

Want some accurate feedback on your use of alcohol? You decide if you have any concerns or questions. Complete the [Alcohol e-CheckUpToGo](#) (by clicking this link) and see where you stand in comparison to others!

### **What is *e-CheckUpToGo*?**

- It is a web based interactive survey that allows university and college age students to enter information about their drinking patterns and receive feedback about their use of alcohol.
- This is done in private without the need for any face to face contact time with an administrator, staff, or counselor. Find the place you feel most comfortable completing the assessment. It's your choice.
- It takes 6 to 7 minutes to complete and is self-guided

### **WHAT DOES IT DO?**

- Once the Alcohol *e-CheckUpToGo* program is accessed and you have clicked the link you will be asked a series of questions and personal information.
- In addition to demographic information it will ask you specific questions on your drinking use, habits, family history and lastly to complete the World Health Organization AUDIT (a brief screening survey).

### **HOW DO I FIND OUT MY RESULTS?**

- Once completed, Alcohol *e-CheckUpToGo* calculates a number of variables and compares your responses to national and local college norms.
- You will get to see your personalized feedback sheet displayed in an easy to read format. Feel free to print it out if you like.

### **WHO SEES MY ASSESSMENT?**

- If needed NJIT's administrator of the program has access to students' responses. The administrator is a clinical psychologist at C-CAPS, and may from time to time review responses.
- You can also request that someone else review your responses.
- If you are completing *e-CheckUpToGo* because someone suggested you take it, that individual can only check to see if you completed it. They do not see your results.

### **WHAT DO I NEED TO USE *e-CheckUpToGo*?**

- A computer or Internet accessible device (Smartphones are not compatible)
- Internet access
- A JavaScript enabled Internet Browser
- 6-7 minutes
- A printer (to print feedback)