

## Alcohol Reflection Questions

Name \_\_\_\_\_

Student ID Number \_\_\_\_\_

### Expectations for paper :

- ◆ Minimum length: \_\_\_\_\_
- ◆ Typed, 12-point font, standard margins, double spaced, and checked for errors (spelling and grammar)
- ◆ Due date: \_\_\_\_\_
- ◆ Use this form as a cover sheet and return with your paper.

Based on the situation and your interview(s) in the Office of Student Conduct, you have been assigned a series of reflection questions. In order to complete the sanction, it is expected that you will take time to reflect on the topic and write a clear, well-developed response that demonstrates that you have thought about the issue and considered all aspects. This should not be used as an opportunity to complain about policies or laws.

### General Questions

- Describe in detail what happened that resulted in you being charged with a violation of the Code and your level of responsibility for the situation.
- Describe your decision making process during this incident.
- What did you learn based on your behavior?
- What were the consequences of your actions on each of the following: **you**, friends, family, police, staff, others present or not present, community?
- How have you grown or changed as a result of reflecting on your original decisions?
- Explain in detail how your decision making process has changed. If it hasn't changed, explain why not.
- If you were in this situation again, what would you do? What would you consider in making your decisions?
- How will you apply what you have learned from this incident to future decisions.
- What sanctions have had a positive impact upon you? What did you learn from those sanctions?

Alcohol Specific Questions

- What role do you feel alcohol plays in your life?
- Will what you've learned from this experience impact your alcohol use? Why or why not?

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- Describe a situation where being under the influence of alcohol had an impact on your behavior and how it might have turned out differently if alcohol had not been involved.
- How has your own alcohol use impacted your experience (academic, social, etc.) here at NCSU? How has the alcohol use of others impacted your experience here?
- Identify and describe at least 3 negative situations that you have either witnessed or experienced in which alcohol played a role. Discuss your reflections on those incidents.
- Describe your family's alcohol use and their attitudes towards alcohol and drinking. What has your family talked to you about in regards to alcohol? Have they set forth any expectations for you in regards to your alcohol use? Have you met those expectations? How has your family's attitude towards alcohol impacted your behavior?
- Watch the movie *28 Days*. Write a paper, according to the guidelines above, in which you discuss the character you most identify with and why. If you feel that you do not identify with any of them, discuss why not and what makes you different from the characters portrayed in the movie.
- Read the book Beer, Booze, and Books by Jim Matthews. Write a paper, according to the guidelines above, which discusses what you learned from the book and how you have applied that to your own life. Complete two of the "Personal Challenges" in the book. Indicate which challenges you completed and reflect on what you learned about yourself while completing them.
- Attend a meeting of Alcoholics Anonymous. You may find the list of scheduled meetings at <http://www.nctriaa.org/> and you may attend any open meeting. You are not required to share your experiences with the group. You must observe the meeting, interview one of the members, and write a paper on your experience. In your interview, you should ask the following questions:
  - How old were you when you began drinking?
  - What was your family history regarding alcohol use?
  - What do you feel your drinking has "cost" you?
  - What made you decide to join AA?
  - What changes have you seen in your life since joining?
  - What would your advice be for younger people?

In order to verify your attendance at the meeting, you must pick up one of the available brochures, have the meeting leader sign the back of it, list the meeting date, and turn it in with this paper.

***The assignment will not be considered complete without the signed and dated brochure.***

