

BULLDOG CHECK-IN:

Alcohol Use

TAKE THE AUDIT-C

Taking the AUDIT-C is a great way to check in with yourself regarding your alcohol use. Be sure to take the questionnaire on the front before looking on the back for more info, to make sure you are able to give unbiased answers.

BEFORE YOU
ANSWER THE
QUESTIONS
BELOW, LEARN
WHAT A STANDARD
DRINK IS →



Source: NIAAA
For more info, visit:
[rethinkingdrinking.
niaaa.nih.gov](http://rethinkingdrinking.niaaa.nih.gov)

1

Q1: HOW OFTEN DID YOU HAVE A DRINK CONTAINING ALCOHOL IN THE PAST YEAR?

- Never (0 points)
- Monthly or less (1 point)
- Two to four times a month (2 points)
- Two to three times a week (3 points)
- Four or more times a week (4 points)

2

Q2: HOW MANY DRINKS DID YOU HAVE ON A TYPICAL DAY WHEN YOU WERE DRINKING IN THE PAST YEAR?

- None, I do not drink (0 points)
- 1 or 2 (0 points)
- 3 or 4 (1 point)
- 5 or 6 (2 points)
- 7 to 9 (3 points)
- 10 or more (4 points)

3

Q3: HOW OFTEN DID YOU HAVE SIX OR MORE DRINKS ON ONE OCCASION IN THE PAST YEAR?

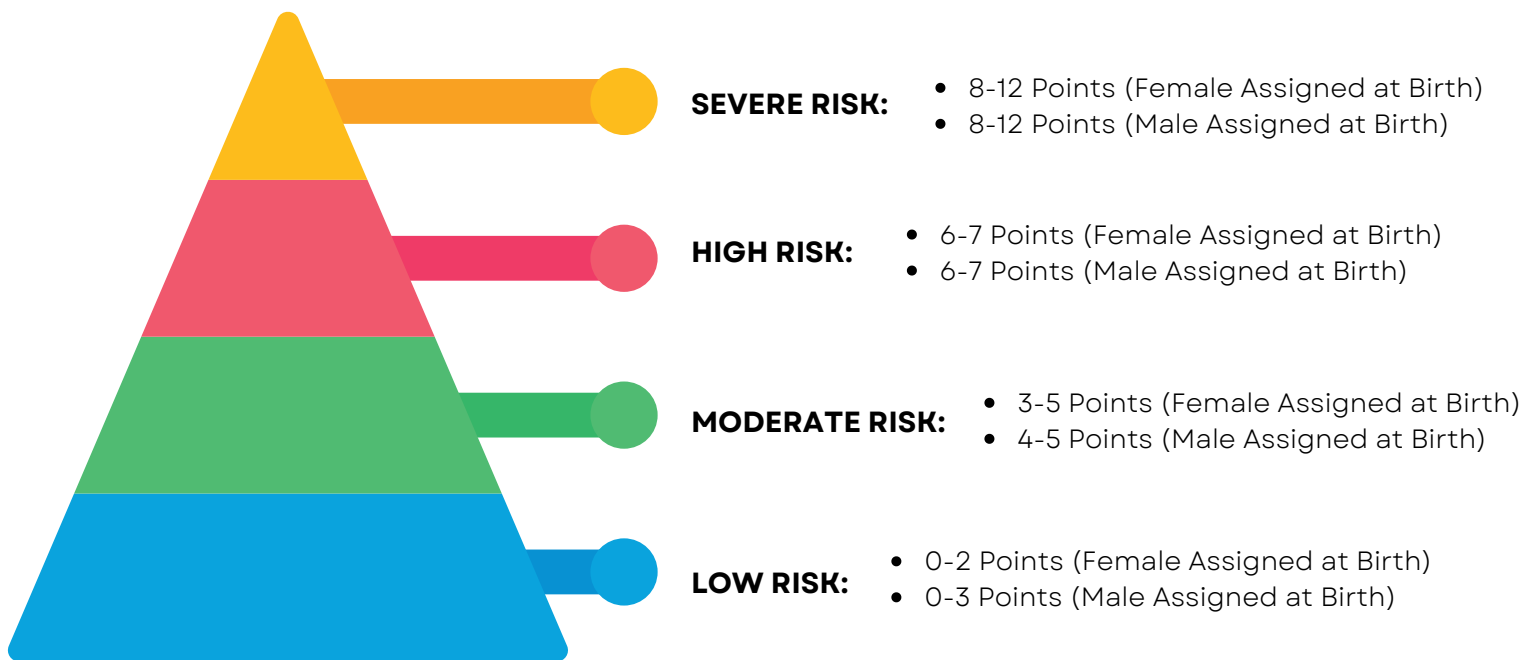
- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

What Does My AUDIT Score Mean?

SCORING THE AUDIT-C

Tally up your points based on your answers on page 1 to determine your current risk level. Risk levels can vary slightly based on your sex assigned at birth. Below, we share some feedback and recommendations for you based on your score.

BASED ON YOUR SCORE...



WHAT SHOULD I DO NEXT?

LOW RISK: Keep it up! Even if you choose not to drink, or drink very little, it's a good idea to keep up to date on information about alcohol, its risks, and ways that you could intervene if you are concerned about a friend's use.

MODERATE RISK: It may not feel like alcohol is heavily impacting you, but even things like missing a class or having an argument with a friend add up over time. Keep an eye on your consumption and look into resources from the ATOD Center to stay informed.

HIGH RISK: It's important to notice when your drinking is escalating. It would be a good idea to have a conversation with the ATOD center to get you back on track. Heavy drinking negatively impacts things you value - your grades, friends, and professional goals.

SEVERE RISK: Things might feel unmanageable, and your academics, relationships, and health are heavily impacted. Reach out to the ATOD Center for an evaluation. They can help you figure out your next steps and connect you with important resources.

REACH OUT TO THE ATOD
PREVENTION CENTER!

atod@bowiestate.edu
<https://bowiestate.edu/campus-life/health-and-wellness/alcohol-tobacco-and-other-drug-prevention-center/>