

THE UNIVERSITY OF RICHMOND

OCTAA

(ON CAMPUS TALKING ABOUT ALCOHOL)

PROGRAM

1997 EVALUATION REPORT



*ISSUED BY THE HEALTH AND SPORT SCIENCE DEPARTMENT
URWELL PROGRAM*



UNIVERSITY OF RICHMOND
FOUNDED 1830

Health and
Sport Science Department

The OCTAA (On Campus Talking About Alcohol) Program, developed by the Prevention Research Institute (PRI), is a risk reduction prevention program based on objective research from many fields. The Health and Sport Science Department UR*Well* Program is an integral part of the Dimensions of Wellness Course which is required for all University of Richmond students. Since its inception, has been supported by many University of Richmond offices in order to address campus alcohol education and prevention issues and related students' needs. The UR*Well* Program recognizes and appreciates all campus and community support with special thanks to the following for all contributions:

- The President's and Provost Offices
- The School of Arts & Sciences Dean's Offices
- The Office of the Vice-President for Student Affairs
- Westhampton and Richmond College Dean's Offices
- Counseling and Psychological Services
- Athletic Department
- Wellness Committee & UR*Well* Committee

For more general information about the OCTAA Program, contact PRI at 1-800-922-9489. For information about the OCTAA Program at the University of Richmond, contact the UR*Well* Program at 804-289-8464 or look up our home page on the web at:

<http://www.richmond.edu/~wellness/frontend2.htm>

**OCTAA Report
July 1997**

**Health & Sport Science Department
URWell Program
Submitted by: Carol Johnson, Director**

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I. Introduction

This report examines the impact of OCTAA on the drinking environment at the University of Richmond and its appropriateness as a requirement of the Dimensions of Wellness course. The goals of OCTAA are to: 1) provide students with research-based knowledge to make informed decisions regarding their drinking behaviors, 2) provide students with skills to assess their drinking behavior, 3) provide a consistent base of information about alcohol for the campus community, 4) assist in providing consistency for the university's alcohol policy and violations system, and 5) to reduce the incidence of alcohol-related problems.

The CORE Alcohol and Drug Survey was administered to UR students in 1994 and 1995 to establish a baseline of alcohol behaviors and attitudes. Results revealed a high rate of alcohol consumption by UR students (above 90% for 1994 and 1995 for all of the Key Findings Categories except one -See Appendix A). Because of the high consumption of alcohol and related problems, immediate implementation of a prevention/education program was indicated. The former Director of Wellness chose the OCTAA program to address these issues. The Dimensions of Wellness course (HSS 150) was selected as the appropriate avenue for OCTAA's implementation. Initially, OCTAA was optional for students taking the course, but is now required. At present, all students in the course must complete an OCTAA session and written critique of their experience.

Over a two year period from 1995-1997, there has been positive feedback from the campus community about OCTAA. Feedback includes: the use of OCTAA language by the campus community, support of the program through faculty and staff participation in instructing sessions, use of OCTAA principles in the campus-wide alcohol policy, use of OCTAA in the Reducing Impairment through Supplementing Knowledge (RISK) Program (alcohol policy violations on campus), and positive comments about the effectiveness of the program from faculty, staff, and students (See Appendix B for OCTAA critique comments). OCTAA is an integral component of RISK I and II levels of prevention/intervention which correspond to specific alcohol violations. Because of the feedback and a desire to fully determine OCTAA's value for this campus, two evaluations were conducted during the 1997 Spring Semester.

OCTAA was evaluated using two studies: 1) Study A - a survey given to each student immediately following the OCTAA session, and 2) Study B - a CORE Alcohol survey of OCTAA and No OCTAA subjects.

It was determined by several departments on campus that a more comprehensive alcohol program needed to be initiated. There are several alcohol programs which attempt to target drinking behaviors and attitudes of young adults. Most programs focus on the elementary and high school levels. Few have been implemented at the college level. DARE (Drug Awareness and Resistance Education) and "Just Say No" are examples of primary and secondary school national programs which have had little effect according to federal agency data (Center for Substance Abuse Prevention). BACCHUS and FIPSE-funded prevention programs for college-age designed to address alcohol issues on campuses. Each has its role in the temporary, but permanent change has not be fully documented. Longitudinal behavioral studies have not been implemented to examine the long-term effects of these programs. These programs, designed to have an effect on decreasing the incidence of alcohol health-related problems and to impact positive decision-making skills in alcohol situations have shown effectiveness in some critical areas, but not in others.

The developers of OCTAA, the Prevention Research Institute (PRI), has nine different educational programs which target a variety of audiences on the issues of alcohol and other drugs. They have incorporated exhaustive research in creating their models for programming. PRI program evaluations have reported (*A Review of Prevention Research Institute Programs*), at all educational levels, statistically significant changes in alcohol behaviors and attitudes (Thompson, 1996). This research, the results of our own evaluations, and the recommendations of other universities using OCTAA were influential in the Wellness Committee's decision to use the OCTAA program as a primary tool in addressing alcohol-related problems at the University of Richmond.

II. Study A - Evaluation Results & Discussion

The following statistics and comments are compiled from the OCTAA Student Survey given immediately following OCTAA sessions during the Spring 1997 Semester. There were a total of eighteen different OCTAA sessions with a combination of on-campus and adjunct instructors. All of the sessions were held in a Robins Center classroom. Each session contained approximately 25 students from the Dimensions of Wellness course. There were a total of 453 students possibly influenced by the program during the Spring 1997 Semester.

Each student was asked to fill out an evaluation and to provide honest feedback for improvement of the program. All surveys were kept as confidential as possible. Students completed the surveys, without revealing their identity, immediately following the OCTAA session and turned them into the instructor. The survey examined instructor performance, format, physical environment, content, session structure, and present and future actions of the participant (see Appendix C for survey document). Open-ended questions were included at the bottom of the survey document (see Appendix D for comments).

TABLE 1 - STUDY A - RESULTS OF SURVEY RESPONDENTS
Percent of Respondents by Category

<u>Question</u>	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1.The OCTAA session met my expectations of learning about alcohol and related problems.	28	57	10	3	1
2. The instructor answered questions completely.	53	43	3	<1	0
3. The instructor explained the information thoroughly.	53	43	3	<1	0
4. Most of the information was new (had never heard it before now).	38	26	35	25	10
5. The visual presentation was of high quality in content and flow of information.	10	45	25	15	5
6. The instructor utilized group exercises in an effective way.	22	55	21	<2	<1
7. The exercises were of benefit to the session.	21	45	26	7	<1
8. There was appropriate time for discussion of issues and questions.	33	52	13	<1	<1
9. The manual was appropriately related to the session.	28	48	22	<1	<1
10.I gained a better understanding of my attitudes and behaviors concerning alcohol.	27	46	21	4	2
11.The room environment was comfortable (without distractions, good lighting, temperature, etc...)	37	48	10	3	<1
12.The length of time of the session was appropriate and necessary.	31	33	18	13	6
13.I am going to make positive changes in my drinking behavior as a result of this session.	8	34	47	7	5
14.I am re-evaluating my drinking attitudes to reflect using the low-risk guidelines as outlined in this session.	11	40	36	8	5
15.Overall, the session was beneficial and should remain part of the HSS 150 course.	26	44	20	5	4

Study A Discussion:

As shown in Table 1, the immediate feedback from each session reflects positive results in questions (#10, 13, and 14) which are of particular importance to drinking attitude and behavior change.

- Question #10: 73% of students strongly agree or agree that they gained a better understanding of their attitudes and behaviors concerning alcohol.
 - Only 21% were neutral (undecided) and 6% disagreed with this statement.
- Question #13: 42% of students strongly agree or agree that as a result of the session they were going to make positive changes in their drinking behavior.
 - 59% indicated that they were neutral or would not make behavior changes.
 - 47% of the 59% fell into the neutral category. This question suggests that they may be thinking about making changes, but are not sure as to the what to change or when to implement changes.
- Question #14: 51% strongly agree or agree that they were going to re-evaluate their drinking behavior to reflect using the low-risk guidelines as outlined in the assessment portion of the OCTAA session (abstinence, never daily, 1-2 if daily, no more than 1 per hour, and/or never drinking to cope with stressful life events).
 - 36% of respondents were non-committed. Only 13% indicated they would not re-evaluate their drinking behavior. This may suggest that they are just non-drinkers and would not need to re-evaluate their drinking behavior.

Questions relating to the actual session, instructor performance, and content (#1-9 and 11, 12, and 15) indicated 50-60% strongly agreed or agreed with each question.

- Question #2,3, 8 & 9: less than 1% fell into the disagree or strongly disagree with regard to instructor performance, format, and the appropriateness of the OCTAA manual.
- Question #4: 64% of respondents strongly agreed or agreed that most of the information was new or that they had never heard it before.
 - Only 35% responded in the disagree or strongly disagree category for this question. This may imply that the content of OCTAA reaches a “teachable moment” because of the new information. Note: students in several of the sessions were given a 10-question OCTAA pretest to determine what information they knew. Less than 1% answered 5 or more questions correctly.
- Question #15: 70% of students felt that, overall, sessions were beneficial and should remain a part of the HSS 150 course.
 - Only 20% were neutral, and 9% disagreed.

From this study, strengths of OCTAA lie in its content, manual use, format, instructor performance, student expectations, and physical environment. Areas for improvement may be isolated toward the application of the information for the individual which could be more difficult to control. Also, the length of the session and the quality of the slide presentation should be considered for improvement through the advise of the respondents' comments.

III. Study B - Evaluation Results

The second method of evaluation for the OCTAA program, Study B, involved surveying two groups of UR students: 100 students who had attended an OCTAA session and 100 students who had not attended an OCTAA session. Student participants who had attended OCTAA were selected from three of the HSS 150 sections. 50 women and 50 men were handed the surveys as they came into the classroom and were asked to complete the survey and hand it back to the instructor. Of this sample, 86% were freshmen, 11% sophomores, 2% juniors, and 1.1% seniors. 48% were female and 99% were full-time students. Student participants who had not attended OCTAA were randomly selected from a registrar-generated list of students who had not yet taken the HSS 150 course. Of this sample, 45% were freshmen, 37% sophomores, 13% juniors, and 5.1% seniors. 47% were female and 100% were full-time students. There were slight differences in the two groups in the breakdown of class rank, but came closer to matching gender, age range, and full-time status. All of the student participants were given the same CORE Drug and Alcohol Survey (Southern Illinois University at Carbondale). This survey examines alcohol and drug attitudes, behaviors, and related issues.

The surveys were hand-delivered to the group who had not attended OCTAA by a HSS UR Well Intern. The Intern made arrangements to personally administer the survey with each of the participants and waited for the survey to be completed. Each survey was sealed in an envelope and then the total amount sent to Carbondale for analysis. Results were held in strictest confidence; no names or identifying codes were assigned to the surveys. Because of this process, there may have been biases influencing the data. The response rate was 100% as the surveys were initially completed. 7 surveys were excluded because of incomplete data.

In Table 2, are highlights from the survey results (see Appendices E and F for each executive summary).

TABLE 2 - STUDY B - CORE RESULTS FOR SURVEY RESPONDENTS

ITEM	OCTAA N=95 Percent in Affirmative	NO OCTAA N=98 Percent in Affirmative	Percent Difference
1.Alcohol Consumption/past year	89%	88%	+1%
2.Past 30-day Prevalence	76%	84%	-8%
3.Past 30-day Prevalence of underage students (<21)	76%	86%	-10%
4.Previous two weeks binge-drinking (5 or more drinks in one sitting)	55%	63%	-8%
5.Reported some form of misconduct (e.g., DUI, fighting, etc...) at least once during the past year (alcohol or drugs use)	34%	40%	-6%
6.Feel there is "great risk" associated with taking 4 or 5 drinks nearly every day	65%	38%	+27%
7.Feel there is "great risk" associated with having 5 or more drinks in one sitting	38%	23%	+15%
8.Feel there is "great risk" associated with consuming alcohol prior to being sexually active	67%	28%	+39%
9.Refused an offer of alcohol or other drugs within the last 30 days	82%	52%	+30%
10.Bragged about alcohol or other drug use within the last 30 days	27%	41%	-14%

<u>ITEM</u>	<u>OCTAA N=95</u> Percent in Affirmative	<u>NO OCTAA N=98</u> Percent in Affirmative	<u>Percent</u> <u>Difference</u>
11.Experienced peer pressure to drink or use drugs within the last 30 days	55%	62%	-7%
12.Thought a sexual partner was not attractive because he/she was drunk within the last 30 days	31%	27%	+4%
13.Say alcohol breaks the ice	78%	96%	-18%
14.Say alcohol enhances social activity	72%	93%	-21%
15.Say alcohol makes it easier to deal with stress	30%	75%	-45%
16.Say alcohol facilitates a connection with peers	54%	77%	-23%
17.Say alcohol facilitates male bonding	64%	83%	-19%
18.Say alcohol facilitates female bonding	44%	63%	-19%
19.Say alcohol makes women sexier	29%	72%	-43%
20.Say alcohol makes men sexier	16%	58%	-42%
21.Report having binged in past two weeks	55%	63%	-8%

Study B Discussion:

It appears from these results (and others in the complete executive summaries), that the short-term general trend is that OCTAA is having a meaningful impact in certain areas of alcohol behaviors and attitudes (items 6, 7, 8, 9, 10, 13, 14, 15, 16, 17, 18, 19, and 20). The differences between the groups on these items may not be large, but the impact may be significant. On two important items #'s, 2 and 3, OCTAA participants responded a decrease in alcohol consumption by 10%. In addition, for item #'s 6, 8, 9, 15, 16, 19, and 20, the differences between OCTAA and no OCTAA groups were much larger indicating that OCTAA does make a difference with regard to alcohol use and dealing with stress, sexual activity, and drinking habits. Although these items reflect a positive effect, it appeared that OCTAA had little effect on public misconduct (item #5), sexual attractiveness (item #12), and binge-drinking (item #'s 4 and 21).

It is worth noting though, that with regard to binge-drinking (defined by CORE as 5 or more drinks in one sitting), there seemed to be a contradiction with results for item #7 which addresses "great risk" associated with binge-drinking and item # 21 which addresses having binged within the past two weeks. In item #7, there was a 15% difference between the OCTAA and no OCTAA groups. 38% of the OCTAA group felt there was "great risk" associated with binge-type drinking, yet in item #21, 55% reported having binged in the past two weeks. This may suggest that even though they have learned through OCTAA the danger of binge-drinking (defined differently by OCTAA according to individual risk assessment outcome), they have not yet implemented the change. Yet, comparatively, there was a higher percentage of the no OCTAA group reporting binge drinking. For the no OCTAA group, only 23% felt there was "great risk" in binge drinking and 63% reported having binged in the past two weeks.

OCTAA appears to be making an impact on the drinking attitudes and behaviors on this campus; however, is the impact large enough to warrant further emphasis and support? There are other alcohol education programs available, their effectiveness is unsubstantiated. Further study needs to assess the long-term effect of OCTAA. The data indicates that OCTAA is changing attitudes and beliefs regarding alcohol use in University of Richmond students and warrants continued support.

IV. Program Funding Needs

Since its inception on this campus, OCTAA programming has been funded in large part by the Vice-President for Student Affairs. Recently, this funding has been shifted to the Dean's budget in Arts & Sciences. Funds provide for payment of adjunct instructors from off-campus and training for on-campus instructors. At present, there are six adjunct and eight on-campus instructors. In order to maintain the current number of OCTAA sessions and maintenance for future replacement of instructors, adequate funding per year is necessary. The following includes general information, the estimated breakdown of costs for payment of adjunct instructors, and training costs for future instructors.

Total number of OCTAA sessions per semester:	18-22
Total number of students per session:	25-28
Total number of students taking HSS 150 per semester:	500
Total number of students per year attending OCTAA:	950+

Adjunct OCTAA Instructors:

Estimated # of adjunct instructors needed per semester:	6
Estimated # of sessions covered by adjunct per semester:	12
Fee payment of adjunct instructors per session:	\$300.00*
Estimated total fee payment of adjunct instructors per semester:	\$3600.00

*may be subject to change based on increase cost of living and other circumstances that may arise.

UR Faculty/Staff OCTAA Instructors:

Estimated # of faculty/staff needed per semester:	8+
Estimated # of sessions covered by faculty/staff per semester:	8+

*Eight UR faculty/professional staff including myself are teaching OCTAA as a part of their job description as well as support for the program. This has decreased the need for hiring more adjunct to cover the sessions.

Final Cost Estimation

Estimated total cost for Adjunct OCTAA Instructors per semester	=\$3600.00
Estimated total cost for OCTAA Instructors per year	=\$7200.00
Estimated total cost for future training of two OCTAA Instructors per year	=\$2500.00
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Total cost of OCTAA per year	=\$9700.00

V. Conclusion

To summarize, OCTAA provides this campus with an avenue of changing alcohol-related behaviors and attitudes in a positive way; however, the language, concepts, and applications of OCTAA must be reinforced throughout the campus community for the effect to be maximized. In two years, the CORE program survey's should be evaluated again utilizing the same procedures to compare the data over time. It is the opinion of this author that the OCTAA program should be continued at the University of Richmond given its positive impact and at this time, the lack of a suitable alternative.

References

Thompson, Merita L. (1996) A review of Prevention Research Institute programs: a report to the Division for Substance Abuse Kentucky Cabinet for Human Resources.

CORE Institute, Center for Alcohol and Other Drug Studies. University of Richmond Executive Summaries 1994 and 1995. Southern Illinois University at Carbondale, Carbondale, IL.

Center for Substance Abuse Prevention.

National Clearinghouse for Alcohol and Drug Information.



UNIVERSITY OF RICHMOND
 CORE DRUG AND ALCOHOL SURVEY - Form 191
 EXECUTIVE SUMMARY
 1994

The Core Drug and Alcohol Survey was developed to measure attitudes and usage among college students at two and four year institutions. Development of this survey was funded by the U.S. Department of Education. The survey included two types of items about drugs and alcohol. One type dealt with students' attitudes and opinions, and the other dealt with the students' own use. There were also several items on students' background characteristics.

Key Findings from students at University Of Richmond

Following are some key findings on the use of alcohol:

- 93% of the students drink (used alcohol in the past 30 days).
- 96% of underage (younger than 21) students drink (indicated alcohol use at least once in previous 30 days).
- ~~79%~~ 79% of students "binge" (had 5 or more drinks at a sitting in the previous 2 weeks).

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 Executive Summary
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Consortium Number = 7004
 Institution Number = 6051
 Number of Surveys = 48
 September 13, 1995

1995

UNV OF RICHMOND PR
 CORE DRUG AND ALCOHOL SURVEY - Form 194
 EXECUTIVE SUMMARY

Key Findings from students at Unv Of Richmond Pr

Following are some key findings on the use of alcohol:

- 94% of the students consumed alcohol in the past year ("annual prevalence").
- 96% of the students consumed alcohol in the past 30 days ("30-day prevalence").
- 96% of underage students (younger than 21) consumed alcohol in the previous 30 days.
- 90% of students reported binge drinking in the previous two weeks. A binge is defined as consuming 5 or more drinks in one sitting.

Spring 1997 Semester Student OCTAA Critique Comments:

Not only is OCTAA beneficial to students who are in the early stages of alcoholism, but it is also helpful to those who do not drink at all, because they may be able to help a friend who has a drinking problem.

I felt that the OCTAA lab is a necessary and well prepared program that should continue to be mandatory for all wellness students.

The OCTAA lab is one of the best alcohol awareness sessions I have attended.

Thanks to the OCTAA lab, I have changed the way I approach alcohol consumption. I used to think it was safe to not drink during the week and then be limitless on the weekends. I know now that those practices are just as high risk as drinking every day.

I thought I knew just about everything there was about the subject. As the session progressed, I realized that there was a lot of valuable information to be learned. With this new information, I have been able to successfully change my drinking habits.

I realized that the program is absolutely necessary and relevant to college students. I am happy to know that Richmond cares about its students, and I never fail to mention the benefits of the OCTAA program when I give tours to prospective students.

The other major strength that I have noticed is that in a few cases this program has really worked. In the weeks since I took the class I have come across several people who have either stopped drinking or are now more careful about their drinking behaviors as a result of OCTAA. I didn't expect this program to have any effect on the behaviors of students, but I guess I was wrong.

After talking to my friends at other colleges that have similar programs, I realize that we have one of the most interesting, fun, and informative programs around.

Now, when I choose to drink, thoughts about trigger level and black outs run through my head. OCTAA has made me modify my drinking habits in order to reduce my chances of becoming an alcoholic.

I took much away with me that day--not only was I reinforced to continue not drinking, but I learned exactly why and I learned so much about myself.

Looking at the reflections of other students in the manual, including myself, I think it says a lot for college students to want to change their partying habits as a result of this one course.

It was comforting to see that this college cares about educating and making sure that students make responsible decisions instead of ignoring the fact that college students drink and just tell students to not drink period...

While I had never considered becoming a drinker, what I learned in OCTAA made me more confident in my decision to abstain.

Again, this is why OCTAA is a significant program that is needed here at UR and, in my opinion, at every college in the nation.

I believe OCTAA is one the best ideas of the University of Richmond.

I was wrong about OCTAA. It wasn't boring, and it taught real lessons. Lessons I could understand and relate to, and hadn't heard before.....I feel that this program succeeds because it lets people evaluate their own personal risks and then decide on their own what the best course of action is.

The above comments may be biased as they are part of a required OCTAA assignment which are graded on format and structure. Even though these comments are direct quotes from the critiques the students turned in for the course assignment and are not graded on content (how they feel or what they said), they were asked to be as honest about their personal evaluation of their OCTAA session as possible. They were asked to include personal reflections, strengths and weaknesses of the session, and significance of information covered. Of all of the critiques turned in, these positive and enlightening comments comprise more than an estimated 95% of the statements made about OCTAA. The other 5% or less, are not necessarily negative about the program, but make statements in regard to their own drinking behaviors such as "no matter what this program says, I still will drink because I like drinking." These critique comments have changed from two years ago. They have consistently progressed from comments such as "OCTAA is a good program," in general, to "I learned a lot from OCTAA," to "I am modifying my drinking habits because of what I learned in OCTAA." I believe this to be a positive step in supporting a change in the campus community norms and behaviors with regard to alcohol and its consequences.

APPENDIX B

Study A Open-Ended Question Comments:

These comments are taken from the open-ended questions from Study A of the OCTAA evaluation. Not all comments are included, but the ones below were the most common of the surveys and have been condensed for this report.

General “comments”:

great program.....information too repetitive.....very informative.....great teacher.....learned this stuff before.....learned a lot about alcoholism.....useful manual....good class.....make it more fun....was a good wake-up call....better than expected.....worthwhile and educational.....boring.....very essential, etc....

“One thing I would change about OCTAA”:

too long.....more convenient.....should get credit for it....more exciting.....update slides....more interactive.....more group work.....talk about what to do if someone you know has a problem....have it in class....improve slides.....more drug information.... etc...

“One thing I would continue about OCTAA”:

hard facts.....workbooks.....good size class....entire program.....exercises..... slides
...instructor.....self-assessment.....the directness and activities.....the program itself....
student participation....being mandatory.....stats and information....etc.....

UNIVERSITY OF RICHMOND CONTROL GROUP

CORE DRUG AND ALCOHOL SURVEY - Form 194

EXECUTIVE SUMMARY

The Core Drug and Alcohol Survey was developed to measure alcohol and other drug usage, attitudes, and perceptions among college students at two and four-year institutions. Development of this survey was funded by the U.S. Department of Education. The survey includes several types of items about drugs and alcohol. One type deals with students' attitudes, perceptions and opinions about alcohol and other drugs, and the other deals with the students' own use and consequences of use. There are also several items on students' demographic and background characteristics as well as perception of campus climate issues and policy.

In the data reported below, figures 10% and over are rounded to the nearest percentage point. Those figures under 10% are listed to the nearest decimal place to avoid loss of data specificity.

Key Findings from students at University Of Richmond Control Group

Following are some key findings on the use of alcohol:

- 89% of the students consumed alcohol in the past year ("annual prevalence").
- 76% of the students consumed alcohol in the past 30 days ("30-day prevalence").
- 76% of underage students (younger than 21) consumed alcohol in the previous 30 days.
- 55% of students reported binge drinking in the previous two weeks. A binge is defined as consuming 5 or more drinks in one sitting.

Following are some key findings on the use of illegal drugs:

- 33% of students have used marijuana in the past year (annual prevalence).
- 22% of students are current marijuana users (30-day prevalence).
- 12% of students have used an illegal drug other than marijuana in the past year (annual prevalence).
- 9.7% of students are current users of illegal drugs other than marijuana (30-day prevalence).

The most frequently reported illegal drugs used in the past 30 days were:

- 22% marijuana (pot, hash, hash oil)
- 6.5% hallucinogens (LSD, PCP)
- 1.1% amphetamines (diet pills, speed)

Following are some key findings on the consequences of alcohol and drug use:

- 34% reported some form of public misconduct (such as trouble with police, fighting/argument, DWI/DUI, vandalism) at least once during the past year as a result of drinking or drug use.
- 28% reported experiencing some kind of serious personal problem (such as suicidality, being hurt or injured, trying unsuccessfully to stop using, sexual assault) at least once during the past year as a result of drinking or drug use.

Following are some key findings on opinions about the campus environment:

- 92% of students said the campus has alcohol and drug policies;
- 7.4% said they "don't know"; and
- 1.1% said there wasn't a policy.
- 80% of students said the campus has an alcohol and drug prevention program;
- 19% said they "don't know"; and
- 1.1% said there wasn't a program.
- 79% of students believe the campus is concerned about the prevention of drug and alcohol use;
- 12% said they "don't know"; and
- 8.7% said the campus is not concerned.

With regard to students' perceptions of others students' use:

- 97% of students believe the average student on campus uses alcohol once a week or more.
 - 42% of students believe the average student on this campus uses some form of illegal drug at least once a week.
 - 15% of students indicated they would prefer not to have alcohol available at parties they attend.
 - 77% of students indicated they would prefer not to have drugs available at parties they attend.
-

The following percentages of survey respondents said they saw drinking as a central part of the social life of the following groups:

- 97% of the respondents said they saw drinking as central in the social life of male students.
- 87% of the respondents said they saw drinking as central in the social life of female students.
- 9.2% of the respondents said they saw drinking as central in the social life of faculty/staff.
- 31% of the respondents said they saw drinking as central in the social life of alumni.
- 68% of the respondents said they saw drinking as central in the social life of athletes.
- 100% of the respondents said they saw drinking as central in the social life of fraternities.
- 86% of the respondents said they saw drinking as central in the social life of sororities.

- 88% of the students said they believe the social atmosphere on campus promotes alcohol use.
- 24% of the students said they believe the social atmosphere on campus promotes drug use.
- 1.1% of the students said they do not feel safe on campus.

Compared to other campuses...

- 12% feel that alcohol use is greater
- 20% feel that alcohol use is less
- 68% feel that alcohol use is about the same

On the Core Alcohol and Drug Survey, respondents were asked to report whether students on this campus cared about a number of campus climate issues (with the response options being "not at all", "slightly", "somewhat", and "very much"). The following percentages of respondents on this campus indicated that their fellow students cared "somewhat" or "very much" about the following issues:

- 85% said students cared about sexual assault
- 76% said students cared about assaults that are non-sexual
- 69% said students cared about harassment because of gender
- 66% said students cared about harassment because of race or ethnicity
- 60% said students cared about campus vandalism
- 53% said students cared about alcohol and other drug use
- 49% said students cared about harassment because of sexual orientation
- 49% said students cared about harassment because of religion

Table 1 shows the percentage of students who reported having experienced any of the following within the last year and, if so, the percentage who reported consuming alcohol or other drugs shortly before these incidents.

Table 1 - Experiences of Harrassment or Violence

<u>Experience</u>	<u>Used Alcohol or Drugs</u>	<u>Incident</u>
0%	0%	Ethnic or racial harassment
10%	78%	Threats of physical violence
4.5%	75%	Actual physical violence
0%	0%	Theft involving force or threat of force
7.8%	86%	Forced sexual touching or fondling
3.3%	67%	Unwanted sexual intercourse

On the Core Alcohol and Drug Survey, students were asked to rate the degree of risk people take when they act in certain ways, listed below. The response options were "no risk", "slight risk", "moderate risk", "great risk", and "can't say." The numbers listed below indicate the percentage of respondents who felt there was "great risk" associated with the following behaviors:

- 3.5% try marijuana once or twice
- 16% smoke marijuana occasionally
- 63% smoke marijuana regularly
- 63% try cocaine once or twice
- 88% take cocaine regularly
- 52% try LSD once or twice
- 86% take LSD regularly
- 50% try amphetamines once or twice
- 83% take amphetamines regularly
- 13% take one or two drinks of an alcoholic beverage
(beer, wine, liquor) nearly every day
- 65% take four or five drinks nearly every day
- 38% have five or more drinks in one sitting
- 67% take steroids for body building or improved athletic performance
- 48% consume alcohol prior to being sexually active
- 53% regularly engage in unprotected sexual activity
with a single partner
- 92% regularly engage in unprotected sexual activity
with multiple partners

Sexual Behavior:

- 56% of the students reported engaging in sexual intercourse within the past year
Of these, 29% used alcohol the last time they had intercourse
and 10% used drugs.

In the last 30 days, the following percentages of students engaged in the behaviors described below:

- 82% refused an offer of alcohol or other drugs
- 27% bragged about alcohol or other drug use
- 87% heard someone else brag about alcohol or other drug use
- 4.7% carried a weapon such as a gun, knife, etc. (not hunt or job related)

- 55% experienced peer pressure to drink or use drugs
- 25% held a drink to have people stop bothering you about why you weren't drinking
- 31% thought a sexual partner was not attractive because he/she was drunk
- 13% told a sexual partner that he/she was not attractive because he/she was drunk

The following data describe how students say their friends would feel if they...

- Tried marijuana once or twice
 - 42% of their friends would disapprove
- Smoked marijuana occasionally
 - 54% of their friends would disapprove
- Smoked marijuana regularly
 - 85% of their friends would disapprove
- Tried cocaine once or twice
 - 95% of their friends would disapprove
- Took cocaine regularly
 - 99% of their friends would disapprove
- Tried LSD once or twice
 - 87% of their friends would disapprove
- Took LSD regularly
 - 95% of their friends would disapprove
- Took one or two drinks every day
 - 68% of their friends would disapprove
- Took four or five drinks every day
 - 93% of their friends would disapprove
- Had five or more drinks at one sitting
 - 38% of their friends would disapprove

The following are some key findings on the perceived effects of alcohol:

- 78% say it breaks the ice
- 72% say it enhances social activity
- 30% say it makes it easier to deal with stress
- 54% say it facilitates a connection with peers
- 62% say it gives people something to talk about
- 64% say it facilitates male bonding
- 44% say it facilitates female bonding
- 60% say it allows people to have more fun
- 74% say it gives people something to do
- 8.9% say it makes food taste better
- 29% say it makes women sexier
- 16% say it makes men sexier
- 13% say it makes me sexier
- 54% say it facilitates sexual opportunity

Use of Drugs

The following tables provide additional details about students' reported use of drugs at this institution. Unless otherwise indicated, percentages are based on the total number of students responding validly to a given item.

For comparison purposes some figures are included from a reference group of 38,715 students who completed the same questionnaire in 1991-93. More detailed analyses can be found in the 1991-1993 CORE Institute monograph.

In general, substantial proportions of students report having used alcohol, tobacco, and marijuana in response to the question, "At what age did you first use ___?" whereas comparatively few report having used each of the other substances. This question examines "lifetime prevalence" as opposed to annual prevalence and 30-day prevalence.

Table 2 describes lifetime prevalence, annual prevalence, 30-day prevalence, and high frequency use (3 times a week or more).

Table 2 - Substance Use

	Lifetime Prevalence		Annual Prevalence		30-Day Prevalence		3X/Wk or more	
	<u>Coll.</u>	<u>Ref.</u>	<u>Coll.</u>	<u>Ref.</u>	<u>Coll.</u>	<u>Ref.</u>	<u>Coll.</u>	<u>Ref.</u>
Tobacco	51	58	44	39	36	29	19	19
Alcohol	93	90	89	85	76	72	32	20
Marijuana	42	43	33	25	22	13	5.3	3.1
Cocaine	3.2	11	3.2	3.6	1.1	1.1	0	0.2
Amphetamines	11	18	3.2	5.6	1.1	2.2	0	0.8
Sedatives	2.1	6.8	2.1	2.2	0	0.9	0	0.2
Hallucinogens	14	12	12	5.5	6.5	1.8	0	0.1
Opiates	2.1	1.7	2.1	0.5	0	0.2	0	0.1
Inhalants	6.4	6.5	3.2	1.9	0	0.5	0	0.1
Designer drugs	3.2	3.9	3.2	1.8	1.1	0.6	0	0.1
Steroids	0	1.2	0	0.5	0	0.3	0	0.2
Other drugs	3.2	3.1	3.2	1.3	0	0.4	0	0.1

Notes:

Coll. = University Of Richmond Control Group

Ref. = Reference group of 38,715 college students.

The average number of alcoholic drinks consumed per week at this institution is 8.1 drinks. The national average is 4.5 drinks (based on a sample of 38,715). The percentage of students who report having binged in the last two weeks at this institution is 55% compared to the national average of 39%.

Consequences of Alcohol and Drug Use

The proportion of students who report having had problems as a result of drinking or drug use is another indicator of the level of substance abuse. The percentages of students who reported that within the past year they had various problematic experiences are given in Table 3. The top group of items represents public misconduct or behaviors that involve actual or potential harm to others. The second group represents possibly serious personal problems. The last group consists of less serious (and more common) experiences which nevertheless may indicate excessive use.

Table 3 - Problematic Experiences

<u>This institution</u>	<u>Reference group</u>	<u>Experience</u>
0	1.4	Been arrested for DWI/DUI
17	12	Been in trouble with police, residence hall, or other college authorities
14	7.5	Damaged property, pulled fire alarms, etc.
25	35	Driven a car while under the influence
28	30	Got into an argument or fight
0	1.4	Tried to commit suicide
4.3	4.9	Seriously thought about suicide
18	13	Been hurt or injured
15	11	Been taken advantage of sexually
4.3	5.8	Taken advantage of another sexually
2.2	5.2	Tried unsuccessfully to stop using
15	11	Thought I might have a drinking or other drug problem
27	20	Performed poorly on a test or important project
48	36	Done something I later regretted
38	29	Missed a class
40	27	Been criticized by someone I know
45	26	Had a memory loss
57	48	Got nauseated or vomited
67	61	Had a hangover

Differences among Student Groups

Table 4 compares substance use patterns and consequences of several campus groups: males and females, younger and older, academically more and less successful, and on and off-campus residents.

Table 4 - Differences among Student Groups

	Gender		Age		Average Grades		Campus Residence	
	F	M	16-20	21+	A-B	C-F	On	Off
Sample sizes =	42	45	88	6.0	82	11	84	3.0
Currently use (in the past 30 days) alcohol	76	80	76	83	75	91	77	57
Currently use (in the past 30 days) marijuana	14	28	20	50	21	27	22	33
Currently use (in the past 30 days) illegal drugs other than marijuana	7.1	12	8.1	33	10	9.1	8.5	67
Had 6 or more binges in the past 2 weeks	0	22	13	17	11	27	14	0
Have driven a car while under the influence during past year	19	33	24	33	24	36	24	67
Have been taken advantage of sexually during past year	14	16	15	17	14	27	16	0
Have taken advantage of another sexually during past year	2.4	7.0	3.5	17	2.5	18	3.7	33

Sample Demographics

Following are some summary characteristics of the 95 students who completed and returned the questionnaire.

86% were freshmen, 11% were sophomores, and 2% were juniors.

1.1% were seniors, 0% were graduates, and 0% were other.

99% were in the "typical" college age range of 18 - 22.

48% were female.

3.4% lived off campus.

25% worked part-time or full-time

99% were full-time students.

18% reported spending at least 5 hours per month in volunteer work.

UNIVERSITY OF RICHMOND EXPER GROUP**CORE DRUG AND ALCOHOL SURVEY - Form 194****EXECUTIVE SUMMARY**

The Core Drug and Alcohol Survey was developed to measure alcohol and other drug usage, attitudes, and perceptions among college students at two and four-year institutions. Development of this survey was funded by the U.S. Department of Education. The survey includes several types of items about drugs and alcohol. One type deals with students' attitudes, perceptions and opinions about alcohol and other drugs, and the other deals with the students' own use and consequences of use. There are also several items on students' demographic and background characteristics as well as perception of campus climate issues and policy.

In the data reported below, figures 10% and over are rounded to the nearest percentage point. Those figures under 10% are listed to the nearest decimal place to avoid loss of data specificity.

Key Findings from students at University Of Richmond Exper Group

Following are some key findings on the use of alcohol:

- 88% of the students consumed alcohol in the past year ("annual prevalence").
- 84% of the students consumed alcohol in the past 30 days ("30-day prevalence").
- 86% of underage students (younger than 21) consumed alcohol in the previous 30 days.
- 63% of students reported binge drinking in the previous two weeks. A binge is defined as consuming 5 or more drinks in one sitting.

Following are some key findings on the use of illegal drugs:

- 33% of students have used marijuana in the past year (annual prevalence).
- 22% of students are current marijuana users (30-day prevalence).
- 18% of students have used an illegal drug other than marijuana in the past year (annual prevalence).
- 5.2% of students are current users of illegal drugs other than marijuana (30-day prevalence).

The most frequently reported illegal drugs used in the past 30 days were:

- 22% marijuana (pot, hash, hash oil)
 - 3.1% hallucinogens (LSD, PCP)
 - 2.1% amphetamines (diet pills, speed)
-

Following are some key findings on the consequences of alcohol and drug use:

- 40% reported some form of public misconduct (such as trouble with police, fighting/argument, DWI/DUI, vandalism) at least once during the past year as a result of drinking or drug use.
- 21% reported experiencing some kind of serious personal problem (such as suicidality, being hurt or injured, trying unsuccessfully to stop using, sexual assault) at least once during the past year as a result of drinking or drug use.

Following are some key findings on opinions about the campus environment:

- 99% of students said the campus has alcohol and drug policies;
1.0% said they "don't know"; and
0% said there wasn't a policy.
- 69% of students said the campus has an alcohol and drug prevention program;
30% said they "don't know"; and
1.0% said there wasn't a program.
- 55% of students believe the campus is concerned about the prevention of drug and alcohol use;
15% said they "don't know"; and
30% said the campus is not concerned.

With regard to students' perceptions of others students' use:

- 76% of students believe the average student on campus uses alcohol once a week or more.
 - 15% of students believe the average student on this campus uses some form of illegal drug at least once a week.
 - 5.7% of students indicated they would prefer not to have alcohol available at parties they attend.
 - 72% of students indicated they would prefer not to have drugs available at parties they attend.
-

The following percentages of survey respondents said they saw drinking as a central part of the social life of the following groups:

- 96% of the respondents said they saw drinking as central in the social life of male students.
- 83% of the respondents said they saw drinking as central in the social life of female students.
- 14% of the respondents said they saw drinking as central in the social life of faculty/staff.
- 22% of the respondents said they saw drinking as central in the social life of alumni.
- 67% of the respondents said they saw drinking as central in the social life of athletes.
- 100% of the respondents said they saw drinking as central in the social life of fraternities.
- 75% of the respondents said they saw drinking as central in the social life of sororities.

- 97% of the students said they believe the social atmosphere on campus promotes alcohol use.
- 29% of the students said they believe the social atmosphere on campus promotes drug use.

- 12% of the students said they do not feel safe on campus.

Compared to other campuses...

- 49% feel that alcohol use is greater
- 20% feel that alcohol use is less
- 29% feel that alcohol use is about the same

On the Core Alcohol and Drug Survey, respondents were asked to report whether students on this campus cared about a number of campus climate issues (with the response options being "not at all", "slightly", "somewhat", and "very much"). The following percentages of respondents on this campus indicated that their fellow students cared "somewhat" or "very much" about the following issues:

- 65% said students cared about sexual assault
- 53% said students cared about assaults that are non-sexual
- 39% said students cared about campus vandalism
- 39% said students cared about harassment because of race or ethnicity
- 39% said students cared about harassment because of gender
- 26% said students cared about harassment because of religion
- 23% said students cared about alcohol and other drug use
- 22% said students cared about harassment because of sexual orientation

Table 1 shows the percentage of students who reported having experienced any of the following within the last year and, if so, the percentage who reported consuming alcohol or other drugs shortly before these incidents.

Table 1 - Experiences of Harrassment or Violence

<u>Experience</u>	<u>Used Alcohol or Drugs</u>	<u>Incident</u>
1.1 %	0%	Ethnic or racial harassment
3.2 %	67%	Threats of physical violence
2.2 %	50%	Actual physical violence
0%	0%	Theft involving force or threat of force
2.1 %	100%	Forced sexual touching or fondling
1.1 %	100%	Unwanted sexual intercourse

On the Core Alcohol and Drug Survey, students were asked to rate the degree of risk people take when they act in certain ways, listed below. The response options were "no risk", "slight risk", "moderate risk", "great risk", and "can't say." The numbers listed below indicate the percentage of respondents who felt there was "great risk" associated with the following behaviors:

- 15% try marijuana once or twice
- 20% smoke marijuana occasionally
- 33% smoke marijuana regularly
- 40% try cocaine once or twice
- 58% take cocaine regularly
- 43% try LSD once or twice
- 61% take LSD regularly
- 35% try amphetamines once or twice
- 53% take amphetamines regularly
- 20% take one or two drinks of an alcoholic beverage
(beer, wine, liquor) nearly every day
- 38% take four or five drinks nearly every day
- 23% have five or more drinks in one sitting
- 41% take steroids for body building or improved athletic performance
- 28% consume alcohol prior to being sexually active
- 36% regularly engage in unprotected sexual activity
with a single partner
- 60% regularly engage in unprotected sexual activity
with multiple partners

Sexual Behavior:

- 49% of the students reported engaging in sexual intercourse within the past year
Of these, 45% used alcohol the last time they had intercourse
and 17% used drugs.

In the last 30 days, the following percentages of students engaged in the behaviors described below:

- 52% refused an offer of alcohol or other drugs
- 41% bragged about alcohol or other drug use
- 89% heard someone else brag about alcohol or other drug use
- 4.2% carried a weapon such as a gun, knife, etc. (not hunt or job related)

- 62% experienced peer pressure to drink or use drugs
- 33% held a drink to have people stop bothering you about why you weren't drinking
- 27% thought a sexual partner was not attractive because he/she was drunk
- 25% told a sexual partner that he/she was not attractive because he/she was drunk

The following data describe how students say their friends would feel if they...

- Tried marijuana once or twice
 - 41% of their friends would disapprove
- Smoked marijuana occasionally
 - 60% of their friends would disapprove
- Smoked marijuana regularly
 - 88% of their friends would disapprove
- Tried cocaine once or twice
 - 81% of their friends would disapprove
- Took cocaine regularly
 - 98% of their friends would disapprove
- Tried LSD once or twice
 - 80% of their friends would disapprove
- Took LSD regularly
 - 97% of their friends would disapprove
- Took one or two drinks every day
 - 68% of their friends would disapprove
- Took four or five drinks every day
 - 89% of their friends would disapprove
- Had five or more drinks at one sitting
 - 45% of their friends would disapprove

The following are some key findings on the perceived effects of alcohol:

- 96% say it breaks the ice
- 93% say it enhances social activity
- 75% say it makes it easier to deal with stress
- 77% say it facilitates a connection with peers
- 66% say it gives people something to talk about
- 83% say it facilitates male bonding
- 63% say it facilitates female bonding
- 79% say it allows people to have more fun
- 68% say it gives people something to do
- 32% say it makes food taste better
- 72% say it makes women sexier
- 58% say it makes men sexier
- 65% say it makes me sexier
- 82% say it facilitates sexual opportunity

Use of Drugs

The following tables provide additional details about students' reported use of drugs at this institution. Unless otherwise indicated, percentages are based on the total number of students responding validly to a given item.

For comparison purposes some figures are included from a reference group of 38,715 students who completed the same questionnaire in 1991-93. More detailed analyses can be found in the 1991-1993 CORE Institute monograph.

In general, substantial proportions of students report having used alcohol, tobacco, and marijuana in response to the question, "At what age did you first use ____?" whereas comparatively few report having used each of the other substances. This question examines "lifetime prevalence" as opposed to annual prevalence and 30-day prevalence.

Table 2 describes lifetime prevalence, annual prevalence, 30-day prevalence, and high frequency use (3 times a week or more).

Table 2 - Substance Use

	Lifetime Prevalence		Annual Prevalence		30-Day Prevalence		3X/Wk or more	
	Coll.	Ref.	Coll.	Ref.	Coll.	Ref.	Coll.	Ref.
Tobacco	58	58	45	39	41	29	22	19
Alcohol	91	90	88	85	84	72	33	20
Marijuana	50	43	33	25	22	13	2.1	3.1
Cocaine	5.1	11	3.1	3.6	0	1.1	0	0.2
Amphetamines	10	18	5.2	5.6	2.1	2.2	0	0.8
Sedatives	1.0	6.8	1.0	2.2	1.0	0.9	0	0.2
Hallucinogens	14	12	9.3	5.5	3.1	1.8	0	0.1
Opiates	1.0	1.7	1.0	0.5	1.0	0.2	0	0.1
Inhalants	5.1	6.5	2.1	1.9	0	0.5	0	0.1
Designer drugs	5.1	3.9	2.1	1.8	0	0.6	0	0.1
Steroids	0	1.2	0	0.5	0	0.3	0	0.2
Other drugs	8.2	3.1	5.2	1.3	0	0.4	0	0.1

Notes:

Coll. = University Of Richmond Exper Group

Ref. = Reference group of 38,715 college students.

The average number of alcoholic drinks consumed per week at this institution is 9.0 drinks. The national average is 4.5 drinks (based on a sample of 38,715).

The percentage of students who report having binged in the last two weeks at this institution is 63% compared to the national average of 39%.

Consequences of Alcohol and Drug Use

The proportion of students who report having had problems as a result of drinking or drug use is another indicator of the level of substance abuse. The percentages of students who reported that within the past year they had various problematic experiences are given in Table 3. The top group of items represents public misconduct or behaviors that involve actual or potential harm to others. The second group represents possibly serious personal problems. The last group consists of less serious (and more common) experiences which nevertheless may indicate excessive use.

Table 3 - Problematic Experiences

<u>This institution</u>	<u>Reference group</u>	<u>Experience</u>
3.1	1.4	Been arrested for DWI/DUI
13	12	Been in trouble with police, residence hall, or other college authorities
21	7.5	Damaged property, pulled fire alarms, etc.
6.3	35	Driven a car while under the influence
32	30	Got into an argument or fight
0	1.4	Tried to commit suicide
0	4.9	Seriously thought about suicide
14	13	Been hurt or injured
5.3	11	Been taken advantage of sexually
6.3	5.8	Taken advantage of another sexually
2.1	5.2	Tried unsuccessfully to stop using
6.3	11	Thought I might have a drinking or other drug problem
15	20	Performed poorly on a test or important project
25	36	Done something I later regretted
22	29	Missed a class
20	27	Been criticized by someone I know
31	26	Had a memory loss
65	48	Got nauseated or vomited
59	61	Had a hangover

Differences among Student Groups

Table 4 compares substance use patterns and consequences of several campus groups: males and females, younger and older, academically more and less successful, and on and off-campus residents.

Table 4 - Differences among Student Groups

	Gender		Age		Average Grades		Campus Residence	
	F	M	16-20	21+	A-B	C-F	On	Off
Sample sizes =	<u>41</u>	<u>46</u>	<u>85</u>	<u>11</u>	<u>86</u>	<u>10</u>	<u>73</u>	<u>0</u>
Currently use (in the past 30 days) alcohol	83	84	86	73	86	80	86	0
Currently use (in the past 30 days) marijuana	7.5	28	24	9.1	20	30	25	0
Currently use (in the past 30 days) illegal drugs other than marijuana	2.4	4.3	6.0	0	4.7	0	5.6	0
Had 6 or more binges in the past 2 weeks	0	11	6.0	0	4.8	10	6.9	0
Have driven a car while under the influence during past year	2.4	11	7.2	0	7.1	0	7.0	0
Have been taken advantage of sexually during past year	9.8	2.3	6.1	0	6.0	0	5.7	0
Have taken advantage of another sexually during past year	7.3	6.8	7.3	0	7.1	0	7.1	0

Sample Demographics

Following are some summary characteristics of the 98 students who completed and returned the questionnaire.

45% were freshmen, 37% were sophomores, and 13% were juniors.

5.1% were seniors, 0% were graduates, and 0% were other.

96% were in the "typical" college age range of 18 - 22.

47% were female.

0% lived off campus.

31% worked part-time or full-time

100% were full-time students.

6.5% reported spending at least 5 hours per month in volunteer work.
