72.9	74.1
No, not last 12 months	13.8	15.8	15.3
Yes, last 2 weeks	1.2	1.5	1.6
Yes, last 30 days	3.0	2.1	2.3
Yes, in last 12 months	4.2	7.7	6.7
Any time within			
the last 12 months	8.4	11.3	10.6

## Intentionally cut, burned, bruised, or otherwise injured yourself

Male	Female	Total
88.0	76.1	79.1
8.4	16.2	14.2
0.6	2.4	2.0
2.4	1.3	1.6
0.6	4.1	3.1
3.6	7.7	6.7
	88.0 8.4 0.6 2.4 0.6	88.0 76.1 8.4 16.2 0.6 2.4 2.4 1.3 0.6 4.1

## Felt so depressed that it was difficult to function

Percent (%)	Male	Female	Total
No, never	50.9	38.5	41.5
No, not last 12 months	26.9	23.6	24.4
Yes, last 2 weeks	7.8	12.6	11.4
Yes, last 30 days	3.6	8.4	7.2
Yes, in last 12 months	10.8	16.9	15.5
Any time within			
the last 12 months	22.2	37.9	34.1

#### Felt overwhelming anger

Percent (%)	Male	Female	Total
No, never	42.2	34.9	36.5
No, not last 12 months	27.7	21.1	23.0
Yes, last 2 weeks	9.0	14.7	13.2
Yes, last 30 days	5.4	10.6	9.3
Yes, in last 12 months	15.7	18.8	18.0
Any time within			
the last 12 months	30.1	44.0	40.5

#### Attempted suicide

Percent (%)	Male	Female	Total
No, never	91.6	88.0	88.7
No, not last 12 months	6.6	10.3	9.4
Yes, last 2 weeks	0.0	0.2	0.3
Yes, last 30 days	1.2	0.0	0.3
Yes, in last 12 months	0.6	1.5	1.3
Any time within			
the last 12 months	1.8	1.7	1.9

#### Within the last 12 months, diagnosed or treated by a professional for the following:

Percent (%)	Male	Female	Total
Anorexia	1.2	0.6	0.9
Anxiety	9.0	19.2	16.7
Attention Deficit and Hyperactivity Disorder	10.2	7.7	8.4
Bipolar Disorder	3.6	1.7	2.4
Bulimia	0.6	1.3	1.3
Depression	7.8	15.4	13.4
Insomnia	3.6	6.6	5.9
Other sleep disorder	1.8	3.0	2.8
Obsessive Compulsive Disorder	2.4	3.4	3.3
Panic attacks	4.2	10.0	8.6
Phobia	0.6	1.3	1.3
Schizophrenia	0.6	0.0	0.3
Substance abuse or addiction	2.4	0.9	1.4
Other addiction	0.6	0.4	0.6
Other mental health condition	2.4	2.8	2.8
Students reporting none of the above	76.8	71.4	72.7
Students reporting only one of the above	14.3	8.1	9.8
Students reporting both Depression and Anxiety	5.4	12.4	10.6
Students reporting any two or more of the above			
excluding the combination of Depression and Anxiety	4.2	10.2	8.7

#### Within the last 12 months, any of the following been traumatic or very difficult to handle:

Percent (%)	Male	Female	Total
Academics	41.3	52.8	49.8
Career-related issue	25.1	30.1	28.9
Death of family member or friend	13.7	14.6	14.5
Family problems	20.4	36.3	32.2
Intimate relationships	28.0	32.7	31.8
Other social relationships	18.7	26.4	24.3
Finances	31.9	45.7	42.1
Health problem of family member or partner	13.9	18.4	17.6
Personal appearance	15.1	29.1	25.9
Personal health issue	12.0	23.5	20.5
Sleep difficulties	25.7	31.0	29.8
Other	7.3	11.8	10.7
Students reporting none of the above	32.7	21.5	24.3
Students reporting only one of the above	9.5	10.0	9.8
Students reporting 2 of the above	14.9	11.7	12.6
Students reporting 3 or more of the above	42.9	56.7	53.3

#### Within the last 12 months, how would you rate the overall level of stress experienced:

Percent	(%) N	Male	Female	Total
No stress		4.2	0.6	1.6
Less than average stress	1	15.0	4.7	7.5
Average stress	3	36.5	34.8	35.2
More than average stress	3	35.3	45.9	43.0
Tremendous stress		9.0	13.9	12.8

#### I. Sleep

#### Past 7 days, getting enough sleep to feel rested in the morning:

Percent (%)	Male	Female	Total
0 days	6.6	12.6	11.1
1-2 days	31.1	35.3	34.3
3-5 days	46.7	43.3	43.9
6+ days	15.6	8.8	10.7

#### Past 7 days, how often felt tired, dragged out, or sleepy during the day:

Percent (%)	Male	Female	Total
0 days	14.5	4.9	7.5
1-2 days	32.5	27.4	28.5
3-5 days	38.6	45.8	43.7
6+ days	14.5	21.8	20.2

#### Past 7 days, how much of a problem with sleepiness during daytime activities:

Percent (%)	Male	Female	Total
No problem	17.4	6.4	9.5
A little problem	48.5	51.0	49.9
More than a little problem	17.4	24.6	22.7
A big problem	13.8	12.4	12.7
A very big problem	3.0	5.6	5.2

## **Demographics and Student Characteristics**

Age:			Students describe themselve	es as:
Average age:	24.87 years		White:	71.6 %
Median:	22.00 years		Black or African American:	17.3 %
Std Dev:	8.61 years		Hispanic or Latino/a:	7.4 %
			Asian or Pacific Islander.	4.3 %
18 - 20 years:		33.7 %	American Indian, Alaskan	
21 - 24 years:		38.4 %	Native or Native Hawaiian:	1.2 %
25 - 29 years:		10.1 %	Biracial or Multiracial:	4.8 %
30+ years:		17.8 %	Other:	3.2 %
■ Gender*			International Student:	
Female:		73.0 %	International:	6.7 %
Male:		26.0 %		
Transgender:		0.2 %	Students describe themselve	es as:
			Heterosexual:	90.1 %
■ Student state	us:		Gay/Lesbian:	2.7 %
1st year underg	raduate:	16.4 %	Bisexual:	4.9 %
2nd year under	graduate:	18.5 %	Unsure:	2.3 %
3rd year underg	graduate:	22.1 %		
4th year underg	graduate:	17.4 %	Housing:	
5th year or mor	e undergraduate:	17.2 %	Campus residence hall:	15.6 %
Graduate or pro	ofessional:	6.8 %	Fraternity or sorority house:	0.2 %
Not seeking a d	legree:	0.5 %	Other university housing:	3.4 %
Other:		1.1 %	Parent/guardian home:	29.6 %
			Other off-campus housing:	43.7 %
Full-time stude	nt:	79.9 %	Other:	7.5 %
Part-time stude	nt:	19.7 %		
Other student:		0.3 %	Participated in organized co	ollege athletics:
			Varsity:	2.4 %
Relationship	status:		Club sports:	6.3 %
Not in a relatio	nship:	41.0 %	Intramurals:	8.7 %
	p but not living together:	33.7 %		
In a relationshi	p and living together:	25.3 %	Member of a social fraterni	ty or sorority:
			Greek member:	6.6 %
<ul> <li>Marital state</li> </ul>	us:			
Single:		77.0 %	■ Primary Source of Health I	nsurance:
Married/Partne	red:	17.7 %	College/university sponsored	
Separated:		0.9 %	plan:	4.4 %
Divorced:		3.4 %	Parents' plan:	58.1 %
Other:		0.9 %	Another plan:	24.1 %
			Don't have health insurance:	11.7 %
			Not sure if have plan:	1.7 %

<sup>\*</sup> Cases where sex is missing are included in the calculation of percentages for this variable

#### Appendix G

# NASCAP SCAPQ Executive Summaries for Academic Years 2012-2013 and 2013-2014



Outcomes Assessment of the Student Conduct Administration Process: Kennesaw State University's 2012-2013 SCAPQ Report

Prepared by

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&

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July 2013

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Suggested citation: Janosik, S. M., & Stimpson, R. L. (2013). Outcomes Assessment of the Student Conduct Administration Process: Kennesaw State University's 2012-2013 SCAPQ Report. Blacksburg, VA: NASCAP Project.

#### Executive Summary

- Eight hundred twenty-nine students enrolled at Kennesaw State University were invited to participate in the survey. Ninety students completed questionnaires. The response rate for the Kennesaw State University sample was 10.8%.
- The System Efficacy section of the questionnaire addresses important issues such as clear communication and orientation information (pre-hearing); issues being addressed in a timely manner, being able to be heard, being treated respectfully (hearing); and being treated in a fair and consistent manner (post-hearing). The mean scores from Kennesaw State University respondents on this section of the SCAPQ were above average but lower when compared to the reference group. While these differences were statistically significant, the effect sizes were small, meaning that these results have little practical significance.
- With respect to Learning Outcomes, the mean scores from Kennesaw State University
  respondents on each item dealing with increased understanding and personal responsibility
  were well above average and were mixed when compared to the reference group. Although
  most of Kennesaw State's mean scores were slightly lower than the reference group means,
  none of the differences were significant.
- Respondents also indicated their level of agreement with statements concerning the
  likelihood that they would refrain from engaging in similar behavior and if they were more
  likely to reflect on their sense of personal integrity as a result of their hearing. Finally,
  respondents were asked the degree to which they learned skills that would help them avoid
  future misconduct, if they used the strategy, and if they found the new skill to be effective.
  The mean scores from Kennesaw State University respondents were above average and
  were slightly lower than the reference group on most of the items.
- Perceptions about administrators, faculty, staff, and other students may influence how
  students feel about the institution, its philosophy, and its values. These issues may also
  affect student willingness to adhere to a student code of conduct. While it is not reasonable
  to expect student conduct officers to change these environmental factors, they may help
  explain student conduct. The mean scores from Kennesaw State University respondents
  were above average and slightly lower than the reference group on most items. For the one
  item that was significant, the effect size was small indicating little practical significance.
- The 2012-2013 administration of the SCAPQ suggests that in almost all areas, those students who have experience with the system evaluated Kennesaw State University's student conduct process in a positive light. While differences in several mean scores were statistically significant and lower than the reference group, the effect sizes were small. This can be interpreted to mean that these results have little practical significance.



#### Outcomes Assessment of the Student Conduct Administration Process: Kennesaw State University's 2013-2014 SCAPQ Report

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Suggested citation: Janosik, S. M., Stimpson, M. T., & Stimpson, R. L. (2014). Outcomes Assessment of the Student Conduct Administration Process: Kennesaw State University's 2013-2014 SCAPQ Report. Blacksburg, VA: NASCAP Project.

#### **Executive Summary**

- The SCAPQ focuses on the assessment of the processes, procedures, and learning outcomes
  associated with the adjudication of a student's conduct hearing. The ESOAQ focuses on the
  assessment of the processes, procedures, and learning outcomes that are associated with
  educational sanctions. This report details the findings of the 2013-2014 administration of the
  SCAPQ for Kennesaw State University.
- Student conduct staff members at Kennesaw State University invited 744 students to complete
  the SCAPQ. Seventy-five completed questionnaires, resulting in a 10.1% response rate. A total
  of 2,447 at all participating institutions completed the SCAPQ. This sample is referred to as the
  reference group.
- The System Efficacy section of the SCAPQ can be divided into three parts composed of seven items. Pre-hearing items probe the clarity of communication and quality of orientation information. Hearing items gauge if charges were resolved in a timely manner and if students were treated respectfully. Finally, post hearing items examine the degree to which students believed they were treated fair and consistently.
- Mean responses from Kennesaw State University respondents were slightly lower on most of the items in the System Efficacy section. However, none of these differences reached a level of statistical significance, indicating an evaluation that is consistent with the other systems represented in the NASCAP Project.
- The major focus of the SCAPQ is understanding the degree of learning that occurred as a result
  of a student interacting with the student conduct system. Fifteen items focus on student learning
  and are grouped into four categories: increased understanding, future behavior, consequences,
  and skills. As in the System Efficacy section, respondents rated items on a five-point scale (1 =
  low; 5 = high).
- Responses from Kennesaw State University respondents were high on four of the learning outcome items. Despite being lower on a few items, none of the observed differences were statistically significant, and responses from Kennesaw State University respondents were consistent with and in line with responses from other institutions in the NASCAP Project.
- How students perceive administrators, faculty, staff, and other students may influence feelings
  about the institution, its philosophy, and its values. These issues may also correlate to student
  willingness to adhere to a student code of conduct. While it is not reasonable to expect student
  conduct officers to influence student opinion about these matters, measuring these factors,
  however, may help explain student conduct.
- On the Environmental Press section, responses from Kennesaw State University respondents were again consistent with response from other institutions in the NASCAP Project. No statistically significant differences were observed between the item responses.
- The 2013-2014 administration of the SCAPQ suggests that in almost all areas, those students who have experience with the system evaluated Kennesaw State University's student conduct process in favorable light. All mean responses from Kennesaw State University students were above the 3.0 mark on the scale and many responses were above the 4.0 mark. Additionally, there were no statistically significant differences observed between Kennesaw State University respondents mean scores and the reference group mean scores. This information indicates that the Kennesaw State University student conduct system was evaluated in a manner consistent with the other systems represented in the NASCAP Project.

#### **Appendix H**

## NASCAP ESOAQ Executive Summaries for Academic Years 2012-2013 and 2013-2014



Outcomes Assessment of the Student Conduct Administration Process: Kennesaw State University's 2012-2013 ESOAQ Report

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July 2013

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#### **Executive Summary**

- Fifteen Kennesaw State University studies completed the ESOAQ.
- The Sanction Administration section of the questionnaire addresses
  whether goals of sanctions were explained clearly and if students were
  able to draw a connection between their behavior and the assigned
  sanction. The mean scores from Kennesaw State University respondents
  were well above the midpoint for both sanctions. Responses from
  Substance Abuse 101 respondents were slightly higher.
- With respect to Learning Outcomes, when comparing the two sanctions, the results were somewhat mixed. Respondents from Substance Abuse 101 had higher mean ratings on one item and lower on the remaining two, when compared to the respondent from Prime for Life.
- Respondents also indicated their level of agreement with statements
  concerning the likelihood that they will refrain from engaging in similar
  behavior and the degree to which they learned skills that would help them
  avoid future misconduct, if they used the strategy, and if they found the
  new skill to be effective. The mean scores from Kennesaw State
  University respondents were well above the midpoint of the scale and
  relatively high.
- Perceptions about administrators, faculty, staff, and other students may
  influence how students feel about the institution, its philosophy, and its
  values. These issues may also affect student willingness to adhere to a
  student code of conduct. While it is not reasonable to expect student
  conduct officers to change these environmental factors, they may help
  explain student conduct. The mean scores from Kennesaw State
  University respondents were well above the midpoint of the scale, and
  respondents from Substance Abuse 101 rated the items higher than the
  respondent from Prime for Life.
- The 2012-2013 administration of the ESOAQ suggests that in all areas, the Kennesaw State University conduct sanctions are evaluated in a manner consistent with one another. While it is somewhat hard to identify differences due to the small number of respondents for one sanction, all respondents rated the sanctions in a positive light. Evidence of this is the fact that all Kennesaw State University students who completed the ESOAQ evaluated their experience with the assigned sanctions well above the midpoint of the scale.



#### Outcomes Assessment of the Student Conduct Administration Process: Kennesaw State University's 2013-2014 ESOAQ Report

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Suggested citation: Janosik, S. M., Stimpson, M. T., & Stimpson, R. L. (2014). Outcomes Assessment of the Student Conduct Administration Process: Kennesaw State University's 2013-2043 ESOAQ Report. Blacksburg, VA: NASCAP Project.

#### Executive Summary

- The ESOAQ focuses on the assessment of the processes, procedures, and learning outcomes that are associated with educational sanctions. This report details the findings of the 2013-2014 administration of the ESOAQ for Kennesaw State University.
- Staff at Kennesaw State University invited 213 students to complete the ESOAQ. A total
  of 17 Kennesaw State University students completed the ESOAQ, equating to a 7.9%
- The Sanction Administration section of the questionnaire addresses whether goals of sanctions were explained clearly and if students were able to draw a connection between their behavior and the assigned sanction.
- Respondents were asked to rate items on a five-point scale (1 = low; 5 = high). The bar chart below shows the mean scores on each of the items addressing sanction administration. The mean scores from Kennesaw State University respondents were well above the midpoint for both sanctions. Responses from Substance Abuse 101 were slightly higher on one item and slightly lower on the remaining item.
- Understanding what happens to students as a result of their completing a conduct sanction is the major focus of the ESOAQ. To this end, 12 possible outcomes attend to issues of learning outcomes.
- Results from the Learning Outcomes section were somewhat mixed when compared
  among the two sanction types. However, all but two mean responses were above the 3.0
  point of the scale. For the Prime for Life class, two mean values were 2.0, and
  administrators at Kennesaw State University may consider investigating these items
  further. However, only two students responded from the Prime for Life class; the low
  number of responses may explain these results.
- There are a number of perceptions about administrators, faculty, staff, and other students
  that may influence how students feel about the institution, its philosophy, and its values.
  These issues may also affect student willingness to adhere to a student code of conduct.
  While it is not reasonable to expect student conduct officers to change student opinion
  about these matters, measuring these factors, however, may help explain student
  conduct.
- Responses on the Environmental Press section were all within the acceptable range. All
  responses were above the 3.0 point of the scale, and response from the two sanctions
  were mixed when compared.
- The 2013-2014 administration of the ESOAQ suggests that in all areas, the Kennesaw State University conduct sanctions are evaluated in a manner consistent with one another. While it is somewhat hard to identify differences due to the small number of respondents for one sanction, all respondents rated the sanctions in a positive light. Evidence of this is the fact that all Kennesaw State University students who completed the ESOAQ evaluated their experience with the assigned sanctions well above the midpoint of the scale for all but two items. Meanwhile, the lower responses observed for two items, Understand Academic Consequences and Understand Emotional Consequences, might be due to the low number of responses.