

Alcohol Reflection Questions

Expectations for paper :

- ◆ Include your name, student ID number, email address, and the name of the hearing officer who resolved your case in a heading block on the first page
- ◆ Typed, 12-point font, standard one-inch margins, double spaced, and checked for errors (spelling and grammar)
- ◆ Paper must meet the length and due dates requirements as specified by the hearing officer
- ◆ You should submit the paper as a Word Document via email to the hearing officer who resolved your case

Based on the situation and your interview(s) with the hearing officer, 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. It is an opportunity to demonstrate the insight you have developed regarding the expectations required of every member of this scholarly community. This should not be used as an opportunity to complain about policies or laws. You must answer all of the following questions in order to complete the reflection paper.

General Questions

1. 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.
2. Describe your decision making process during this incident.
3. What did you learn based on your behavior?
4. What were the consequences of your actions on each of the following: **you**, friends, family, police, staff, others present or not present, community?
5. How have you grown or changed as a result of reflecting on your original decisions?
6. Explain in detail how your decision making process has changed. If it hasn't changed, explain why not.
7. If you were in this situation again, what would you do? What would you consider in making your decisions?
8. How will you apply what you have learned from this incident to future decisions?
9. What sanctions have had a positive impact upon you? What did you learn from those sanctions?

Alcohol Specific Questions

1. What role does alcohol play in your life?
2. Will what you've learned from this experience impact your alcohol use? Why or why not?
3. 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.
4. 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?
5. 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.

6. 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?
7. What other influences have impacted your decisions about alcohol? What changes will you need to make in regards to those influences in order to meet University expectations about alcohol? What impact will those changes have on your life?