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University Life and Substance Use Survey

2005

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EXECUTIVE SUMMARY

The Office of Educational Assessment, at the request of and in collaboration with the Vice President for Student Affairs and the Student Affairs Committee on Alcohol and Substance Awareness, has been administering the biennial University Life and Substance Use Survey of University of Washington students since 1991. The intent of these surveys is to solicit information on, and learn more about, the extent to which UW students use alcohol, tobacco, and other drugs, and to determine what additional efforts the University might undertake in this important area. The present survey, administered online, was sent out via email to a random sample of 3,000 undergraduate, graduate, and professional students who were enrolled at the UW Seattle campus during Spring quarter 2005. A total of 1,014 questionnaires were returned completed, yielding a response rate of 33.8%.

Demographics. Similar to previous survey years, undergraduates—comprising 61% of the sample—were under-represented compared to the UW population rate of 71%, while graduate and professional students were slightly over-represented (39% versus 29%). With respect to age, the most frequently selected category was *22-25 years old* (20%), followed closely by *26-30 years old* (17%). The respondent age distribution corresponded well with that of the University population. A majority of respondents were women (59%), which was considerably higher than the UW Seattle spring quarter population rate of 52%; conversely, men only made up 41% of respondents. Finally, the most commonly chosen ethnic categories were *White* (69%) and *Asian* (17%). Students identifying as *Black/African American* were under-represented compared to the proportion they comprised of the UW- Seattle population (1.7% versus 2.8%).

Undergraduates' sense of belonging. More than half of the respondents (53%) felt a sense of belonging to the University community, while nearly half (47%) reported that they *sometimes* or *often* felt not a part of the UW. Overall, a significantly higher percentage of undergraduates than graduate and professional students reported feeling *part of the community* (60% versus 42%). In contrast, although 56% of all respondents expressed some level of satisfaction with the extent of their involvement at the University, graduate and professional students — more often than undergraduates — reported feeling *very satisfied* with their involvement at UW (28% versus 21%).

Alcohol consumption. The vast majority (83%) of respondents described their alcohol consumption in high school as either non-existent or *light*, and only 4% identified as *heavy* drinkers. Nearly half (49.6%) of the of the respondents described their alcohol consumption as having *remained the same* while attending the University; however, 32% reported an *increased* alcohol consumption since enrolling at UW. More undergraduates than graduate and professional students reported an *increased* alcohol use since enrollment at the University (42% versus 17%). A large minority of respondents (46%) identified as *light* drinkers; *non-drinkers* and *moderate* drinkers constituted 25% and 26%, respectively. Only 3% identified as *heavy* drinkers.

About one-third (32%) of all respondents reported consuming *no* alcohol on a weekly basis, while 30% reported consuming *1-2 drinks* per week. A strong majority (70%) of respondents reported having *1-2 drinks* or less on a typical weekend evening; though 34% of undergraduate men reported consuming *more than 3 drinks*. Most respondents (92%) reported consuming *less than 2 drinks* on any given evening during the week; indeed, 67% reported *no* alcohol consumption on weekdays. Around 12% of undergraduate men reported consuming *more than 2 drinks* on a typical weekday evening.

Undergraduate men were significantly more likely than any other group to identify as *moderate* or *heavy* drinkers. Undergraduate men at a rate of 20% were significantly more likely than any other group to report having consumed *eight or more drinks* at the occasion during which they consumed the most alcohol within the month prior to taking the survey. A substantial majority (72%) of respondents reported having had no “binge drinking” occasions (defined as five or more drinks at a sitting) within the previous two weeks, and the only respondents who reported *ten or more* binge drinking occasions were undergraduate men (2%).

The most frequent estimate of other students’ alcohol consumption while partying was *5-6 drinks* (36%), followed closely by *3-4 drinks* (35%). There was a positive association between the number of drinks consumed on one’s heaviest drinking occasion and one’s estimate of the number of drinks consumed by other UW students while partying. In estimating the number of drinks most UW students consume when celebrating their 21st birthdays, the most frequently selected category was *eight or more drinks* (47%). In marked contrast, only 22% of respondents 21 years or age or older reported having consumed that much on their own 21st birthday.

Marijuana. Fewer undergraduate respondents in comparison to graduate and professional students reported *never* having used marijuana (69% versus 80%). Around 38% of the 266 respondents who reported using marijuana were younger than 21. Among the marijuana users, undergraduate men were more likely than any other group to report a *daily use* (16%), while most graduate men (89%) reported using marijuana about *once a month*.

Other illicit drug use. A significant minority of students reported having used illicit drugs in the past (44%). Interestingly, graduate women were more likely than any other group to report having used drugs (52%). The prevalence of current drug use among undergraduates (41%) represented an all-time low, while use among graduate and professional students was at its highest (49%).

Tobacco. A little more than one-fourth (28%) of the undergraduates reported currently smoking tobacco, though 11.6% indicated smoking *less than once a month*. Comparatively, 17% of the graduate respondents reported smoking cigarettes. Among smokers, undergraduates were more likely than graduate and professional students to describe their use of tobacco as having *increased* while attending UW (50% vs. 27%). In addition, 64% reported a desire to *quit smoking*, but 36% *had no plans to quit*. The self-reported prevalence of smoking was down from previous survey years.

Students’ perceptions of other students’ drug use. In marked contrast to reported marijuana use, nearly equal numbers of undergraduate respondents supposed that other University

students use marijuana about *once a month* (20%), *two or three times a month* (23%), or *once or twice a week* (21%). Among graduate and professional students, the most frequent estimate was *two to three times a month* (23%), followed closely by *once a month* (22%). Approximately 17% of respondents estimated that most UW students *never* use other illicit drugs.

Health risks and help seeking behaviors. Although most respondents felt that other UW students generally have a good understanding of health risks associated with *alcohol* (58%), *tobacco* (77%), and *drugs* (52%), many did not believe that this knowledge serves to decrease the use of *alcohol* (64%), *tobacco* (43%), or *drugs* (36%). The vast majority of respondents said they would seek help for themselves (75%) or for someone else (72%) if experiencing difficulties because of alcohol and/or drug abuse. Men were significantly less likely than women to suppose that they would seek help for themselves, yet were more likely to have actually done so in the past.

Consequences of alcohol and drug use. The most commonly reported negative consequences of substance use were having *had a hangover* (58%), having *gotten nauseated and/or vomited* (44%), or having *drank/used more than planned/wanted to* (44%). On a grave note, around 8% of undergraduates reported experiences of having *been taken advantage of sexually*.

Campus response to issues related to alcohol and other drug use. In expressing their awareness of and response to university policies on drugs and alcohol, most respondents (54%) reported knowing about University policies; however, 20% of the students felt that these policies were not being enforced. The most commonly known programs and/activities were *tabling on HUB lawn* (35%), *Fall Fling* (34%), *Swing dance/movie/karaoke nights at the HUB* (30%), and *Hub Games Area Nights* (29%). Of the listed events and programs, *swing dances/movie/karaoke nights at the HUB* received the most favorable average rating (3.9 out of five), followed by the *Great American Smokeout* (3.6 out of five).

University Life and Substance Use Survey 2005

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INTRODUCTION

Since 1991, the Office of Educational Assessment, at the request of the Vice President for Student Affairs and the Student Affairs Committee on Alcohol and Substance Awareness, has been administering the biennial University Life and Substance Use Survey to University of Washington students. The intent of these surveys is to solicit information on, and learn more about, the extent to which UW students use alcohol, tobacco, and other drugs, and to determine what additional efforts the University might undertake in this important area. The following report presents the results of the eighth administration of the University Life and Substance Abuse Survey conducted during Spring quarter 2005.

PROCEDURE

The University Life and Substance Abuse questionnaire was developed by the Student Affairs Committee on Alcohol and Substance Awareness (CASA), and its content has remained fairly consistent from year-to-year. See Appendix A. The Year 2005 questionnaire was comprised of 37 items, some of which had numerous subquestions, and was divided into five sections: demographic information and University experience, alcohol use, drug use, health and safety, and campus response to alcohol and other drug-related issues. This year the survey was administered entirely via the Web. An introductory e-mail containing an internet address for the questionnaire was sent out to a random sample of 3,000 undergraduate, graduate, and professional students enrolled at the University of Washington Seattle campus during Spring quarter, 2005.¹ The email described the background and purpose of the survey and informed students of their chance to enter a drawing for an Apple® iPod shuffle™ or one of several \$100 gift certificates for the UW Bookstore. Two reminder emails were sent to all individuals who had not responded (either by submitting a questionnaire or asking to be taken off the mailing list) after one and two weeks, respectively. A total of 1,014 questionnaires were submitted, yielding a response rate of 33.8%.

RESULTS

With the exception of demographic data, all questionnaire responses were examined for differences by academic level (undergraduate versus graduate and professional students) or respondent sex (female versus male), or both. The relationships between the following variables were also analyzed: substance use and demographic characteristics such as age, living situation, and family history;

¹ The random sample was verified to be fairly representative relative to the University population in terms of sex, academic level, and age.

substance use and grade point average (GPA); substance use and self-reported negative consequences; students' perceptions of other students' substance use and their own reported consumption of those substances; and attendance at substance-awareness events and the decision to change drinking habits. In addition, the results for many items were compared to those of previous surveys.²

Demographic Information

Item 1. Your class level.

The distribution of respondent class standing is presented in Table 1. Freshmen, comprising 11.3% of the respondents, were slightly over-represented when compared to the random sample where they made up 8.2%. Likewise, fifth-year (2.3%) and professional students (7.0%) were over-represented in comparison to the original sample where they constituted .9% and 5.2%, respectively. In contrast, seniors were under-represented (13.6% vs. 18.3%). Collectively, undergraduates comprised 60.6% of the respondents (vs. 68.1% of the random sample); correspondingly, graduate and professional students were over-represented (39.3% vs. 31.9%). The undergraduate class standing distribution in 2005 did not differ considerably from the distribution in 2003. However, excluding 2003, the percentage of undergraduates among survey respondents has decreased yearly (from 69.0% in 1997).

Table 1. *Class level*

	Respondents		Sample		UW-Seattle Population	
	Number	Percent	Number	Percent	Number	Percent
Freshman	115	11.3	247	8.2	3427	9.4
Sophomore	119	11.7	396	13.2	4489	12.4
Junior	220	21.7	687	22.9	6634	18.3
Senior	138	13.6	550	18.3	9625	26.5
5th-year	23	2.3	27	.9	293	0.8
Non-matriculated	0	0	137	4.6	1227	3.4
Graduate Student	328	32.3	936	31.2	8974	24.7
Professional	71	7.0	157	5.2	1666	4.6
Total <i>n</i>	1,014	100.0	3,000	100.0	36,335	100.0

Item 2. Your age.

The distribution of respondents by age and academic level is displayed in Table 2. The age distribution of the respondents corresponded well with the original random sample; no one age category was considerably over- or under-represented. The respondent age distribution in 2005 differed from that of 2003 in that the percentage of students who identified as 20 years or younger decreased from 47.9% to 32.6%, while the percentage of students in the age categories 31 years or older increased from 1.8% to 18.1%. This discrepancy stemmed from the exclusion of graduate and professional students in 2003. However, when comparing the age distribution of *undergraduate* respondents in 2005 with that of *undergraduate* respondents in 2003 there were actually fewer respondents under 21 years of age in 2005 (47.9% vs. 54.2%) and more aged 22-25 (31.1% vs. 20.0%).

² Analyses that reach statistical significance are accompanied by a *p*-value, which indicates the probability of obtaining the result by chance. For example, if results indicate that men drank more than women and $p < .05$, it means that there is only a 5% chance that we found that group difference when the population of women and men actually drank the same. For this report, a more conservative *p*-value of $p < .005$ was selected to avoid capitalizing on the chance of finding a statistical difference or association due to conducting a large number of statistical tests. Therefore, for this survey the terms "statistically significant" and "significant" indicate a *p*-value $< .005$.

Table 2. *Age by academic level*

	Undergraduate	Graduate	All respondents
<18	1.0%	.0%	.6%
18	9.4	.0	5.7
19	21.7	.0	13.1
20	22.1	.3	13.5
21	17.8	1.3	11.3
22-25	20.0	21.3	20.5
26-30	3.3	38.6	17.2
31-35	2.3	18.3	8.6
36+	2.4	20.3	9.5
Total <i>n</i>	615	399	1,014

Item 3. Your gender

The respondent sex distribution is provided in Table 3. In a pattern similar to previous years and many other surveys of UW students, women were over-represented among respondents as compared with the sample (59.0% versus 52.1%), while men were slightly under-represented (41.0% vs. 47.9%). Finally, the respondent sex distribution in 2005, which was identical among undergraduate and graduate students, corresponded well with the distributions in previous survey years.

Table 3. *Sex by academic level*

	Undergraduate	Graduate	All respondents
Female	59.0%	59.0%	59.0%
Male	41.0	41.0	41.0
Total <i>n</i>	615	399	1,014

Item 4. Your ethnicity

Table 4 provides the ethnic distribution amongst the respondents. A strong majority (68.7%) of respondents identified as White, corresponding well with the sample where White students were 68.9%. Respondents who identified as Asian, comprising 16.8% of the surveyed students, constituted the second most common response, but were under-represented relative to their proportion in the sample (21.3%). Similarly, students who selected Black/African American in describing their ethnicity only constituted 1.7% of the respondents vs. 3.4% of the sample. However, because of differences between the categorization scheme used by the University and that of the present survey, any comparison should be cautious.

As is evident from Table 4, a higher percentage of undergraduate respondents — as compared with graduate and professional students — identified as Hawaiian/Pacific Islander (1.5% versus .3%). Likewise, respondents identifying as a combination of ethnic categories were more frequent among undergraduates (8.6%) than among graduate and professional students (1.8%). Finally, the respondent ethnicity distribution in 2005 differed noticeably from 2003. The percentage of respondents identifying as Hawaiian/Pacific Islander decreased from 3.0% in 2003 to 1.0% in 2005; the percentage identifying as Asian declined from 20.3% to 16.8%; and the percentage of respondents identifying as American Indian/Alaskan Native rose from .0% to 1.6%.

Table 4. *Ethnicity by academic level*

	Undergraduate	Graduate	All respondents
Black/African American	1.6%	1.5%	1.6%
Hawaiian/Pacific Islander	1.5	.3	1.0
Asian	17.8	15.4	16.8
White/Caucasian	64.5	75.3	68.7
Hispanic	1.8	2.0	1.9
American Indian/Alaskan Native	1.6	1.5	1.6
Combination	8.6	1.8	5.9
Other	2.6	2.3	2.5
Total <i>n</i>	615	399	1,014

Item 5. Grade-point averages

Self-reported cumulative GPA and GPA for the most recently completed quarter are summarized by academic level in Table 5. Both means were substantially higher among graduate and professional students than undergraduates. At the university-level, the cumulative and quarterly GPA averages were 3.19 and 3.20, respectively. The higher reported GPAs among respondents suggests either self-selection bias (i.e., higher-performing students completed the survey) or self-presentation bias (or both).

Table 5. *Cumulative GPA and GPA for most recent quarter by academic level*

GPA	Undergraduate	Graduate	All respondents
Cumulative			
Mean	3.31	3.66	3.44
Std Deviation	.41	.25	.39
Total <i>n</i>	604	368	972
Most Recent Quarter			
Mean	3.35	3.69	3.47
Std Deviation	.48	.34	.47
Total <i>n</i>	595	331	926

Item 6. Number of quarters you have attended the UW

As shown in Table 6, a majority of the respondents (57.9%) had been in attendance at the University for six or fewer quarters. The percentage of respondents who reported having spent 7 quarters or more at the University was considerably higher among graduate and professional students (50.5%) than among undergraduates (36.6%).

Table 6. *Number of quarters at the UW by academic level*

Number	Undergraduate	Graduate	All respondents
1-3	37.1%	31.6%	34.9%
4-6	26.3	17.9	23.0
7-9	20.0	11.1	16.5
10-12	11.1	10.6	10.9
13+	5.5	28.8	14.6
Total <i>n</i>	615	399	1,014

Item 7. Which of the following best describes your current living situation?

Living situation, broken down by academic level, is presented in Table 7. Approximately one-fourth of the undergraduates lived in a residence hall (24.2%). Another third (30.4%) lived off-campus with acquaintances, and another 10.2% lived in fraternity/sorority housing. Nearly all (95.3%) of the

graduate and professional students lived off-campus. Indeed, approximately one third (32.5%) of the graduate and professional students chose the category *off campus with partner only* when describing their living arrangement. Few differences were identified in comparing the distribution of housing arrangements in 2003 with that of 2005. The percentage of undergraduates who lived *off campus with parents* rose from 7.0% in 2003 to 12.7% in 2005; however, 2003's figure was much lower than all years prior.

Table 7. *Current living situation by academic level*

	Undergraduate	Graduate	All respondents
On campus Residence hall alone	5.5%	.0%	3.4%
On campus Residence hall with others	18.7	.0	11.4
Off campus Fraternity or sorority house	10.2	.0	6.2
On campus UW family housing/single student apt.	3.1	4.8	3.8
Off campus with parents	12.7	1.0	8.1
Off campus with partner only	7.6	32.5	17.4
Off campus with children	.5	1.8	1.0
Off campus with partner and children	2.0	14.6	6.9
Off campus with acquaintances	30.4	21.7	27.0
Off campus alone	9.3	23.7	14.9
Total <i>n</i>	615	399	1,014

University Experience

Item 8. To what extent do you feel you are part of the University community? Please comment on your response.

The respondents were first asked to rate, on a scale from 1 (*feel very much a part*) to 4 (*often feel not a part*), the extent to which they felt they were part of the University community. The distribution of their responses is summarized in Table 8. Undergraduate and graduate students differed significantly ($p < .005$) in their ratings on this item. While 60.1% of the undergraduate respondents reported feeling either “*more a part than not*” or “*very much a part*” of the UW community, only 41.9% of the respondents among graduate and professional students had the same to say about their sense of connection to the University. Moreover, close to one third of the graduate and professional students reported that they “*often feel not a part*” of the UW community. The higher mean rating among graduate and professional students (2.8) as compared with undergraduates (2.4) is indicative of these academic level differences. No significant differences were found between the responses of men and women on this item.

Table 8. *Feelings of being a part of the UW student community by academic level*

	Undergraduate	Graduate	All respondents
Feel very much a part	19.4%	7.1%	14.6%
Feel more a part than not	40.7	34.8	38.4
Sometimes feel not a part	24.6	28.0	25.9
Often feel not a part	15.3	30.1	21.1
Mean	2.4	2.8	2.5
Std. Deviation	.96	.95	.98
Total <i>n</i>	614	396	1,010

In a follow-up, open-ended question, students were given the opportunity to comment on their sense of belongingness to the University community. A total of 609 students responded. Their comments,

organized by theme, are presented below. A majority of comments revolved around either feeling part of the UW community as a whole (258 comments) or feeling part of a subset of the University (101 comments); however, a large minority of responses (328 comments) involved students expressing not feeling connected to the UW. More often than not, these latter responses concerned having considerable obligations outside of UW such as work and social activities (95 comments), living far from campus or only coming to the University for classes (97 comments), and feeling different from the general UW community (e.g., being a transfer, international, or professional student), 74 comments).

<u>Frequency</u>	<u>Category</u>
258	I FEEL PART OF THE UNIVERSITY COMMUNITY AS A WHOLE.
90	I take part in UW activities/events/sports/organizations.
89	I am generally involved.
18	I find community through classmates/friends.
36	I find community through my living arrangement (e.g., dorm, apartment, neighborhood, etc.)
25	I work on campus.
101	I FEEL PART OF A SUBSET OF THE UNIVERSITY COMMUNITY.
23	I am involved in the Greek system.
78	I feel a part of my department/major.
328	I DON'T FEEL PART OF THE UNIVERSITY COMMUNITY.
97	Because I'm physically removed from campus. I live off-campus/far from campus. (70) I only come to campus for classes. (27)
95	Because I have obligations that take up my time. I work. (45) I have social life/activities/other obligations outside of UW. (50)
23	Because of negative experiences/attitudes Specific events/people/groups have made me feel uncomfortable/unwelcome. (10) I feel alienated/isolated. (13)
39	Because I don't take part in UW activities/events. I'm not involved in UW activities. (34) I have no interest in the activities offered. (1) I'm not aware of campus events/activities. (4)
74	Because of my student status. I am older than the typical student. (19) I am a transfer student. (5) I am an international student. (3) I am different (e.g. law school, non-matriculated, etc.) (47)
36	I AM NOT CONCERNED ABOUT BEING PART OF THE UNIVERSITY COMMUNITY BECAUSE:
27	I don't care about being involved.
9	I'm here to learn, not socialize.
75	REFLECTIONS ON UNIVERSITY COMMUNITY
22	UW is too big to find community.
16	I would like to be more involved in the UW community.
37	I feel ambivalent/neutral/unsure about this topic.

Note. Individual students' responses occasionally fit more than one category.

Item 9. To what extent are you satisfied with your involvement at the University?

Respondents were then asked to rate, on a scale from 1 (*very satisfied*) to 5 (*very dissatisfied*) the extent to which they felt satisfied with their involvement at the University. Their responses are displayed in Table 9. The undergraduate and graduate respondents differed significantly ($p < .005$) in their ratings

on this item, with an average rating of 2.4 among undergraduates versus 2.2 among graduate and professional students. Men and women did not differ significantly in their ratings on this item. A large and positive correlation was identified between the extent to which undergraduate respondents felt part of the UW community and the extent to which they were satisfied with their involvement at the University ($r = .53, p < .001$)³.

Table 9. *Extent of satisfaction with level of involvement at the UW by academic level*

	Undergraduate	Graduate	Total
Very satisfied	21.0%	28.3%	23.9%
Somewhat satisfied	33.0	30.6	32.0
Neutral	31.6	34.6	32.8
Somewhat dissatisfied	13.0	5.6	10.0
Very dissatisfied	1.5	1.0	1.3
Mean	2.4	2.2	2.3
Std. Deviation	1.01	.95	.99
Total <i>n</i>	610	396	1,006

Table 10 provides the respondents' mean ratings on their sense of community and involvement with the University broken down by living situation. The highest average, indicating the lowest sense of community, was found among students who live *off campus with partner and children* (3.0), while students living *off-campus with parents* were the least satisfied with their involvement (2.7). However, there were no statistically significant differences by living situation on either item.

Table 10. *Mean ratings on sense of community and satisfaction with involvement, by living situation*

	Sense of community (1-4 scale)	Level of satisfaction (1-5 scale)	<i>n</i>
Fraternity or Sorority house	2.0	2.2	62
Residence Hall alone	2.0	2.1	34
Residence Hall with others	2.1	2.3	115
Off-campus with acquaintances	2.4	2.4	273
Off-campus with parents	2.7	2.7	79
UW family housing/single student apt.	2.3	2.2	37
Off-campus alone	2.7	2.3	150
Off-campus with partner and children	3.0	2.3	70
Off-campus with partner only	2.9	2.2	175
Grand mean	2.5	2.3	1,005

Note. Lower values indicate greater sense of community and satisfaction.

Alcohol Use

The next series of items examined students' alcohol use in various situations, as well as their perceptions of student drinking in general.

Item 10. How would you define your current level of drinking?

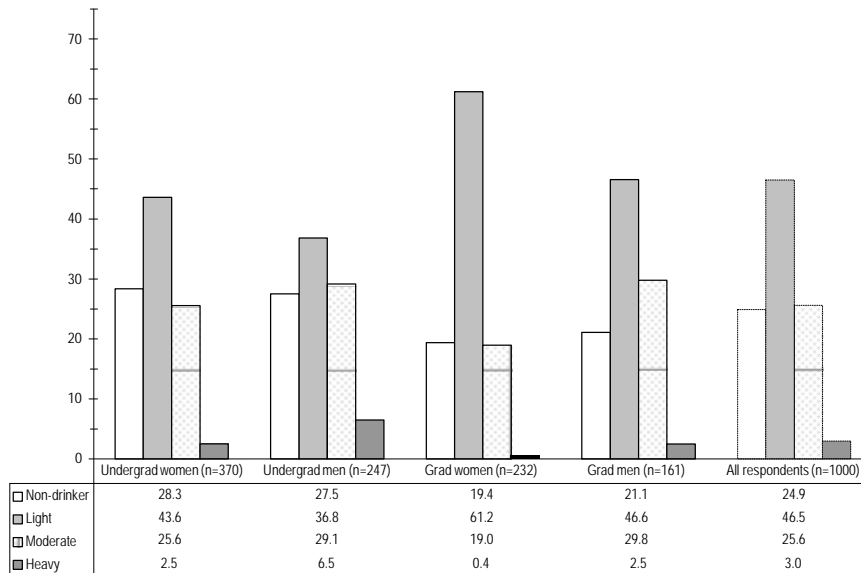
Respondents were first asked to define themselves as either a *non-, light, moderate, or heavy drinker*. As is clear from examining Figure 1, a large minority of the respondents identified as *light drinkers* (46.5%), while respondents identifying as *non-drinkers* or *moderate drinkers* constituted 24.9% and

³ Correlation coefficients (r) indicate the strength and direction of the relationship between two variables. They range from -1 to $+1$, with 0 indicating no relationship, positive values indicating a direct relationship (as one value values for small, medium, and large correlations are .1, .3, and .5, respectively).

25.6%, respectively. Only 3.0% identified as *heavy drinkers*. Significant sex and academic level differences were found on this item ($p < .005$). Undergraduate male respondents were more likely than both women and graduate men to identify as *moderate* or *heavy drinkers*. Female graduate students (61.2%) were more likely than any other group to identify as *light drinkers*.

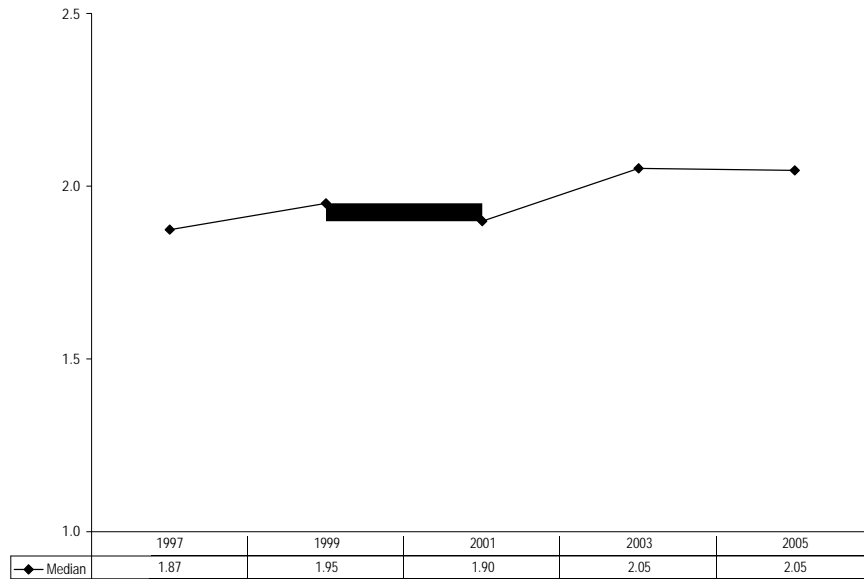
Finally, strong, positive correlations were found between respondents' current level of drinking and negative consequences of alcohol and drug use, such as having *had a hangover* ($r = .66$), *gotten nauseated/and or vomited* ($r = .53$), *drank or used more than planned or wanted to* ($r = .59$). Moreover, and perhaps not surprisingly, current level of drinking also correlated strongly with the number of drinks consumed on the heaviest occasion ($r = .78$).

Figure 1. Current level of drinking by academic level and sex



The responses to this item across survey years are graphically displayed in Figure 2. The percentage of *moderate* drinkers rose significantly from 18.8% in 1997 to 25.6% in 2005, while the percentage of *heavy* drinkers increased from 1.2% to 3.0% ($p < .005$). No statistically significant differences were found between responses in 2003 and 2005.

Figure 2. Current level of drinking by survey year (1997-2005)*

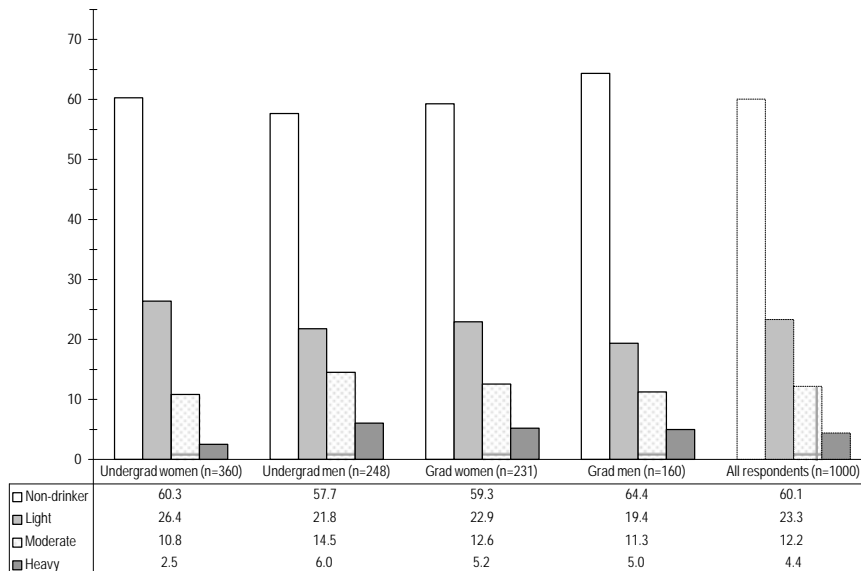


* Note. Scale: 1=Non-drinker, 4=Heavy. The 2003 survey included only undergraduate students.

Item 11. How would you describe your level of drinking in high school?

In the next question, respondents were asked to assess their level of drinking in high school by selecting one of the four categories: *non-drinker*, *light*, *moderate*, or *heavy drinker*. Their responses are summarized by academic level and sex in Figure 3. A majority (60.1%) of the respondents defined themselves as *non-drinkers* in high school and only a small percentage (4.4%) identified as *heavy drinkers*. Men and women did not differ significantly on this item, nor were statistically significant differences identified between undergraduate and graduate students.

Figure 3. Level of drinking in high school by academic level and sex

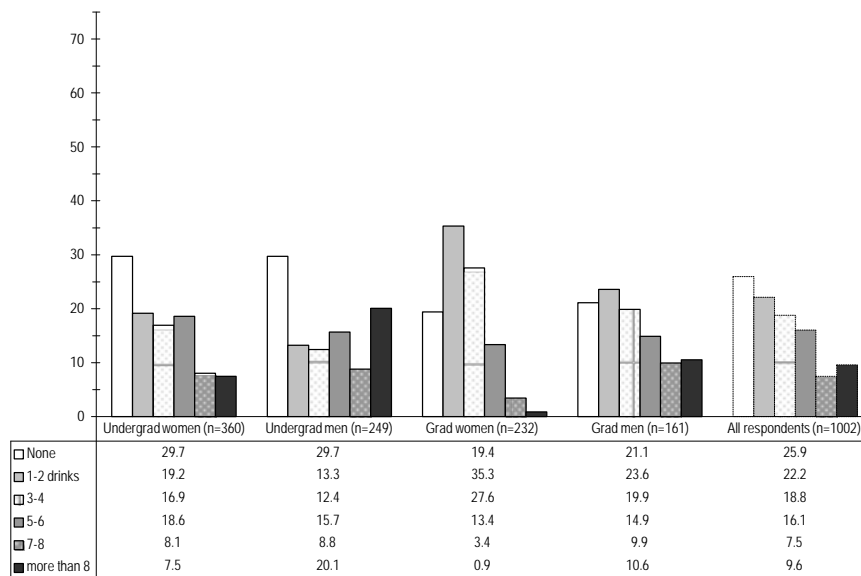


Item 12. Think of the occasion you drank the MOST alcohol this past month. How much did you drink?

Students were asked to recall the occasion on which they drank the most within the previous month and to estimate the total number of alcoholic drinks consumed on that occasion. The responses on this item by academic level and sex are displayed in Figure 4, while responses across survey years are presented in Figure 5. In a pattern consistent with the findings on current levels of alcohol consumption presented above, significant differences ($p < .005$) were identified between responses by men and women at different academic levels: Male undergraduate students were more likely than all women to report drinking eight or more alcoholic drinks, while female graduate students were more likely than any other group to consume between 1-2 alcoholic drinks.

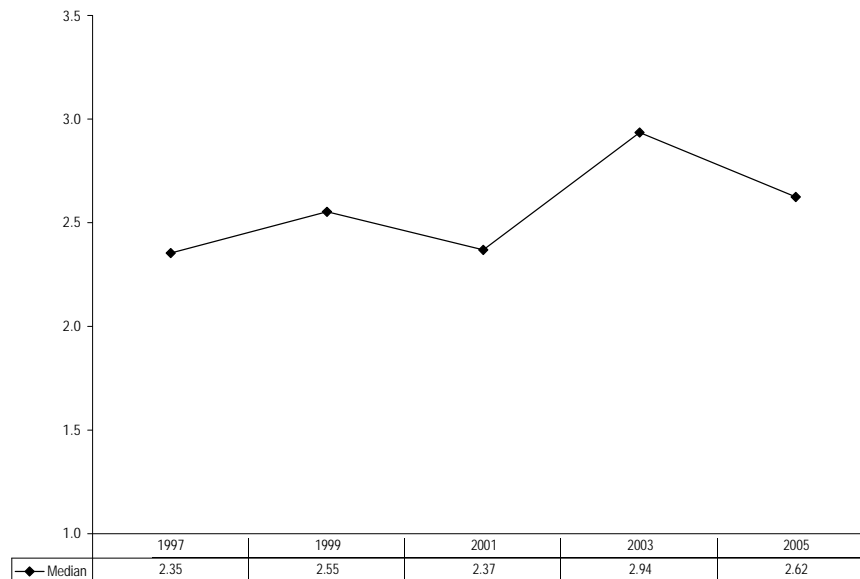
The number of drinks consumed on the heaviest drinking occasion correlated positively with the frequency of having had a hangover ($r = .70$), gotten nauseated ($r = .56$), drinking or using more than planned/wanted to ($r = .60$), number of drinks consumed on typical weekend evening ($r = .75$), average weekly consumption of alcohol ($r = .63$), number of binge drinking occasions within last two weeks ($r = .71$), typical weekday alcohol consumption ($r = .55$), and number of drinks consumed on 21st birthday ($r = .61$). All of these associations were significant ($ps < .001$).

Figure 4. Heaviest drinking occasion by academic level and sex



In comparing responses across previous survey years, it became evident that a significantly higher percentage of respondents in 2003 (24% versus 16.9%) reported consuming seven or more drinks ($p < .005$). However, this discrepancy stemmed from having an all undergraduate sample in 2003; indeed, no significant differences were detected when comparing *only* undergraduate responses to this item across the other survey years.

Figure 5. Heaviest drinking occasion by survey year (1997-2005)*



* Note. Scale: 1=0 drinks, 3=3-4, 6 = >8 drinks. The 2003 survey included only undergraduate students.

Item 13. Which of the following describes the pattern of your alcohol use since enrolling at the UW?

Respondents were asked whether they would describe their alcohol consumption since enrolling at the UW as having *decreased*, *increased*, or *remained the same*. As shown in Table 13, nearly half (49.6%) of the respondents described their alcohol consumption as having *remained the same* while attending the UW, while 31.9% reported an *increased* alcohol use since enrolling at the University. Significant differences were identified between responses by undergraduates and graduate and professional students ($p < .005$): Whereas most undergraduates either described their alcohol consumption as having *remained the same* (42.4%) or *increased* (41.7%), graduate and professional students overwhelmingly described their alcohol use as having *remained the same* while enrolled at UW.

Table 11. Alcohol use since at UW by academic level

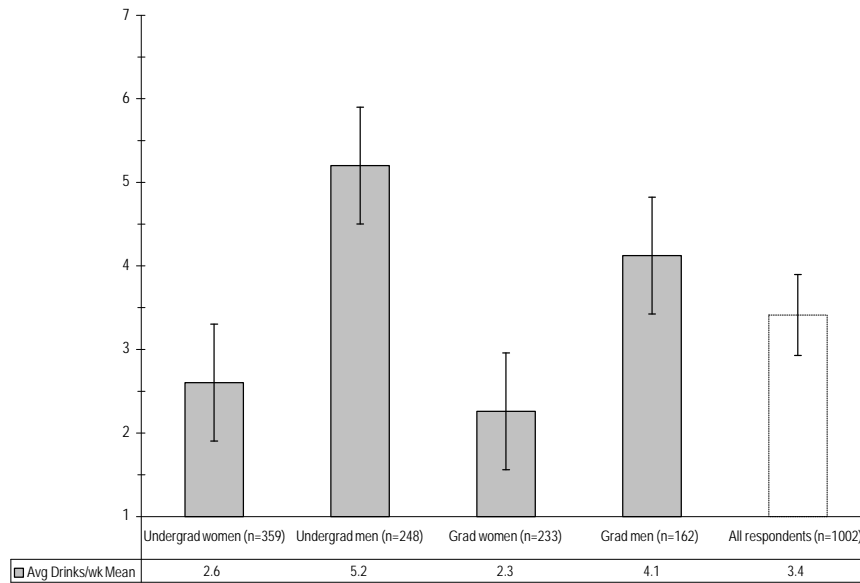
	Undergraduate	Graduate	Total
Decreased	15.9%	22.4%	18.5%
Increased	41.7	16.9	31.9
Remained the same	42.4	60.7	49.6
Total n	611	397	1,008

Item 14. What is the average number of drinks you consume per week?

Respondents were asked to estimate the average number of alcoholic drinks consumed in a week. Figure 6 shows the mean responses by group. The mean for all students was 3.4 ($SD=5.9$). The most frequent response among all respondents was none (32.2%). Groups differed significantly ($p < .005$) in their responses to this item. In line with previous findings, these differences can be attributed mainly to undergraduate men, who more frequently than any other group reported consuming eight or more drinks. In contrast, 43.8% graduate women reported consuming 1-2 drinks per week.

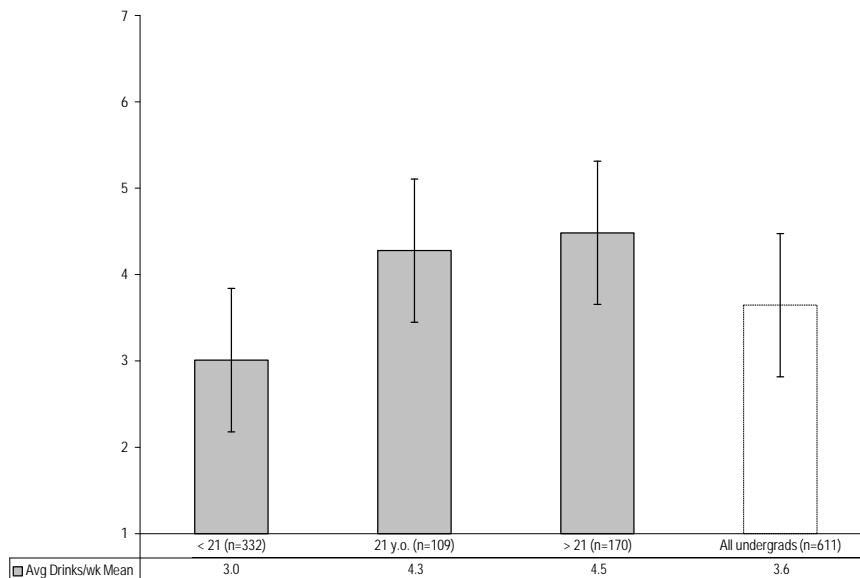
There was a very strong correlation between the average number of drinks per week and the number of drinks consumed on typical weekend evening ($r = .72$), as well as a positive association between the average number of drinks and frequency of hangovers (Item 30; $r = .53, p < .001$).

Figure 6. Average number of drinks consumed per week by academic level and sex



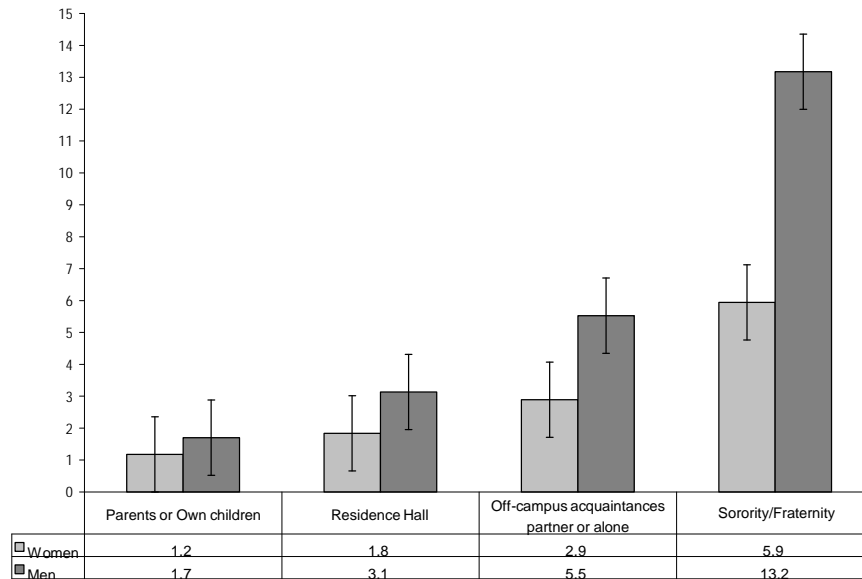
Responses were further analyzed by age group among undergraduates: *less than 21 years old*, *21 years old*, and *22 years or older*. As shown in Figure 7, there was a trend toward differences between the three groups ($p = .04$). A sizable percentage (47.6%) of the respondents who identified as being *less than 21 years old* reported no alcohol consumption. Moreover, 70.2% of those students reported drinking no more than 1-2 alcoholic drinks a week. Conversely, a large minority (roughly 45%) of the respondents who were 21 years or older reported drinking 3 or more alcoholic drinks per week.

Figure 7. Average number of drinks consumed per week by age group, Undergraduates



Finally, responses were grouped according to living arrangements as shown in Figure 8. Not surprisingly, respondents who reported *living with parents* or *own children* also reported consuming less alcohol than any other group.

Figure 8. Average number of drinks consumed per week by living arrangement and sex, Undergraduates

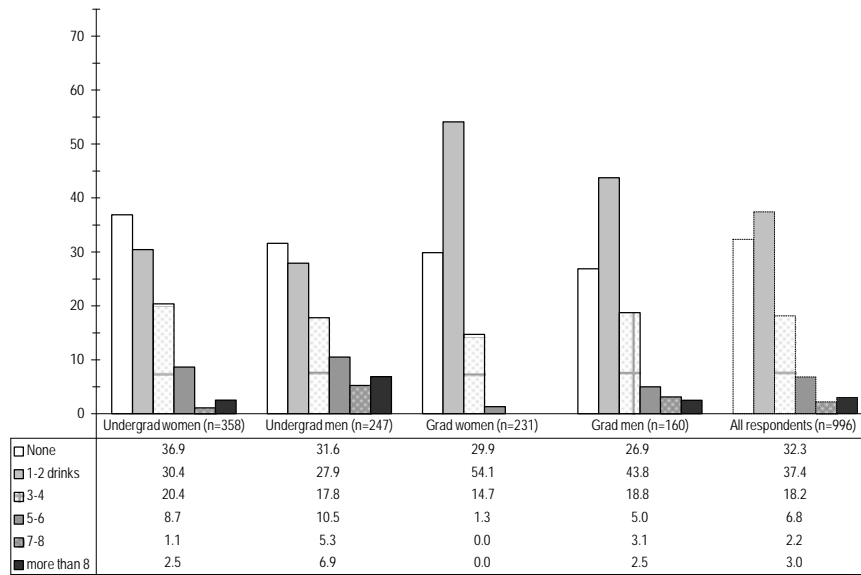


Item 15. On a given weekend evening, how much alcohol (in drinks) do you typically consume? (Estimate over the past three months.)

Students were also asked to assess how much alcohol they typically consume on a given weekend evening. The responses are shown in Figure 9. The largest percentage (37.4%) of respondents reported consuming between 1-2 alcoholic drinks on a typical weekend evening. Statistically significant academic level and sex differences were found on this item. The proportion of respondents drinking more than 7 drinks was much higher for undergraduate men (12.2%) than for any other group ($p < .005$). Overall, a higher percentage of undergraduate students than graduate students reported drinking five or more drinks on a typical weekend evening.

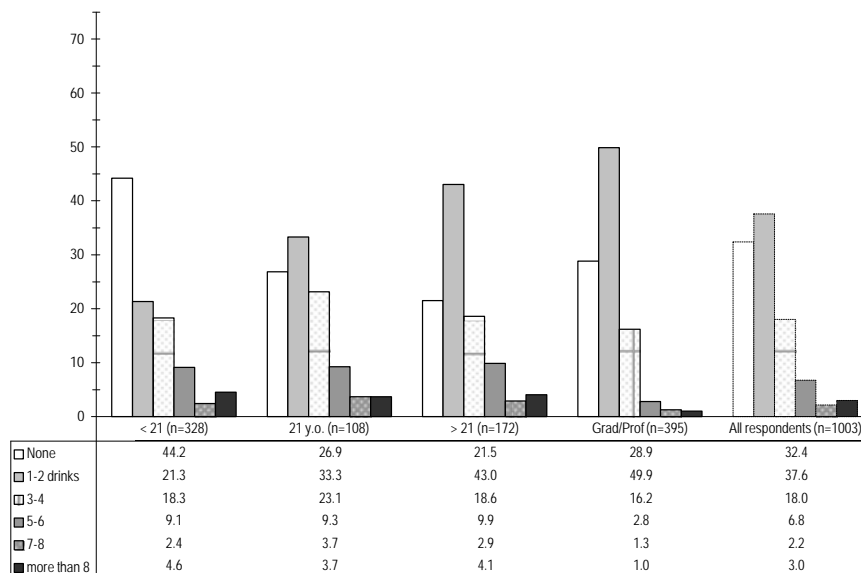
The number of drinks consumed on a typical weekend evening correlated with *typical weekday alcohol consumption* ($r = .58$), the *number of binge drinking occasions within the last two weeks* ($r = .71$), and the *number of drinks consumed on 21st birthday* ($r = .51$). All correlations were significant ($ps < .001$).

Figure 9. Typical weekend evening alcohol consumption by academic level and sex



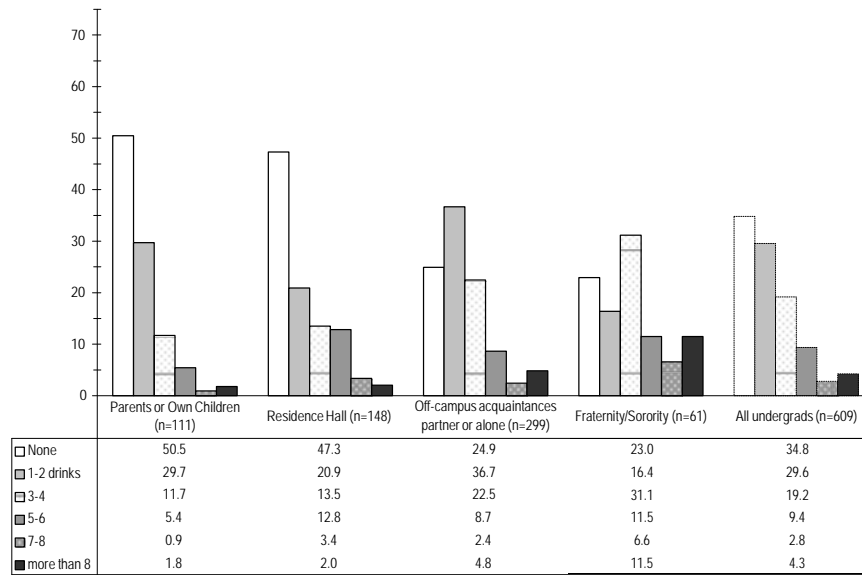
Undergraduate responses were collapsed by age group and reanalyzed accordingly. See Figure 10. Undergraduates 21-years-old and older most often reported consuming 1-2 drinks on a typical weekend evening, while a strong minority of those younger than 21 (44.2%) reported no drinking on typical weekend evenings. Nearly half of the graduate and professional students reported drinking 1-2 drinks on a typical weekend evening.

Figure 10. Typical weekend evening alcohol consumption by age group



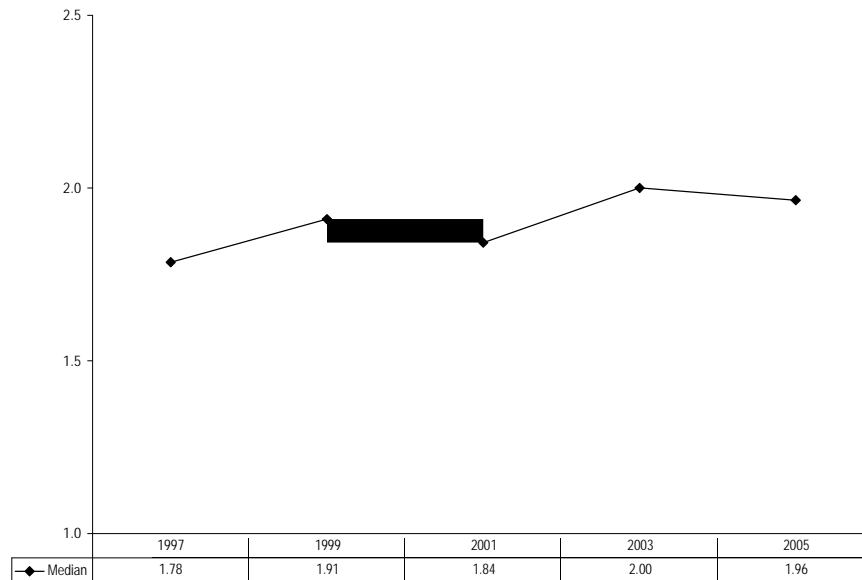
Typical evening weekend alcohol consumption broken down by living arrangement is graphically displayed in Figure 11. Nearly half of the respondents who described their living arrangement as living *off campus with acquaintances/partner/alone* or *with parents or own children* reported no alcohol consumption on a typical weekend evening. Another notable finding was that undergraduate men residing in fraternities had the highest percentage of respondents consuming more than eight drinks (22.2%) and the smallest percentage of respondents consuming between 1-2 drinks (7.4%).

Figure 11. Typical weekend evening alcohol consumption by living arrangement, Undergraduates



Respondents in this year's survey were significantly less likely ($p = .003$) than students in 1997 to report weekend abstinence (32.5% vs. 40.4%) and more likely to report having 3-4 drinks per evening (18.0% vs. 13.9%). However, no other yearly pairwise comparisons were statistically significant (see Figure 12).

Figure 12. Typical weekend evening alcohol consumption by survey year (1997-2005)*



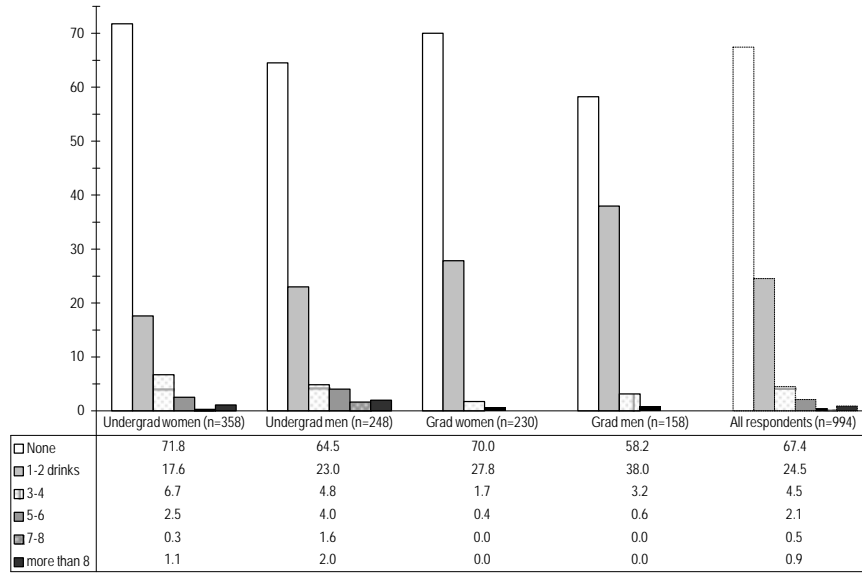
* Note. Scale: 1=0 drinks, 3=3-4, 6 = >8 drinks. The 2003 survey included only undergraduate students.

Item 16. On a given evening during the week, how much alcohol (in drinks) do you typically consume? (Estimate over the past three months.)

As shown in Figure 13, approximately two-thirds of the students reported no alcohol consumption on weekday evenings. Men and women differed significantly ($p < .005$) on this item. This difference

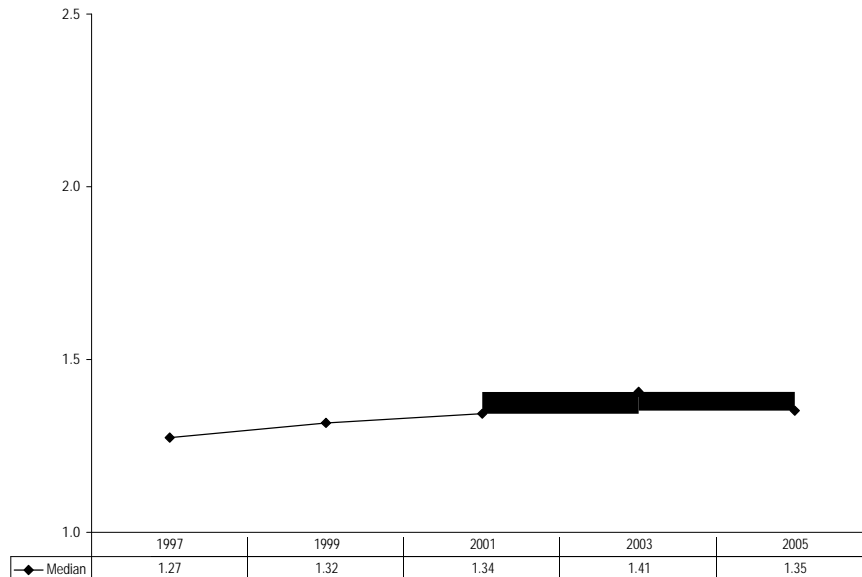
primarily stems from the high percentage of graduate men drinking 1-2 alcoholic drinks and undergraduate men who reported consuming 7-8 alcoholic drinks more often than any other group.

Figure 13. Typical weekday evening alcohol consumption by academic level and sex



Significant differences were also identified when comparing responses across survey years ($p < .005$); in large part, these can be attributed to the noticeably higher percentage of respondents in 2003 who reported consuming 3-4 drinks (7.3%) or 7-8 drinks (1.6%) on a typical weekday evening. See Figure 14, which provides a display of typical weekday alcohol consumption by survey year.

Figure 14. Typical weekday evening alcohol consumption by survey year (1997-2005)*

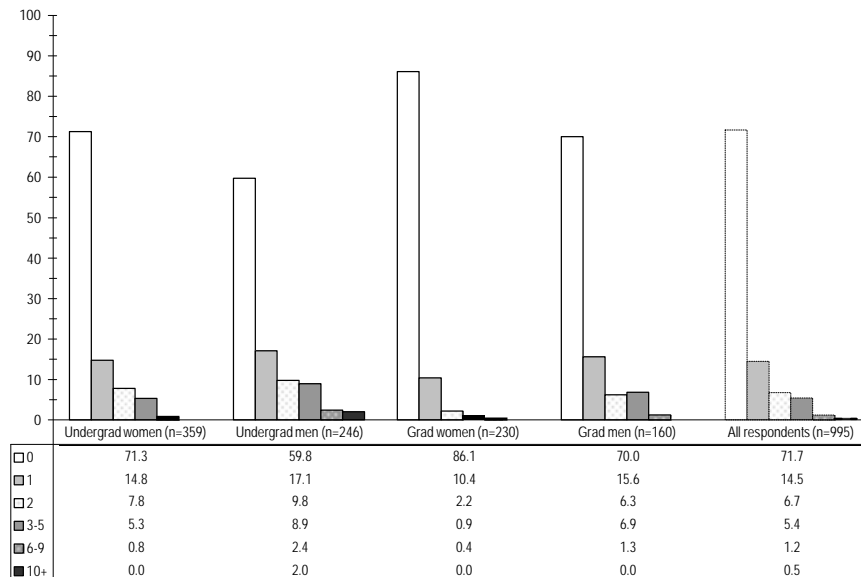


* Note. Scale: 1=0 drinks, 3=3-4, 6 = >8 drinks. The 2003 survey included only undergraduate students.

Item 17. Think back over the last two weeks. How many times have you had five or more drinks at a sitting?

Students were asked to quantify the number of occasions they had consumed five or more drinks in one sitting within the previous two weeks. As is evident from examining Figure 15, a substantial majority (71.7%) of students reported having had no such “binge drinking” occasions within the previous two weeks. Statistically significant sex and academic level differences were identified between respondents ($p < .005$). Only undergraduate men (2.0%) reported ten or more binge drinking occasions. In addition, women graduate students reported significantly fewer binge drinking occasions than any of the other three groups.

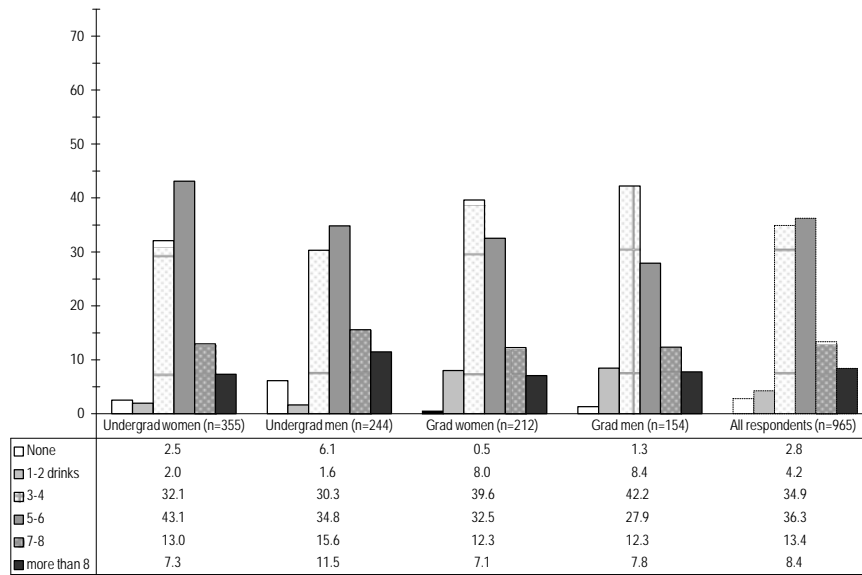
Figure 15. Number of heavy drinking occasions by academic level and sex



Item 18. How much alcohol do you think most UW students typically consume when they are partying?

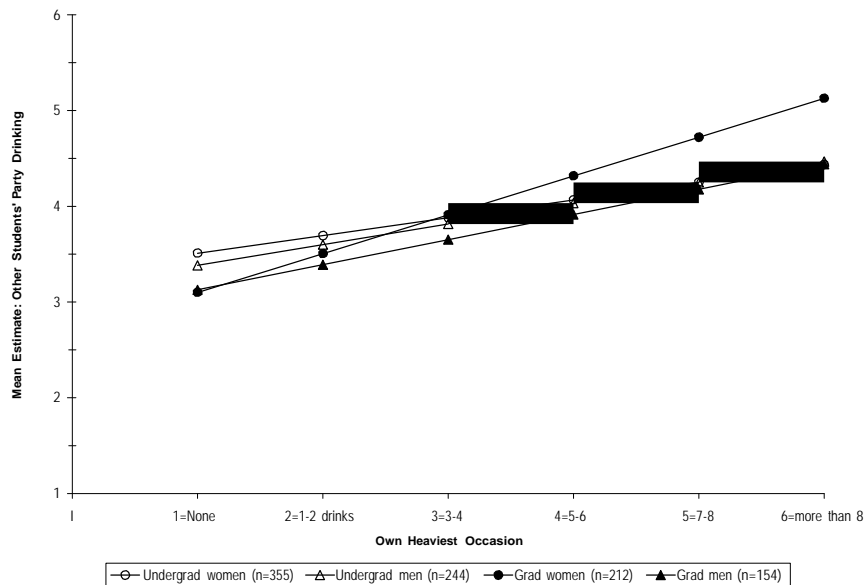
In the next item, students were asked to estimate the amount of alcohol typically consumed by most UW students when “partying”. The results are shown in Figure 16. The most frequently selected category was 5-6 drinks (36.3%), followed closely by the 3-4 drinks (34.9%). Noticeable, and statistically significant, differences were identified between responses by men and women and by undergraduate and graduate students ($p < .005$). In large part, these differences were due to the sizable proportion of undergraduate men (6.1%) who estimated that most UW students don’t drink any alcohol when partying, and the relatively high percentage of graduate students (8.2%) who estimated average party alcohol consumption at 1-2 drinks.

Figure 16. Estimates of student party drinking by respondent academic level and sex



The respondent estimates of party drinking among UW students were also analyzed as a function of their own drinking habits (Item 12). Figure 17 displays the results and reveals some interesting patterns. The respondents who provided the highest estimates of other students' party-related alcohol consumption were more often than not also the respondents who reported consuming a relatively high number of alcoholic drinks at the occasion during which they drank the most. Conversely, students who reported no drinks at their own "heaviest" occasion were the most likely of all to estimate that most UW students do not drink when partying. These results suggest a positive association between one's own alcohol consumption behavior and one's beliefs about a prototypical other.

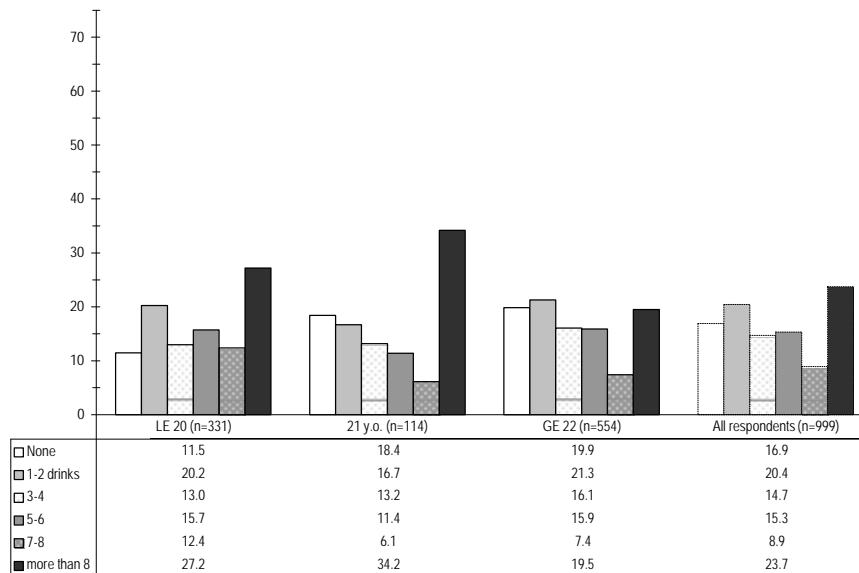
Figure 17. Estimates of student party drinking as a function of respondents' own heaviest drinking occasion



Item 19. How many drinks do you expect to consume when celebrating your 21st birthday? If you are already 21, how many drinks did you consume when celebrating your 21st birthday?

The most frequently selected response option for 21st birthday drinks was *eight or more drinks* (23.7%). See Figure 18. Not surprisingly, significant differences were identified by sex and academic level ($p < .005$). While 35.4% of undergraduate men estimated consuming *eight or more drinks* when celebrating their 21st birthday, only 12.3% of the graduate women selected that response option. Moreover, and in marked contrast to all the other groups, the most frequently chosen response option among graduate men was *0 drinks* (28.3%). Please note, however, that most undergraduate students (54.2%) were estimating the number of drinks they expected to have when turning 21 years-old, while close to all graduate students provided estimates of how many drinks they already had had on their 21st birthdays.

Figure 18. Expected or actual number of 21st birthday drinks by age



* Note. Respondents under 21-years-old were predicting future behavior, while all others were reporting past behavior.

Item 20. How many drinks do most UW students consume when celebrating their 21st birthdays?

Respondents were then asked to estimate the number of drinks other UW students consume when celebrating their 21st birthday. As shown in Figure 19, a strong minority (46.8%) of respondents estimated that most other students consume *eight or more drinks* when celebrating their 21st birthday. However, a significantly lower proportion of graduate women selected *eight or more drinks* as compared with all the other groups ($p < .005$); indeed, a majority of graduate women (51.0%) estimated other students' birthday alcohol consumption at 3-6 drinks. A noticeable percentage (7.9%) of male graduate students estimated the average UW students' birthday consumption to be *1-2 drinks*.

Figure 19. Estimates of number of 21st birthday drinks among other students by age

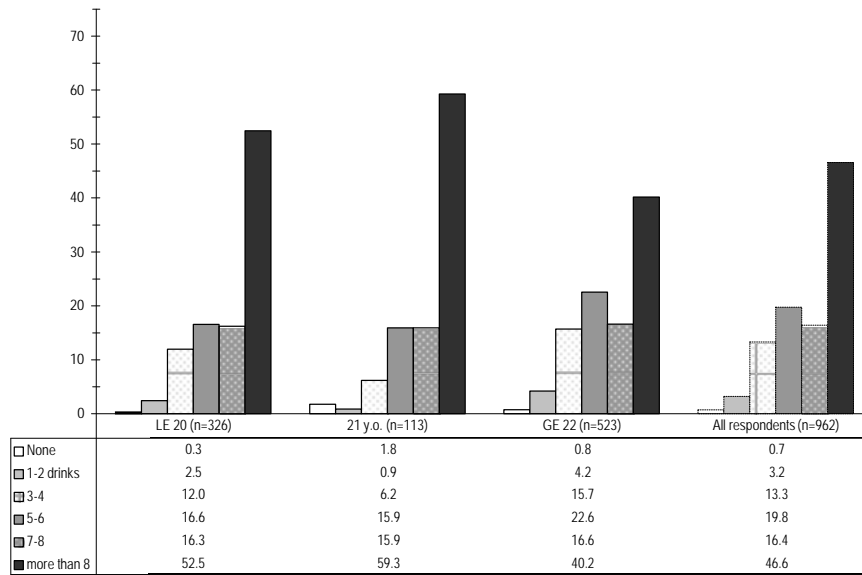
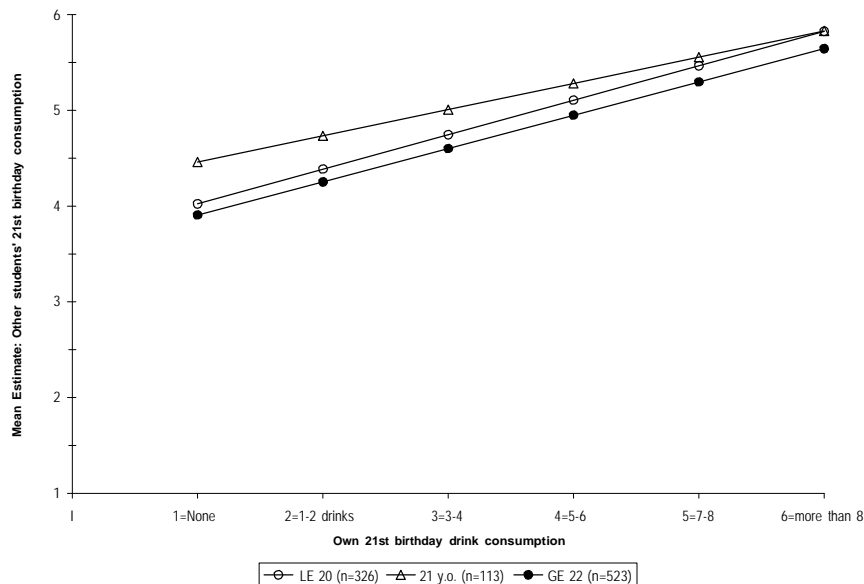


Figure 20 provides the estimates of other students' 21st birthday alcohol consumption as a function of the respondents' own reported consumption of alcohol when turning 21, by academic level and sex. The figure indicates a positive association between respondents' own 21st birthday alcohol consumption and the number of drinks they estimate other students to consume when they celebrate their 21st birthday.

Figure 20. Estimates of other students' 21st birthday alcohol consumption as a function of the respondents' own consumption of alcohol when turning 21, by age



Other drug use

The following section reports students' use of tobacco and illicit drugs.

Item 21. Have you ever used illicit (i.e., illegal) drugs?

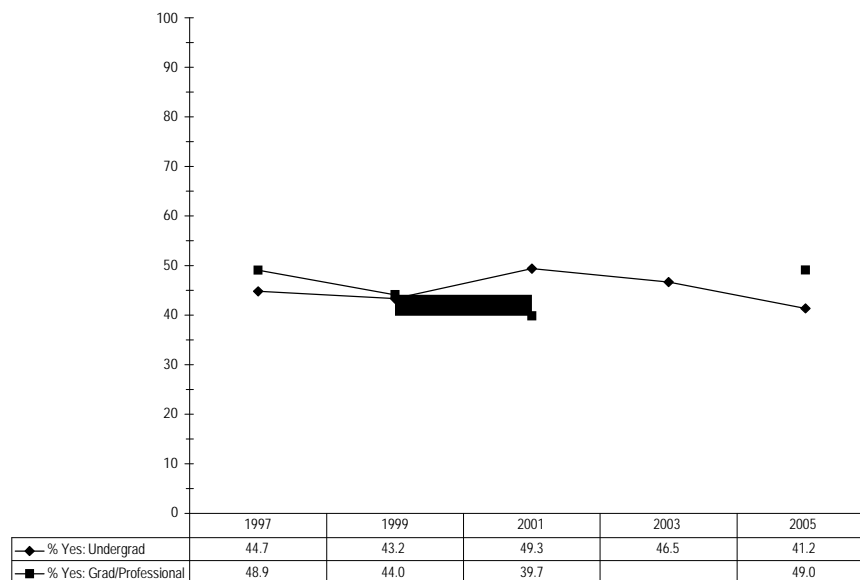
Students were asked whether they had ever used illicit drugs (Table 12). A higher percentage of graduate and professional students (49.2%) than undergraduates (41.2%) reported having used illicit drugs; in fact, graduate women (51.5%) were more likely than graduate men (45.9%), undergraduate men (42.7%), and undergraduate women (40.2%) to report having used illicit drugs.

Table 12. Student use of illicit drugs by academic level and sex

		Undergraduate	Graduate	Total
Women	Yes	40.2%	51.5%	44.6%
	No	59.8	48.5	55.4
	<i>n</i>	358	229	587
Men	Yes	42.7	45.9	44.0
	No	57.3	54.1	56.0
	<i>n</i>	246	159	405
All respondents	Yes	41.2	49.2	44.4
	No	58.8	50.8	55.6
	<i>n</i>	604	388	992

As shown in Figure 21, responses on this item varied (though not significantly so) across survey years. As just one example, the percentage who reported having ever used illicit drugs was at an all time low in 2005 among undergraduates (41.2%), but at an all time high among graduate and professional students (49.0%).

Figure 21. Student use of illicit drugs by academic level and survey year (1997-2005)*



* Note. The 2003 survey included only undergraduate students.

Item 22. Please circle how frequently you currently use the following substances and whether your use has decreased, increased, or remained the same while at the UW.

In the next series of questions, students were asked to describe their current substance use according to a pre-defined set of response categories: *never use, less than once a month, about once a month, two or three times a month, once or twice a week, three or four times a week, nearly every day, or once a day or more.*

Their self-reported smoking and drug habits are summarized in Table 13 by academic level. Among both undergraduate and graduate students, more respondents reported using marijuana (30.6% and 20.4%, respectively) than reported smoking tobacco (27.9% and 17.3%, respectively). The other substances were much less frequently-cited by both undergraduate and graduate students.

There were significant ($ps < .001$) positive correlations between the frequency of marijuana use and reported frequencies of having *had a hangover* ($r = .44$), *gotten nauseated* ($r = .42$), *been intoxicated in class or at work* ($r = .42$), and *neglected responsibilities* ($r = .40$).

Finally, the frequency of use of designer drugs correlated with the frequency of *Cocaine/crack/freebase use* ($r = .58, p < .001$), while the use of club drugs was positively correlated with the reported use of *hallucinogens* ($r = .54, p < .001$).

Table 13. *Frequency of use of tobacco and drugs by academic level.*

	Never	<1/mo	1/mo	2-3/mo	1-2/wk	3-4/wk	-daily	1+/day	<i>n</i>
Undergraduate									
Smoking tobacco	72.1%	11.6%	3.6%	3.4%	2.5%	1.3%	.8%	4.6%	610
Smokeless tobacco	96.4	2.0	.5	.3	.2	.7	.	.	608
Marijuana	69.4	15.0	5.1	4.6	1.3	1.3	2.0	1.3	607
Cocaine	96.7	2.8	.2	.3	602
Stimulants	95.9	2.5	.7	.2	.3	.2	.2	.2	606
Stimulants (non-Rx.)	99.2	.5	.3	608
Depressants	96.5	2.5	.5	.	.	.3	.	.2	607
Depressants (non-Rx.)	95.4	2.8	.7	.2	.7	.2	.	.2	610
Hallucinogens	92.9	6.7	.2	.2	609
Opiates	93.9	3.9	.7	1.2	.2	.2	.	.	608
Opiates (non-Rx.)	98.7	1.3	603
Inhalants	99.0	.8	.	.	.2	.	.	.	606
Steroids	100.0	606
Club drugs	97.0	2.5	.3	.	.2	.	.	.	606
Designer drugs	98.4	1.5	.2	609
Other substances	97.7	.	.	.2	.7	.2	.	1.2	428
Graduate/Professional									
Smoking tobacco	82.7	7.4	2.3	1.3	1.8	.8	.8	3.0	394
Smokeless tobacco	96.9	1.8	.3	.3	.	.5	.	.3	392
Marijuana	79.6	13.5	1.8	2.0	.5	1.0	1.3	.3	392
Cocaine	98.5	1.5	392
Stimulants	98.5	.8	.3	.	.3	.	.	.3	393
Stimulants (non-Rx.)	99.7	.3	394
Depressants	98.7	1.03	.	394
Depressants (non-Rx.)	95.7	2.6	.3	.8	.3	.5	.	.	392
Hallucinogens	97.4	2.6	392
Opiates	96.7	2.0	.5	.	.5	.	.	.3	393
Opiates (non-Rx.)	99.7	.3	391
Inhalants	99.5	.5	393
Steroids	99.5	.5	392
Club drugs	99.0	1.0	393
Designer drugs	100.0	393
Other substances	95.4	.4	.	.	.8	.	.4	3.1	259

In the “Other substances” category, respondents included:

Frequency	Response
13	Coffee/caffeine
10	Prescription drugs
2	Over the counter (Advil/Tylenol/vitamins)
1	Herbal Ecstasy/MDMA
4	Other (e.g., Jesus, Hookah, etc.)

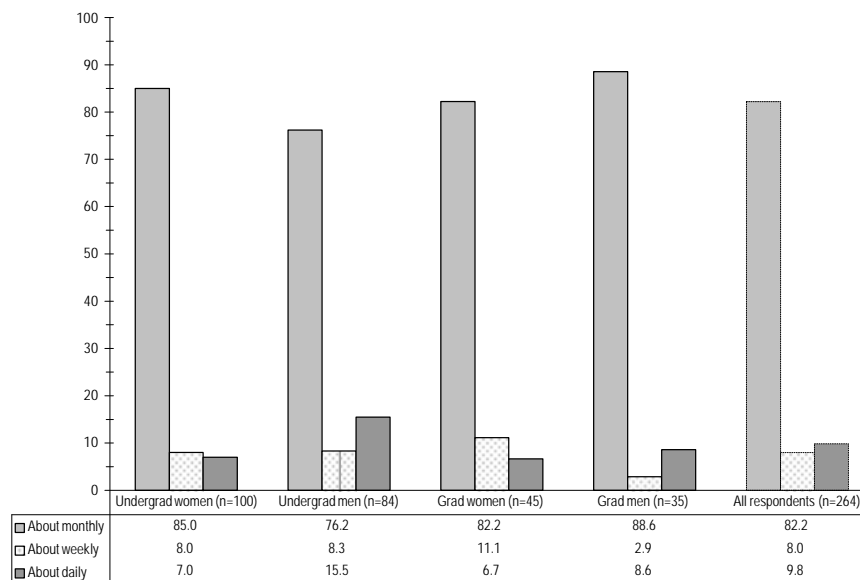
Among the 60 graduate and professional students who reported smoking cigarettes at least once a month, a large minority (28.3%) also reported that their use of cigarettes had *increased* since enrolling at the University, while 51.7% said it had *remained the same*. Conversely, among the 136 undergraduate smokers, almost half (47.8%) had experienced an *increased* use of cigarettes, while 30.9% felt that their use had *remained the same* while attending the UW. Of the 141 undergraduates who reported using marijuana at least once a month, 38.3% reported an *increased* use and 34.9% reported their use had *remained the same* since enrolling at the University. In comparison, a smaller proportion (17.1%) of the 70 graduate and professional students had experienced an *increased* use while attending UW, while most (54.3%) felt that their marijuana use had *remained the same*.

For the next comparison, frequency of marijuana/hashish use was further recoded as follows:

Comparison Categories	Questionnaire Categories
About Monthly	Less than once/month, about once/month, 2-3 times/month
About Weekly	1-2 times/week, 3-4 times/week
About Daily	Nearly every day, once a day or more

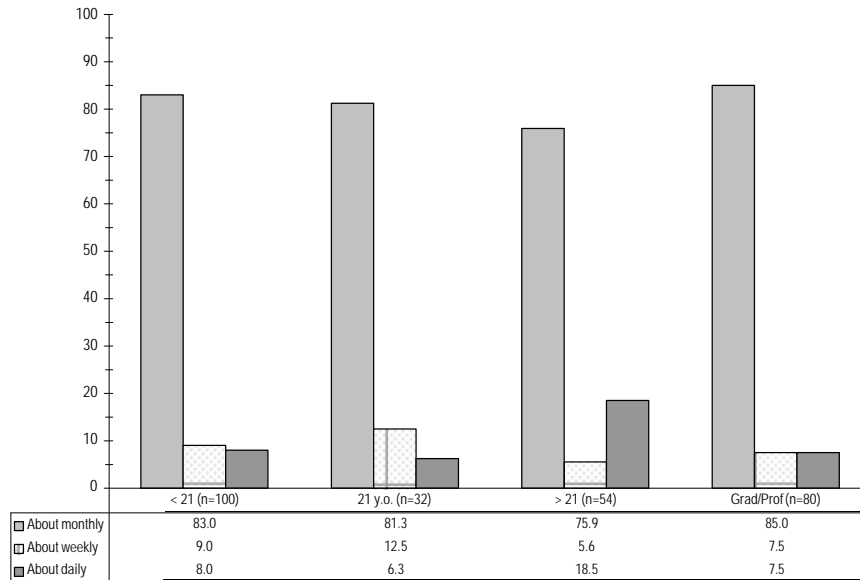
Figure 22 presents the frequency of marijuana use by sex and academic level among those who reported using marijuana in Item 22. A strong majority (82.2%) of these respondents reported using marijuana less than 2-3 times a month; however, a noticeable 15.5% of undergraduate men reported using marijuana on a daily basis and 11.1% of graduate women reported using marijuana on a weekly basis. None of these group differences reached statistical significance.

Figure 22. Frequency of marijuana use among current users by academic level and sex



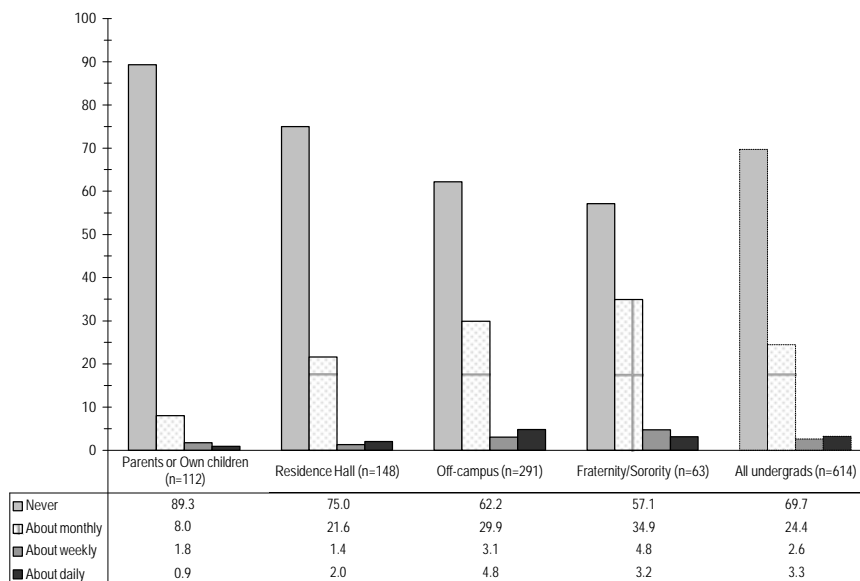
No significant differences were detected across age groups, although a visibly higher proportion of undergraduates in the category *22 years or older* reported currently using marijuana on a daily basis (Figure 23).

Figure 23. Frequency of marijuana use among current users by age group



Finally, Figure 24, shows the frequency of marijuana use by living situation among undergraduates. The small cell sizes make it difficult to detect group differences in frequency of use; however, undergraduates living with their parents or their own children were least likely to use marijuana at all.

Figure 24. Frequency of marijuana use among current users by living arrangement, Undergraduates



Students indicated whether the frequency of their use of tobacco and drugs had *decreased*, *increased*, or *remained the same* while attending the University. Among undergraduate students, nearly all respondents described their tobacco and drug use as having *remained the same* on all but two items:

smoking tobacco and marijuana (see Table 14). Percentages of respondents saying their intake of smoking tobacco had either *decreased* or *increased* comprised a noticeable 9.5% and 11.6% of the respondents. Undergraduate respondents reported a *decreased* or *increased* use of marijuana at a rate of 10.8% and 10.5%, respectively. Among graduate and professional students a similar pattern was visible; however, the percentage of respondents reporting that their use of smoking tobacco and marijuana had *decreased* (8.0% and 10.9%, respectively) surpassed the percentage of graduate and professional students who reported an *increased* use (4.9% and 4.7%, respectively).

Table 14. *Percentage reporting change in use of tobacco and illicit drugs since enrolling at UW by academic level*

	Decreased	Increased	Remained the same	n
Undergraduate				
Smoking tobacco	9.5%	11.6%	78.8%	576
Smokeless tobacco	2.5	2.0	95.5	606
Marijuana	10.8	10.5	78.7	563
Cocaine	2.8	1.8	95.4	603
Stimulants	2.5	1.8	95.7	607
Stimulants (non-Rx.)	2.8	.3	96.9	609
Depressants	2.2	1.3	96.5	604
Depressants (non-Rx.)	2.3	1.3	96.4	607
Hallucinogens	3.2	2.2	94.7	600
Opiates	3.0	2.7	94.4	603
Opiates (non-Rx.)	2.2	.3	97.5	604
Inhalants	2.1	.3	97.5	607
Steroids	1.8	.5	97.7	606
Club drugs	2.8	1.8	95.4	605
Designer drugs	3.0	1.3	95.7	609
Other	1.8	1.4	96.8	438
Graduate/Professional				
Smoking tobacco	8.0	4.9	87.0	386
Smokeless tobacco	2.8	1.3	95.9	392
Marijuana	10.9	4.7	84.4	384
Cocaine	3.1	1.0	95.9	392
Stimulants	2.6	1.0	96.4	391
Stimulants (non-Rx.)	2.5	.5	97.0	394
Depressants	2.0	.8	97.2	393
Depressants (non-Rx.)	1.8	1.5	96.7	392
Hallucinogens	5.3	.5	94.1	393
Opiates	2.3	1.3	96.4	392
Opiates (non-Rx.)	1.8	.8	97.5	393
Inhalants	2.5	.8	96.7	394
Steroids	1.3	.8	98.0	392
Club drugs	3.1	1.0	95.9	393
Designer drugs	1.8	.8	97.5	393
Other	2.6	1.8	95.6	274

Item 23. Please circle how frequently you believe most other UW students use the following substances, on average.

Students were also asked to assess how often they believe *most* other UW students use alcohol, cigarettes, marijuana, and other illicit drugs. Table 15 provides their responses by academic level.⁴

Alcohol. Among undergraduate respondents, the most common estimate of how frequently most other UW students use alcohol was *once or twice a week* (52.8%), followed by *three to four times a week*

⁴ Please note that the question was changed in 2005 to read “*most* other UW students” rather than “other UW students” as in previous survey years.

(20.2%). Similarly, 48.4% of the graduate students believed most other students drink alcohol *once or twice a week*, while 27.6% estimated the frequency of alcohol use among other UW students to be around *three to four times a week*.

Table 15. *Estimates of typical UW student use of substances by academic level*

	Never	<1 /mo	1 /mo	2-3 /mo	1-2 /wk	3-4 /wk	~daily	1+ /day	n
Undergraduate									
Alcohol	3.1%	2.5%	3.0%	14.2%	52.8%	20.2%	2.6%	1.5%	604
Cigarettes	12.2	9.0	10.9	15.4	14.1	14.7	14.7	8.9	597
Marijuana	8.5	14.5	20.2	23.2	21.2	8.0	3.5	.7	598
Other illicit drugs	16.4	35.6	19.8	17.7	6.4	2.9	.5	.7	592
Graduate/Professional									
Alcohol	1.9	1.1	3.3	12.0	48.4	27.6	5.2	.5	366
Cigarettes	11.3	11.6	13.6	19.2	19.2	13.6	7.1	4.5	354
Marijuana	10.0	19.5	21.7	23.4	17.5	6.7	.8	.3	359
Other illicit drugs	17.8	37.7	19.5	15.0	7.6	1.7	.6	.0	353

Cigarettes. There seemed to be little consensus among the undergraduate respondents on how frequently most UW students use cigarettes; estimates were almost evenly distributed across all response options. Graduate and professional students' frequent selection of the response options *two or three times a month* (19.2%) and *once or twice a week* (19.2%), slightly surpassed the frequency of selection of the other answer categories.

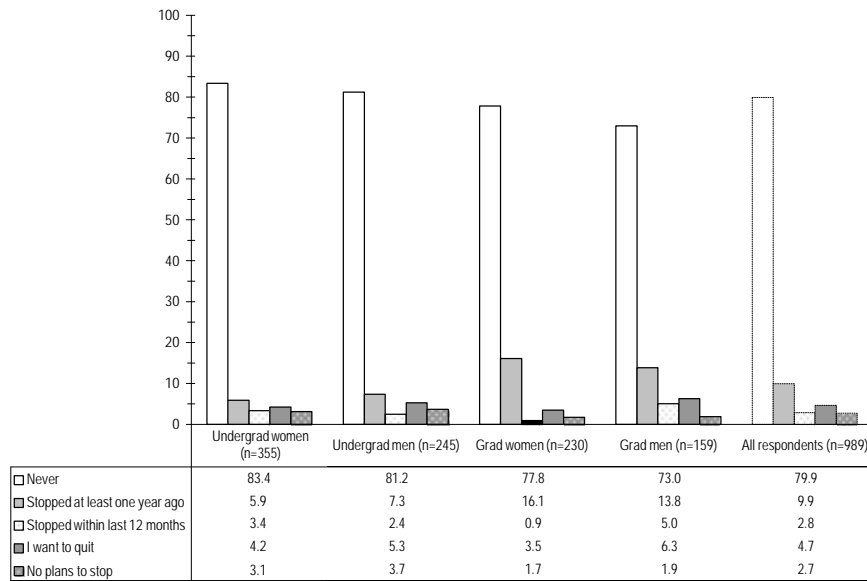
Marijuana. An almost even proportion of undergraduate respondents estimated that most other University students use marijuana about *once a month* (20.2%), *two to three times a month* (23.2%), or *once or twice a week* (21.2%). The most frequent estimate among graduate and professional students was *two to three times a month* (23.4%), followed closely by *once a month* (21.7%) and *less than once a month* (19.5%).

Other illicit (i.e., illegal) drugs. With respect to illicit drug use among other University students, the most frequently chosen response option by undergraduates as well as graduate and professional students was *less than once a month* (35.6% and 37.7%, respectively). No substantial differences were apparent between responses by undergraduate and graduate students.

Item 24. Which of the following best describes your status as a (cigarette) smoker?

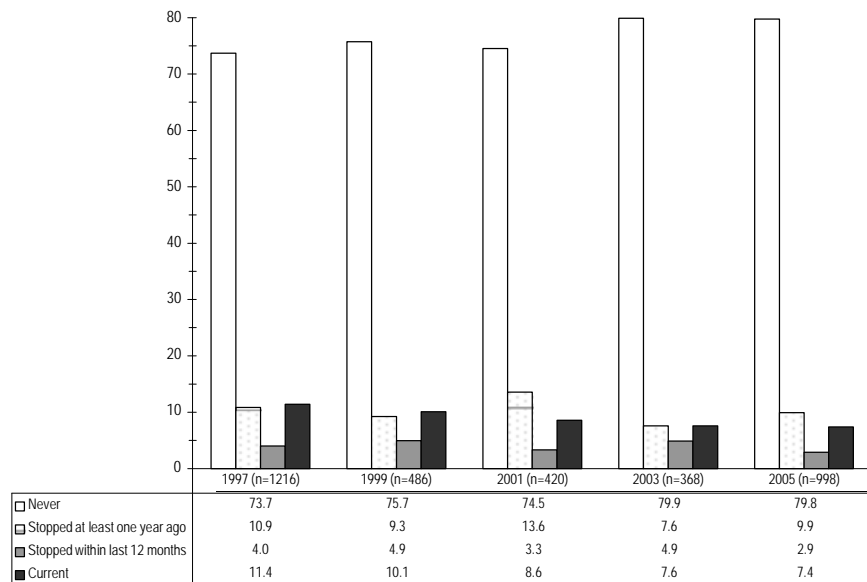
Most (79.9%) of the respondents — undergraduate as well as graduate and professional students — have *never been smokers*. Undergraduate women were the most likely never to have been smokers (83.4%), while graduate men were the most likely *ever* to have been (27.0%). See Figure 25. Among recent and current smokers, 72% of the 51 graduate women reported they had *stopped smoking at least one year ago*, whereas only 36% of undergraduate women and 39% of undergraduate men reported the same. Furthermore, 19% of undergraduates said they had no plans to stop. These group differences were significant ($p < .005$).

Figure 25. Cigarette smoking status by academic level and sex



See Figure 26 for a graphical display of smoking status by survey year. Although some differences were apparent when comparing smoking status across years – most notably that the prevalence of current smokers has decreased from 11.4% in 1997 to 7.4% in 2005 – none of these reached statistical significance.

Figure 26. Cigarette smoking status by survey year (1997-2005)*



* Note. The 2003 survey included only undergraduate students.

Understanding of Health Risks and Help-Seeking

The next section of the survey assessed students' attitudes about understanding drug-related health risks, help-seeking behaviors, and experiences with drug-related negative outcomes.

Item 25. Do you believe that UW students generally have a good understanding of the health risks associated with the use of ... alcohol? tobacco? other drugs?

As shown in Table 16, most respondents felt that UW students generally understand the health risks associated with the use of alcohol (58.8%), tobacco (77.1%), and drugs (51.9%); however, a considerable minority of graduate and professional students were *unsure* as to whether students have a good understanding of risks associated with alcohol (22.7%) and drugs (31.7%). There were no noticeable differences between responses by women and men on this item.

Table 16. *Do students understand the health risks associated with...? by academic level and sex*

Group	Alcohol			Tobacco			Other		
	Yes	No	Unsure	Yes	No	Unsure	Yes	No	Unsure
Undergraduate									
Women	63.8%	27.9%	8.3%	84.6%	10.8%	4.6%	56.4%	25.4%	18.2%
Men	62.0	26.1	11.8	78.8	15.1	6.1	51.8	28.2	20.0
All	63.1	27.2	9.7	82.2	12.6	5.2	54.5	26.5	19.0
<i>n</i>	376	162	58	490	75	31	325	158	113
Graduate/Professional									
Women	48.6	23.9	27.5	66.7	12.2	21.2	45.0	21.2	33.8
Men	56.7	27.4	15.9	72.6	17.2	10.2	51.6	19.7	28.7
All	52.0	25.3	22.7	69.1	14.2	16.6	47.8	20.6	31.7
<i>n</i>	197	96	86	262	54	63	181	78	120
All respondents									
Women	57.9	26.4	15.7	77.7	11.3	11.0	52.0	23.7	24.3
Men	60.0	26.6	13.4	76.4	15.9	7.7	51.7	24.9	23.4
All	58.8	26.5	14.8	77.1	13.2	9.6	51.9	24.2	23.9
<i>n</i>	573	258	144	752	129	94	506	236	233

Item 26. Do you believe that understanding the health risks associated with alcohol, tobacco, and other drug use decreases other students' use of ... alcohol? tobacco? other drugs?

In a follow-up question, students were asked to reflect on whether understanding the risks associated with alcohol, tobacco, and illicit drugs serves to decrease the use of these substances. Their responses to this item are summarized in Table 17. While a small majority of respondents felt that understanding risks associated with tobacco (45.6%) and drugs (43.9%) tends to decrease use of these substances, a strong majority (64.3%) of respondents did not believe that knowledge of risks related to alcohol consumption serves to decrease its use among University students. Men — more often than women — responded affirmatively regarding the impact of knowledge on decreasing use of tobacco (51.5% versus 41.5%) and drugs (48.5% versus 40.7%).

Table 17. *Does understanding health risks decrease use, by academic level and sex*

Group	Alcohol			Tobacco			Other		
	Yes	No	Unsure	Yes	No	Unsure	Yes	No	Unsure
Undergraduate									
Women	23.1	67.8	9.1	42.5	48.1	9.4	43.6	38.2	18.2
Men	24.9	68.6	6.5	52.2	38.8	9.0	49.4	34.7	15.9
All	23.8	68.1	8.1	46.5	44.3	9.2	46.0	36.7	17.3
<i>n</i>	142	406	48	277	264	55	274	219	103
Graduate/Professional									
Women	23.0	57.7	19.4	40.1	41.4	18.5	36.0	35.1	28.8
Men	29.3	59.2	11.5	50.3	38.2	11.5	47.1	33.1	19.7
All	25.6	58.3	16.1	44.3	40.1	15.6	40.6	34.3	25.1
<i>n</i>	97	221	61	168	152	59	154	130	95
All respondents									
Women	23.0	63.9	13.1	41.5	45.5	12.9	40.7	37.0	22.3
Men	26.6	64.9	8.5	51.5	38.6	10.0	48.5	34.1	17.4
All	24.5	64.3	11.2	45.6	42.7	11.7	43.9	35.8	20.3
<i>n</i>	239	627	109	445	416	114	428	349	198

Item 27. If you or a friend were experiencing difficulties because of alcohol and/or other drug abuse, would you seek assistance? If yes, where would you seek assistance?

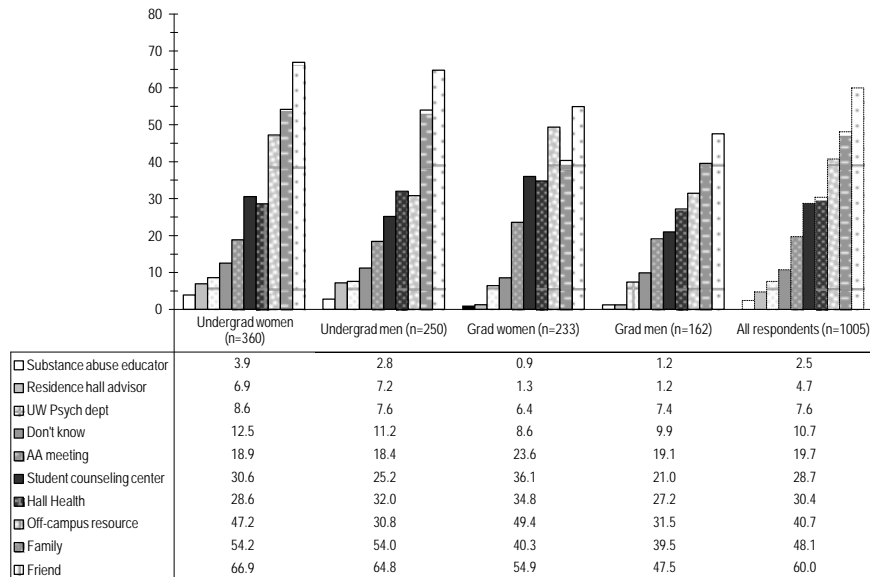
In gauging students' help-seeking behaviors, respondents were first asked about their inclination toward seeking assistance with alcohol and/or drug related difficulties. As shown in Table 18, a strong majority of respondents were inclined to seek assistance for themselves (74.8%) or for someone else (71.0%). However, a noticeable minority reported being *unsure* about seeking help for themselves (16.1%) or someone else (22.3%). A substantial percentage (16.6%) of undergraduate men reported that they would not seek assistance if they were experiencing difficulties because of substance abuse. Undergraduate men were also significantly less likely to seek assistance for someone else encountering alcohol and/or drug related difficulties ($p < .005$). In sharp contrast to those findings, graduate women were more likely than any other group to seek assistance for themselves (85.1%); furthermore, graduate and undergraduate women reported the most willingness to seek help for someone else.

Table 18. *Percentage of students who would seek assistance for themselves or for friends, by academic level and sex*

Group	For self			For someone else		
	Yes	No	Unsure	Yes	No	Unsure
Undergraduate						
Women	72.6%	8.1%	19.3%	75.7%	5.3%	19.0%
Men	68.8	16.6	14.6	63.6	12.1	24.3
All	71.1	11.6	17.4	70.7	8.1	21.2
<i>n</i>	430	70	105	428	49	128
Graduate/Professional						
Women	85.1	1.8	13.2	75.0	3.1	21.9
Men	74.2	10.1	15.7	66.0	6.9	27.0
All	80.6	5.2	14.2	71.3	4.7	24.0
<i>n</i>	312	20	55	276	18	93
All respondents						
Women	77.5	5.6	16.9	75.4	4.4	20.1
Men	70.9	14.0	15.0	64.5	10.1	25.4
All	74.8	9.1	16.1	71.0	6.8	22.3
<i>n</i>	742	90	160	704	67	221

Students were asked where they would seek help if they were so inclined. As is evident from Figure 27, the most frequently selected response option was *friend* (60.0%), followed by *family member* (48.1%) and *off-campus resources* (40.7%). Among UW resources, the Counseling Center and Hall Health were the ones most often selected.

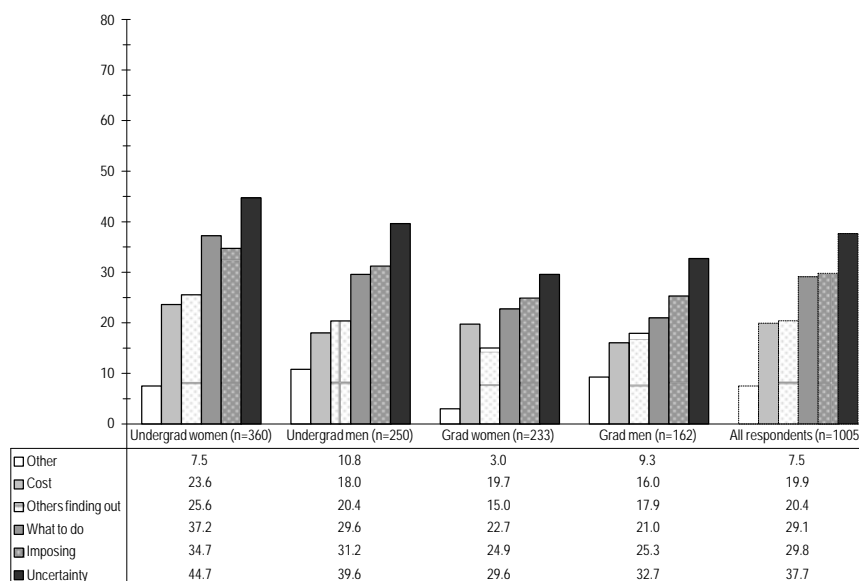
Figure 27. Where students would seek help by academic level and sex



Item 28. If you wouldn't seek assistance, what factor(s) would keep you from obtaining help for yourself or a friend? (It's okay to choose more than one.)

As shown in Figure 28, the most frequently chosen response option was *uncertainty about whether there really is a problem* (37.7%), followed by *concern about imposing* (29.8%) and *not really knowing what to do* (29.1%). Undergraduate women were noticeably more likely to cite *not knowing what to do* (37.2%) and *uncertainty about whether the really was problem* (44.7%) as obstacles for seeking help, especially as compared with graduate women (22.7% and 29.6%).

Figure 28. Factors that prevent students from seeking help by academic level and sex



Item 29. Have you sought assistance for alcohol and/or other drug abuse since enrolling at the University?

In a related question, students were asked if they had ever sought substance abuse-related assistance for either themselves or someone else since enrolling at the University. As shown in Table 19, nearly all students reported *never* having sought out any substance abuse-related assistance while enrolled at UW; in fact only 1.8% responded affirmatively on this question. However, the percentage of respondents who reported seeking assistance for someone else was slightly higher at 3.2%. There were no statistically significant differences by sex or academic level.

Table 19. Percentage of students who have sought help, by academic level and sex

Group	For self		For someone else	
	Yes	No	Yes	No
Undergraduate				
Women	1.1%	98.9%	3.7%	96.3%
Men	2.9	97.1	3.3	96.7
All	1.8	98.2	3.5	96.5
n	11	587	21	577
Graduate/Professional				
Women	.9	99.1	3.5	96.5
Men	3.2	96.8	1.9	98.1
All	1.8	98.2	2.8	97.2
n	7	380	11	376
All respondents				
Women	1.0	99.0	3.6	96.4
Men	3.0	97.0	2.7	97.3
All	1.8	98.2	3.2	96.8
n	18	967	32	953

Students were also, in an open-ended question, given the opportunity to report where, if at all, they had sought substance abuse-oriented assistance. Their responses, in order of frequency, are summarized below. Please note that students occasionally listed more than one resource.

<u>Frequency</u>	<u>Source of Assistance</u>
10	Friend(s)
6	Parent(s)/family
6	Hall Health
5	Counselor(s)
4	Alcoholics Anonymous
4	Off-campus resources (undefined)
2	Resident advisor(s)
1	Professor(s)
1	Online resources
6	Other

Item 30. Please indicate how often you have experienced the following due to your drinking or other drug use during the last year.

Tables 20-22 show that one of the most frequently reported experiences to follow drinking or drug use was having hangovers: Only 40-45% of the respondents reported never having hangovers. Indeed, 11.4% of undergraduate respondents reported having had hangovers *more than ten times* over the last year. Moreover, 46.2% of the undergraduates also reported getting *nauseated or vomiting* at least once but no more than five times within the last year. Among undergraduates, 49.1% reported experiences of *drinking/or using more than planned or wanted to* at least once within the last year; indeed, 14.3% of undergraduates had experienced this between 3-5 times. Equally important, around one-third of undergraduates (33.3%) reported having *done something they later regretted*, having *had a memory loss* (31.7%), or having *missed class* (31.1%). Finally, while 3.9% of the undergraduate respondents reported having *seriously thought of suicide*, a much smaller .2% reported having *seriously tried to commit suicide*; in comparison, less than one percent of the graduate respondents had *seriously thought of suicide* and none of these reported having *seriously tried to commit suicide*. Around 8% of undergraduate respondents reported experiences where they had *been taken advantage of sexually*; among graduate and professional students this was much lower at 1.5%.

Table 20. *Frequency of negative, substance use-related events (Undergraduates)*

	Never	Once	Twice	3-5x	6-9x	10+x	n
Had a hangover	40.5%	13.8%	10.0%	17.1%	7.4%	11.2%	608
Did poorly on test or important project	79.6	9.6	5.3	4.2	1.2	.2	602
Been in trouble w/ police or college authorities	92.6	6.3	.5	.7	.	.	607
Damaged property, pulled fire alarm, etc.	94.6	3.0	1.3	1.0	.	.2	607
Got into an argument or fight	77.9	8.6	7.3	4.3	.8	1.2	605
Got into a fight or vomited	47.4	17.2	15.0	14.0	3.5	3.0	606
Driven car while under the influence	80.0	8.6	3.5	4.0	1.3	2.6	605
Missed class or work	68.9	8.9	8.1	6.7	3.5	3.9	608
Been criticized by someone I know	77.0	7.8	6.1	5.5	1.7	2.0	605
Thought I might have a drinking or drug problem	90.7	4.1	1.8	1.8	.5	1.0	603
Had a memory loss	68.3	10.1	8.0	8.0	2.8	2.8	603
Done something I later regretted	66.7	12.4	7.9	9.1	2.6	1.3	606
Been arrested for DWI/DUI	99.2	.8	607
Been taken advantage of sexually	91.8	5.6	1.8	.7	.	.2	607
Taken advantage of another sexually	98.4	.8	.7	.2	.	.	607
Engaged in unprotected sex	88.6	5.4	2.6	1.7	.8	.8	606
Tried unsuccessfully to stop using alcohol/drugs	94.4	2.3	2.1	.8	.2	.2	606
Seriously thought of suicide	96.1	2.5	.7	.	.3	.5	608
Seriously tried to commit suicide	99.8	.	.2	.	.	.	606
Been hurt or injured	88.0	6.6	2.8	2.5	.	.2	606
Went to class or work intoxicated or high	83.2	7.9	4.0	3.1	.7	1.2	606
Passed out	73.6	9.9	5.6	7.4	1.3	2.1	606
Neglected responsibilities	76.1	7.8	6.1	6.1	1.3	2.6	606
Drank/used more than I planned/wanted to	50.9	12.0	13.0	14.3	3.8	5.9	607

Table 21. *Frequency of negative, substance use-related events (Graduate/Professional Students)*

	Never	Once	Twice	3-5x	6-9x	10+x	n
Had a hangover	44.2%	12.3%	14.1%	15.6%	7.4%	6.4%	391
Did poorly on test or important project	93.6	3.3	2.0	1.0	.	.	392
Been in trouble w/ police or college authorities	97.9	1.3	.5	.3	.	.	390
Damaged property, pulled fire alarm, etc.	98.7	.8	.3	.3	.	.	392
Got into an argument or fight	90.0	4.6	2.6	1.5	1.0	.3	390
Got into a fight or vomited	69.1	17.6	6.1	5.9	.8	.5	391
Driven car while under the influence	82.3	8.2	3.9	3.1	1.3	1.3	389
Missed class or work	86.7	6.1	4.1	2.6	.5	.	392
Been criticized by someone I know	89.7	4.1	4.1	1.8	.3	.	389
Thought I might have a drinking or drug problem	91.8	3.6	2.0	1.3	.3	1.0	392
Had a memory loss	88.7	4.9	2.3	3.1	.8	.3	389
Done something I later regretted	79.5	11.8	3.8	3.3	.8	.8	390
Been arrested for DWI/DUI	99.5	.5	391
Been taken advantage of sexually	98.5	1.3	.	.3	.	.	392
Taken advantage of another sexually	99.2	.5	.3	.	.	.	392
Engaged in unprotected sex	90.8	4.3	2.3	.8	.	1.8	391
Tried unsuccessfully to stop using alcohol/drugs	97.9	.8	.5	.5	.	.3	390
Seriously thought of suicide	99.2	.3	.3	.3	.	.	389
Seriously tried to commit suicide	100.0	392
Been hurt or injured	97.4	1.5	1.0	.	.	.	392
Went to class or work intoxicated or high	94.9	1.8	1.0	1.0	.8	.5	391
Passed out	90.6	2.8	4.1	1.8	.	.8	392
Neglected responsibilities	89.5	4.4	2.8	2.3	.3	.8	390
Drank/used more than I planned/wanted to	64.4	11.3	10.8	9.3	2.8	1.3	388

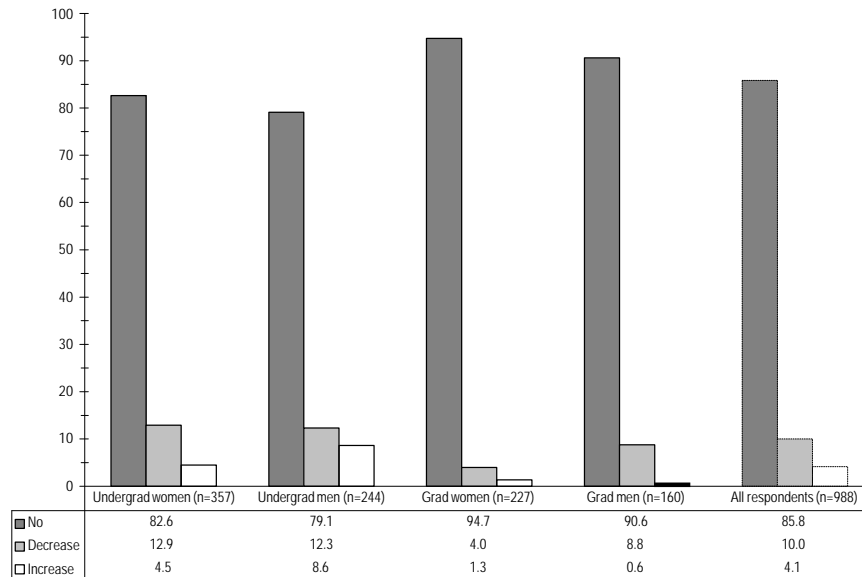
Table 22. *Frequency of negative, substance use-related events (All respondents)*

	Never	Once	Twice	3-5x	6-9x	10+x	<i>n</i>
Had a hangover	41.9%	13.2%	11.6%	16.5%	7.4%	9.3%	999
Did poorly on test or important project	85.1	7.1	4.0	2.9	.7	.1	994
Been in trouble w/ police or college authorities	94.7	4.3	.5	.5	.	.	997
Damaged property, pulled fire alarm, etc.	96.2	2.1	.9	.7	.	.1	999
Gotten into an argument or fight	82.6	7.0	5.4	3.2	.9	.8	995
Gotten nauseated or vomited	55.9	17.4	11.5	10.8	2.4	2.0	997
Driven car while under the influence	80.9	8.5	3.6	3.6	1.3	2.1	994
Missed class or work	75.9	7.8	6.5	5.1	2.3	2.4	1000
Been criticized by someone I know	82.0	6.3	5.3	4.0	1.1	1.2	994
Thought I might have a drinking or drug problem	91.2	3.9	1.9	1.6	.4	1.0	995
Had a memory loss	76.3	8.1	5.7	6.0	2.0	1.8	992
Done something I later regretted	71.7	12.1	6.3	6.8	1.9	1.1	996
Been arrested for DWI/DUI	99.3	.7	998
Been taken advantage of sexually	94.4	3.9	1.1	.5	.	.1	999
Taken advantage of another sexually	98.7	.7	.5	.1	.	.	999
Engaged in unprotected sex	89.5	5.0	2.5	1.3	.5	1.2	997
Tried unsuccessfully to stop using alcohol/drugs	95.8	1.7	1.5	.7	.1	.2	996
Seriously thought of suicide	97.3	1.6	.5	.1	.2	.3	997
Seriously tried to commit suicide	99.9	.	.1	.	.	.	998
Been hurt or injured	91.7	4.6	2.1	1.5	.	.1	998
Went to class or work intoxicated or high	87.8	5.5	2.8	2.3	.7	.9	997
Passed out	80.3	7.1	5.0	5.2	.8	1.6	998
Neglected responsibilities	81.3	6.4	4.8	4.6	.9	1.9	996
Drank/used more than I planned/wanted to	56.2	11.8	12.2	12.4	3.4	4.1	995

Item 31. Are you planning to change the amount you drink within the next three months?

Students were asked whether they were planning to change their alcohol consumption within the next three months. As seen in Figure 29, an overwhelming majority (85.8%) of the respondents reported having *no such plans*. While similar proportions of female (12.9%) and male (12.3%) undergraduate respondents were planning to *decrease* their alcohol consumption, a sizable proportion (8.6%) of undergraduate men reported planning to *increase* their alcohol consumption.

Figure 29. Plans to change alcohol use within the next 3 months by academic level and sex



Item 32. Has anyone in your family ever had a problem with alcohol and other drugs?

Finally, students were asked if any in family members had ever experienced substance abuse-related problems. Table 23 shows that nearly half (47.1%) of the respondents knew of a relative who had encountered difficulties related to alcohol and/or other drugs. Responses by women and men did not differ significantly on this item, nor were significant differences found between responses by undergraduate and graduate students.

Table 23. Family history of substance abuse by academic level

	Undergraduate	Graduate	Total
Yes	45.4%	49.9%	47.1%
No	54.6	50.1	52.9
Total n	608	391	999

Campus Response to Alcohol- and Other Drug-Related Issues

The last survey items concerned students’ awareness of and response to UW alcohol and other drug policies and educational programs. Students were also given the opportunity to provide suggestions for new and/or additional alcohol and drug related educational programs.

Item 33. Were you previously aware of University policies on alcohol and other drug use? If yes, do you believe they are enforced?

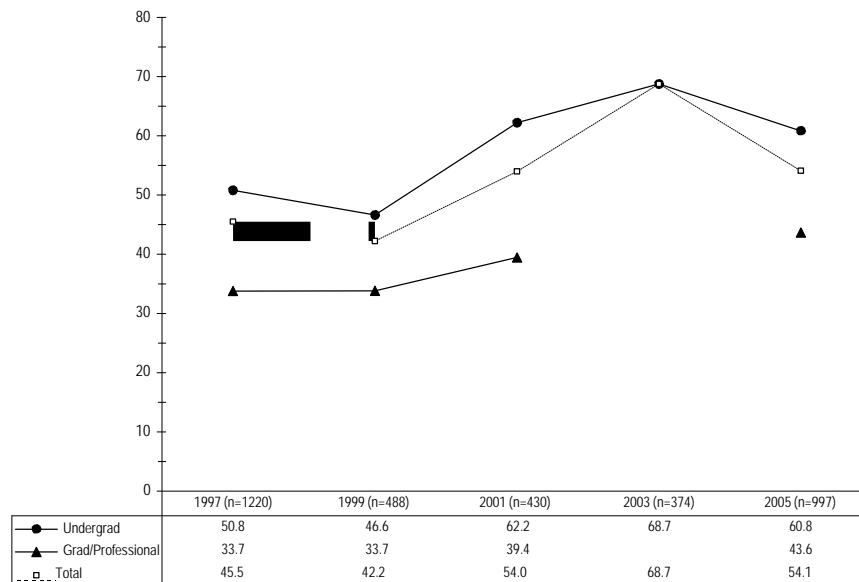
Students were asked whether they were aware of University policies on alcohol and drug use prior to reading about them in the survey. Table 24 provides their responses. Whereas a majority of the undergraduates (60.8%) reported being aware of University policies on drugs and alcohol, significantly fewer graduate and professional respondents did (43.6%).

Table 24. Awareness of university policies by academic level

	Undergraduate	Graduate	Total
Yes	60.8%	43.6%	54.1%
No	39.2	56.4	45.9
Total <i>n</i>	607	390	997

Figure 30 provides a graphical display of the undergraduate responses on this item by survey year. Among undergraduates, a significantly ($p < .005$) greater percentage of respondents felt they were aware of drug and alcohol policies in 2005 as compared with 1997 and 1999 (60.8% versus 50.8% and 46.6%, respectively).

Figure 30. Awareness of UW alcohol and drug policies by survey year (1997-2005)*



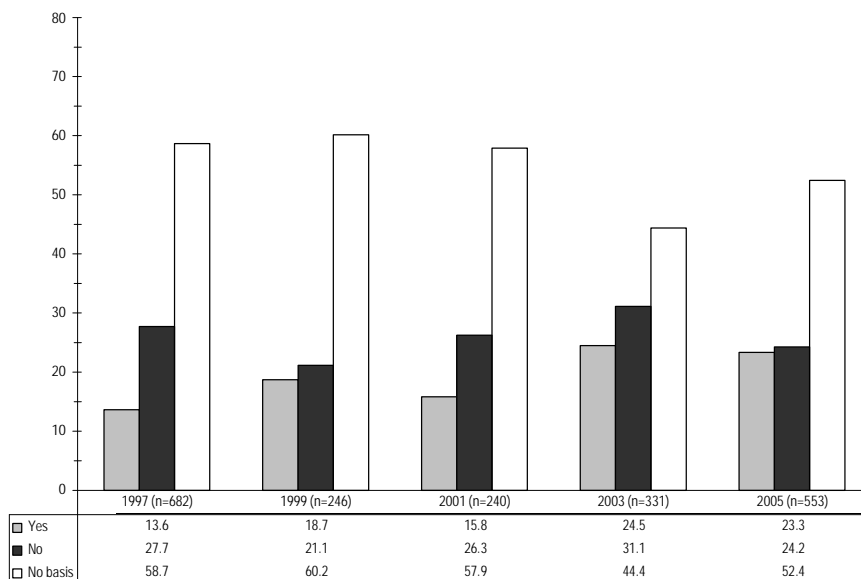
* Note. The 2003 survey included only undergraduate students.

The students appeared divided when asked whether alcohol and drug policies are enforced at the UW: 18.8% thinking that they are being enforced and 20.2% believing that they are not. A relatively high 61.0% of the respondents felt like they had no basis to judge. See Table 25. Graduate students were more likely than undergraduates to select *no basis* and less likely to select *yes*. However, a significantly ($p < .005$) lower percentage of 1997 undergraduate respondents felt that alcohol and drug policies were enforced in comparison to respondents in 2003 and 2005 (13.6% versus 24.5% and 23.3%, respectively). These trends are visible in Figure 30.

Table 25. Belief that UW alcohol and drug policies are being enforced, by academic level

	Undergraduate	Graduate	Total
Yes	23.3%	11.6%	18.8%
No	24.2	13.9	20.2
No basis to judge	52.4	74.5	61.0
Total <i>n</i>	553	353	906

Figure 31. Beliefs about whether UW policies are enforced, by survey year (1997-2005)*



* Note. The 2003 survey included only undergraduate students.

Item 34. Following is a list of educational programs and printed materials coordinated during 2003-2004 and/or 2004-2005 and related to alcohol and other drugs.

- a. Have you been aware of these programs and materials?
- b. Have you actually seen or attended this event?
- c. If you have seen or attended this event, how would you rate it?

As shown in Table 26, undergraduates were more aware of *advertisements in The Daily* (52.7%), *tabling on the HUB lawn* (45.2%), *Fall Fling* (47.5%), and *swing dance/movie night/karaoke in the HUB* (40.0%) than of any of the other listed programs and materials. However, a much lower percentage of graduate students reported awareness of these (19.3%, 18.8%, 14.0%, and 15.8%, respectively). Not surprisingly, substantial discrepancies between the percentages of respondents who were aware of a given event versus who actually attended that event were prevalent.

Table 26. *Percentage of respondents who were aware of or had seen UW educational programs by academic level*

Event or Program	Undergraduate (n=615)		Graduate (n=399)		All respondents (n=1014)	
	Aware	Seen	Aware	Seen	Aware	Seen
Fall Fling	47.5%	13.5%	14.0%	1.5%	34.3%	8.8%
Sobriety tests with simulation goggles	31.2	8.9	7.0	1.0	21.7	5.8
Alc101 CD-ROM	5.5	.8	1.5	.3	3.9	.6
Alcohol poisoning pamphlet	21.8	12.5	5.0	1.5	15.2	8.2
Advertisements in <i>The Daily</i>	52.7	29.4	19.3	9.3	39.5	21.5
HUB Games Area Nights	38.4	10.7	11.5	1.8	27.8	7.2
Swing dances/movies/karaoke	40.0	11.2	15.8	5.3	30.5	8.9
Awareness nights at basketball games	8.6	2.4	2.5	1.0	6.2	1.9
Finding Out brochure	16.9	8.8	7.0	2.5	13.0	6.3
Alcohol Awareness Week	21.3	4.6	4.3	.8	14.6	3.1
Great American Smokeout	23.7	2.3	26.1	2.5	24.7	2.4
Body Outlines	23.6	11.7	9.3	4.3	17.9	8.8
HUB art gallery display	31.5	18.2	14.3	8.0	24.8	14.2
Programs in residence halls	32.2	12.8	5.0	1.3	21.5	8.3
Programs in Greek houses	21.3	11.5	3.8	1.5	14.4	7.6
0-4 drinks ads	24.1	15.3	9.0	4.8	18.1	11.1
Safe Spring Break	6.7	1.3	1.8	.5	4.7	1.0
Tabling on HUB Lawn	45.2	24.4	18.8	7.3	34.8	17.7

Students who had previously attended any of the listed events were subsequently asked to indicate their satisfaction by providing a rating on a scale from 1 (*Poor*) to 5 (*Excellent*). Table 27 provides the respondents mean ratings of the listed UW sponsored events and programs. The *swing dances/movie/karaoke nights at the HUB* received the highest mean rating (3.9), followed by the *Great American Smokeout* (3.6), the *Hub Games Area Nights* (3.5), and the *HUB Art Gallery display* (3.4). Of these events, the *Great American Smokeout* and the *HUB Games Area Nights* were especially popular among graduate and professional students; though, their highest mean rating was awarded *Awareness Nights at basketball games* (4.5). The single most popular event among undergraduates was the *swing dance/movie/karaoke night at the Hub*, which obtained a mean rating of 4.0.

Table 27. *Mean ratings of UW alcohol and substance use educational events and programs by academic level*

Event or program	Undergraduate		Graduate		All respondents	
Fall Fling	3.2	(77)	3.0	(6)	3.2	(83)
Sobriety tests with simulation goggles	3.2	(46)	3.3	(3)	3.2	(49)
Alc101 CD-ROM	3.4	(5)	3.0	(1)	3.3	(6)
Alcohol poisoning pamphlet	3.1	(63)	3.2	(5)	3.1	(68)
Advertisements in <i>The Daily</i>	2.7	(147)	2.7	(25)	2.7	(172)
HUB Games Area Nights	3.4	(56)	4.0	(5)	3.5	(61)
Swing dances/movies/karaoke	4.0	(62)	3.7	(17)	3.9	(79)
Awareness nights at basketball games	2.6	(9)	4.5	(2)	2.9	(11)
Finding Out brochure	3.1	(43)	3.8	(8)	3.2	(51)
Alcohol Awareness Week	3.2	(25)	4.0	(2)	3.2	(27)
Great American Smokeout	3.0	(7)	4.1	(7)	3.6	(14)
Body Outlines	3.1	(46)	3.2	(11)	3.1	(57)
HUB art gallery display	3.5	(84)	3.1	(23)	3.4	(107)
Programs in residence halls	3.2	(71)	3.5	(4)	3.2	(75)
Programs in Greek houses	3.3	(61)	2.5	(2)	3.3	(63)
0-4 drinks ads	2.6	(77)	2.5	(11)	2.6	(88)
Safe Spring Break	3.3	(7)	3.0	(1)	3.3	(8)
Tabling on HUB Lawn	2.9	(119)	3.0	(16)	2.9	(135)

Note. Numbers in parentheses are the number of respondents contributing to each mean.

Item 34d. Are there other programs you would like to see?

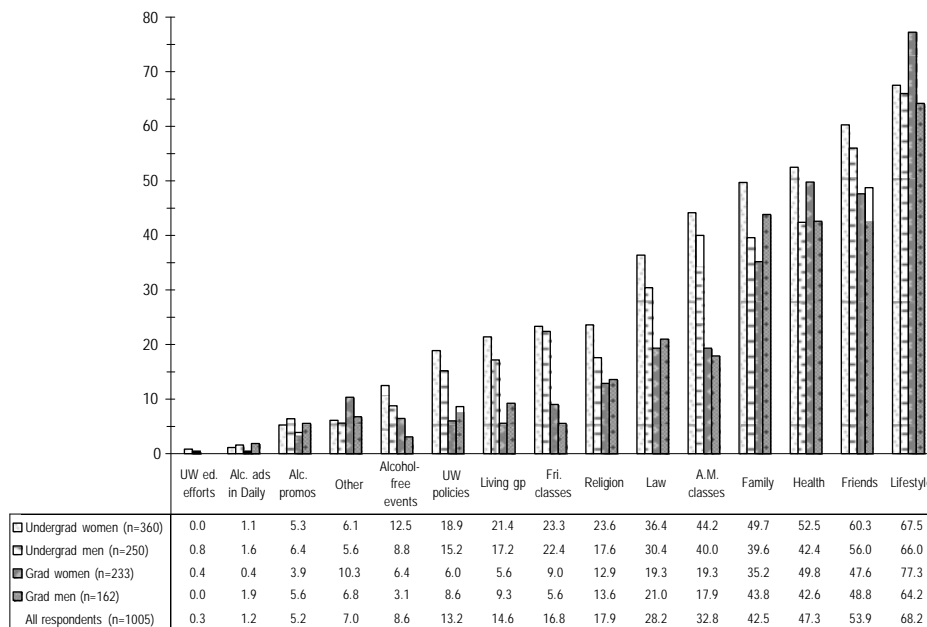
Students were then, in an open-ended question, given the opportunity to provide suggestions for other educational programs, events, and activities that they would like to see at the University. A total of the 166 students responded. Their suggestions, in order of frequency, are provided below.

<u>Frequency</u>	<u>Suggestions</u>
100	No/none
22	Don't know/no opinion/unsure
13	Other
12	More programs (unspecified)
7	More alcohol-oriented programs (preventive/informational)
5	More drug-oriented programs (preventive/informational)
2	More alcohol-oriented programs (enforcement)
2	More alcohol free events
2	More smoking cessation programs

Item 35. Which of the following factors may influence the extent of your alcohol use? (Circle as many as apply.)

Respondents were then asked to select from a list as many or as few of the factors that influenced their alcohol consumption. As shown in Figure 32, the extent to which specific factors influenced respondent alcohol use varied considerably. The vast majority of respondents selected *lifestyle choices* (68.2%), followed by *friends* (53.9%) and *health risks* (47.3%). This ranking was fairly consistent across all four groups; indeed, the only diversion from this ranking was among graduate women who marked *health risk* (49.8%) slightly more often than *friends* (47.6%). Undergraduate and graduate women were more often than undergraduate and graduate men influenced by *health risks* associated with alcohol consumption (52.5% and 49.8% versus 42.4% and 42.6%, respectively).

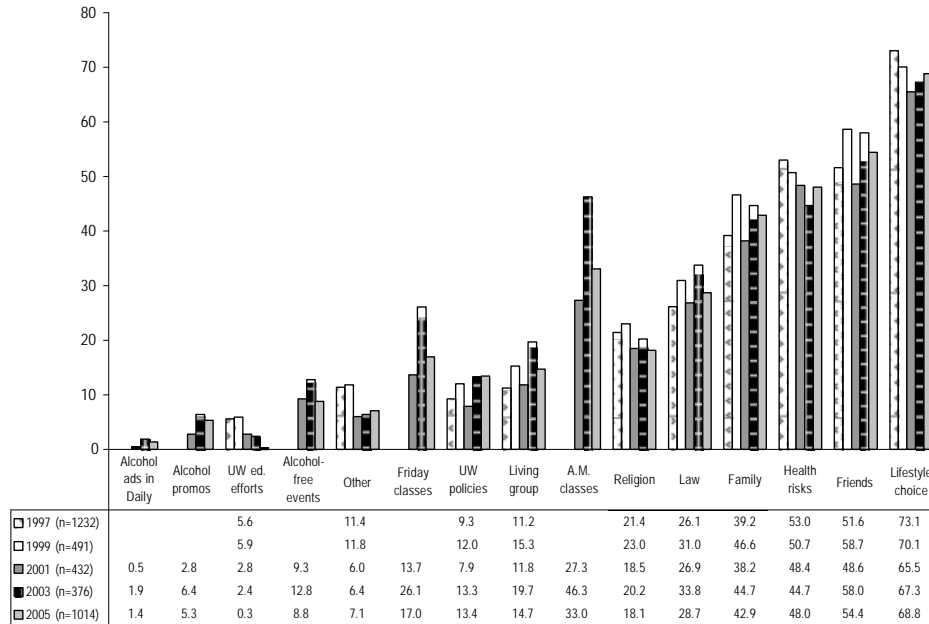
Figure 32. Factors influencing alcohol use by academic level and sex



A graphical display of factors affecting alcohol use by survey year is given in Figure 33. While the overall ranking order remains consistent across survey years, some differences are noticeable in 2003;

namely, the comparatively high proportions of respondents citing A.M. and Friday classes as having an influence on their alcohol consumption. Most likely these discrepancies can be attributed to all the respondents being undergraduates in the 2003 survey.

Figure 33. Factors affecting alcohol use by survey year (1997-2005)*



* Note. The 2003 survey included only undergraduate students.

Students were also given the opportunity to list other University educational efforts that might influence their alcohol use. Their comments are organized by topic below: ⁵

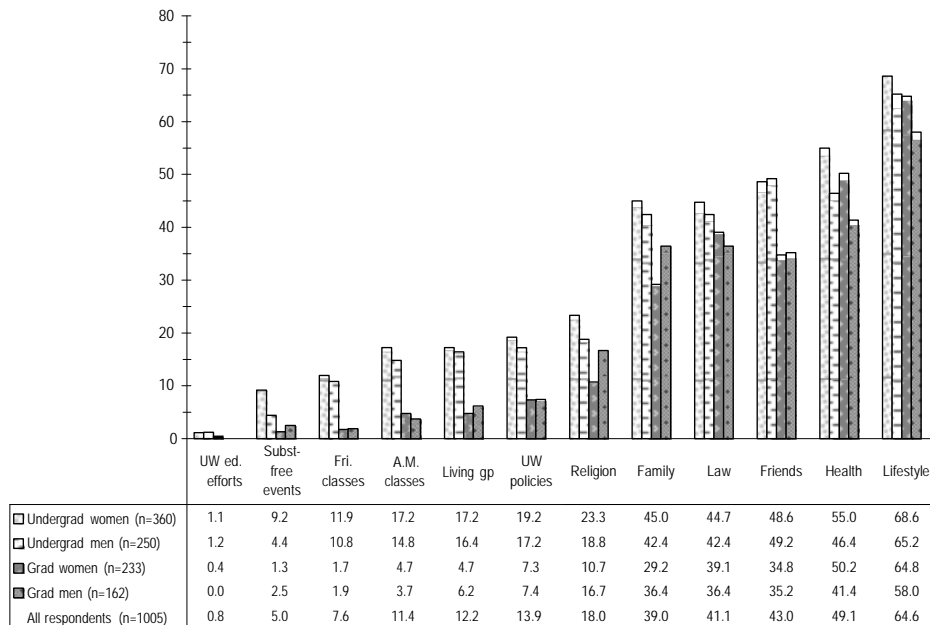
<u>Frequency</u>	<u>Comment</u>
2	Knowledge of physical harm associated with alcohol consumption
1	Difficulty level of major
1	Personal morals
1	More programs (unspecified)

Item 36. Which of the following may influence the extent of your illicit drug use? (Circle as many as apply.)

Students were asked to select the factors that may influence the extent of their drug use. Figure 34 presents a graphical display of the responses on this item broken down by academic level and sex. In a pattern similar to the responses on item 35 above, the single most frequently chosen category was *lifestyle choices* (64.6%), followed by *health risks* (49.1%) and *friends* (43.0%). However, in marked contrast to item 35, the answer category *law* (41.1%) was the fourth most commonly marked answer. Finally, women — more often than men — cited *health risks* as an influential factor, while undergraduates were more likely than graduate and professional students to select *friends* and *family* as factors that may influence their drug use.

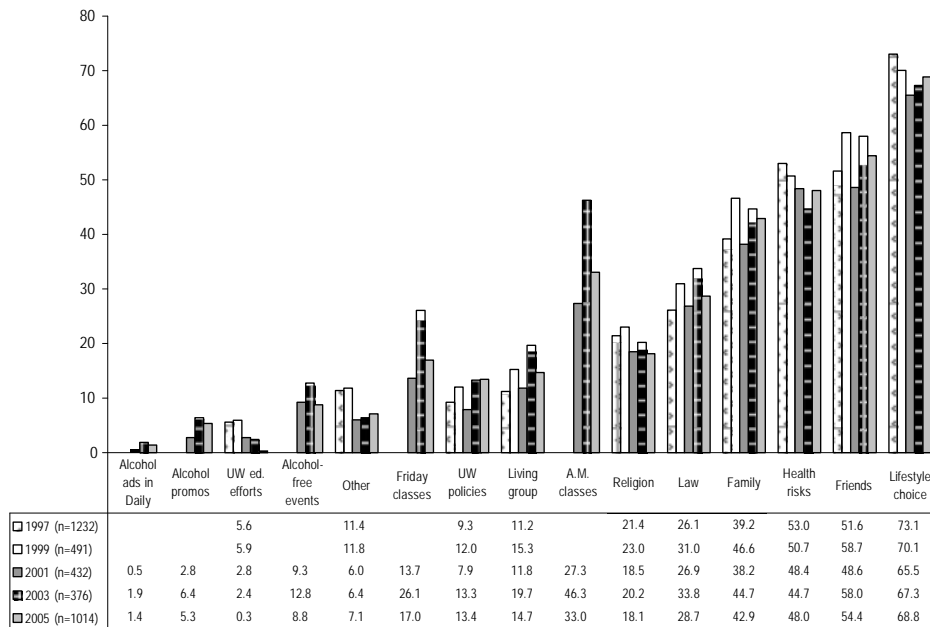
⁵ Respondents did not appear to understand what was being asked for in this question; they seemed to be describing general factors that might affect their substance use as opposed to listing University educational efforts.

Figure 34. Factors affecting drug use by academic level and sex



As is visible in Figure 35, there have been no substantial differences over time in the frequency with which these factors were cited.

Figure 35. Factors affecting drug use by survey year (1997-2005)*



* Note. The 2003 survey included only undergraduate students.

As in item 35, students were offered the opportunity to list other University educational efforts that may influence their drug use. Their comments are listed below:⁵

<u>Frequency</u>	<u>Comment</u>
1	Personal morals
1	Knowledge of physical harm associated with drug use
1	More information (unspecified)
1	More health-related literature
1	Combine drug use information with information on sexual assault

Item 36 Additional comments?

Finally, students were invited to provide additional comments. Sample responses, organized by theme, are shown below (see Appendix C for verbatim answers). Please note that students' responses occasionally fell into more than one category. A total of 138 students responded, resulting in 182 coded comments.

<u>Frequency</u>	<u>Category</u>
17	EDUCATION/AWARENESS
5	Alcohol—general (no particular emphasis)
3	Alcohol—factual emphasis
1	Alcohol—scare/danger emphasis
1	Alcohol—social pressure/attitude oriented
2	Drugs—general
1	Drugs—Social pressure/attitude oriented
2	Drugs—safety in comparison to alcohol and tobacco
1	Drugs—scare/danger emphasis
1	Smoking—friends
9	EFFORTS AT SPECIFIC GROUPS
2	Alcohol—campus events
2	Alcohol—residential
1	Alcohol—stores
4	Smoking on campus
5	Non-smokers/drinkers
14	NOTHING UW CAN/SHOULD DO/CURRENT EFFORTS ARE INEFFECTIVE
9	Alcohol
5	Drugs
4	ENFORCEMENT ISSUES
2	Alcohol
2	Drugs
51	PERSONAL TESTIMONIALS
16	Doing alcohol/drugs
35	Not doing alcohol/drugs
11	REFLECTIONS ON CAUSES OF SUBSTANCE USE/ABUSE
6	Unwind/relax because of stress
2	Lack of self-control
2	Socialize
1	Stay awake
51	ABOUT THE SURVEY
2	Negative
7	Positive
27	Observations on or modifications to own responses
15	Methodology issues
25	25 OTHER

Many of the comments involved reflections on alcohol and drug related education and awareness on campus. Some maintained that the current programs are sufficient.

For the most part, people know the risks associated with certain actions, so awareness programs really help very little. The information needs to be out there and available, but so many programs really have no overall effect. Treatment programs need to be available and visible to the student who might need help on the other hand.

Others had specific suggestions about which kinds of efforts are most effective.

Present the facts about what exactly happens to your brain when you consume alcohol... in a way that scares people. If they realize what's actually happening in their body, maybe they'll make better decisions about how much they drink.

I don't think drug/alcohol education is a problem anymore; I feel like most people know that they are bad, and the general effects that they have on the body. Now, the focus needs to shift on social unacceptance of binge drinking and illicit drugs. I'm a little biased, I did my partying in high school, and pretty much just do school and work now. However, lifestyle choices and influence of friends making the same lifestyle choices is what led to my initial and continued sobriety. A simple example, talking to kids at school, it's funny to hear many talk down about smoking, however, go to the bar or a party on any given night, and you see those same people smoking. It's taboo to admit you're a smoker at school, but at parties it's OK, because there it's socially accepted that people smoke. Change people's attitudes about drinking/drugs, and the problem could be reduced considerably.

Even if people are aware of the health risk involved, they would still choose to do the alcohol/drugs/cigarette. There are lots of information for younger kids from elementary through high school about smoking and health risk such as cancer. But you see kids still smoking and at a younger age today than they were 10 years ago.. Influence of friends is more powerful than the information available.

I do think the university should realize that a moderate amount of alcohol and light drug use can be part of a safe and healthy lifestyle, even for students under 21. Education materials and programs that recognize this and talk to students with this in mind will be a lot more likely to resonate than materials that take a purely negative attitude toward drugs and alcohol. Also, better and more city buses at night would probably decrease the amount that people drink and drive. Without a car and with little money for taxis, I have often gotten into a car with a driver who has been drinking to avoid waiting for the bus on some dark streetcorner at night.

More emphasis on the dangers/risks of marijuana need to be promoted. Too many people think it is a safe drug to use. This includes teachers, students, general populace.

I think in terms of programs offered, I know this may be taken personally by many who might wish to join, but I think the first thing that should be taught is that the individual has a problem, needs to recognize the problem, needs to realize the effects of his/her "lifestyle" decisions on individuals around them, and realize the only person that can change that is them. No one else can.

If the University can pursue a more realistic strategy, and present its education in a way that is less saccharine and condescending, then perhaps that would be more effective. For instance, instead of using sober anti-drinking volunteers to try to reach drinkers, try recruiting the bars or fraternities who drinkers respect to help. For instance, encourage bars and parties to offer a discount on drinks if you buy less than 5. This would have a far greater effect on problem drinkers even if it might be harder to implement. The truth is that change will have to come from within and advice can only be taken from a source that commands a person's respect. That respect

is lost if you out-right condemn a person, or come across as morally superior. Instead, compromise and rationality would be the best course of action and dramatically change the effectiveness of the University's programs.

Several students had suggestions for programs and initiatives that could be added to the list.

Students want to binge drink and I honestly don't think there is anything you guys can do to prevent it. The best thing you could do is create cool events that students actually WANT to go to that are alcohol free. Police, rules, education doesn't help. Most students here aren't stupid and they know the consequences of their actions. They know what binge drinking does and that's why they like it. They like being numb and ridiculously drunk. You cannot deter it unless you present a better alternative.

Most people that have a serious problem with drugs are those that use them repeatedly as a way to escape from life to cope with problems and also live within an environment that reinforces them for doing that. There needs to be more of a focus on helping people develop positive lives without the need to use drugs. These people also need skills for tolerating distress, coping with difficult emotions, and overcoming urges to engage in impulsive behaviors, which include drug use, but are not limited to drug use. Many people are never taught how to deal with difficult emotions and so they turn to drugs, or promiscuous sex, or violence, or suicide, or whatever. The current War On Drugs in this country has put the focus on punishment of those that use drugs in the hopes that this will decrease the amount of damaging drug use. Unfortunately, punishment is not a very effective way of changing behavior, especially when the problem is that people turn to drugs because their everyday lives are already punishing enough.

Instruct professors to quit using beer or some other form of alcohol as examples for things in class. It is like it's the only way they know how to relate to their students and kids are such idiots that everyone gets excited everytime to show how much they know about drinking; it can't help the problem of underage drinking. College kids have enough pressure to drink and don't need to be led to believe that professors all encourage it too.

Several students had opinions about why current programs were ineffective.

I believe I am educated enough and smart enough to make choices about smoking, alcohol use, and drug use and all these programs and advertisements just make me angry. I choose to break drinking age law because I don't believe in its morality. I know that my brain is still developing and if I want to damage it, I should have the right to do so. I think that all these anti-smoking/drinking/drug campaigns are useless.

Alcohol or drugs aren't a problem for me and a lot of people I know. I've been drinking at least every weekend (or more) since I was 15. I got into college, have a good [pre-engineering] GPA, and am doing great. Sure, I might have better grades if I spent my free time studying more instead of partying, but then my life would suck and I'd have to hang out with all the shitty people that don't drink. I don't think I've ever met anyone that I enjoyed being with that doesn't drink. You'll probably never believe this and try to convince people like me that non-drinkers can be just as fun as drinkers, but what you'll never understand is that non-drinkers and drinkers have different definitions of fun. I really wish you'd stop wasting everyone's money with all these anti-drinking campaigns. You'll never convince me or anyone else like me that my life would be better if I don't drink. If everyone in WA stopped drinking, the Liquor Control Board would stop giving the hundreds of millions of dollars that they make to state and local budgets. The only programs I'm OK with are drunk driving and other public safety issues.

[T]he moralizing puritanism of the school is a negative influence. What is more, I feel that many thrusts by public authorities are condescending and holier-than-thou. Any idiot knows better than to drink and drive, and if a person by now has grown up being told not to, but does anyway, chances are its not because a free sobriety seminar would have changed what is fundamentally wrong with their worldview. On the other hand, responsible use of alcohol tobacco and drugs seems to be a more realistic goal than absolute purity. However, since the university does not present this alternative effectively, their anti-drug, anti-drinking educational efforts come off as moral lectures (even when they aren't, partly due to the smug quality of the people who volunteer to present them.) The result is that educational efforts are counter productive. Students insulted by this condescension and apparent lack of alternatives react against an otherwise reasonable message, thinking if they fall off the wagon, that they might as well go all the way. What is more, much of this education is largely preaching to the choir. Something as saccharine as "substance free FUN events" is so cheesy and moralizing that it only appeals to students who already agree with what it teaches.

Enforcement issues were mentioned frequently. Some of the comments suggested tougher enforcement of current laws and policies.

I think there are big problems with athletic teams, such as the baseball team with drug and alcohol abuse. I know people that have been at some of their apartments while they do cocaine and marijuana and I don't think it's fair that they don't get tested more.

Alcoholism awareness should be increased on this campus tenfold, and enforcement should actually be a policy. I know far too many dorm rooms that have alcoholic containers just sitting out on desks, which the R.A.s never notice and even if they do, almost never enforce rules/confiscate. The university needs to put pressure on liquor outlets around campus i.e. University Village to move away from the student population. By going to the source of the problem, consumption of alcohol, especially hard liquor can be reduced by making alcohol harder to obtain. I also think the university should look into promoting some instances of acceptable social drinking for those of age. I know some colleges have begun offering 2 alcoholic beverages in cafeterias on Friday nights to 21 year olds in order to increase social awareness about alcohol, and put a greater influence on alcohol as simply a beverage rather than a drug. The university needs to put its foot down surrounding football games and other athletic events. Alcohol is a serious problem that the University abstains from addressing and it results in a lack of education and responsibility for the general undergraduate population.

Some students, however, wanted enforcement to be relaxed.

I'm a proponent for the liberty of recreational use of marijuana and certain other hallucinogenics in safe circumstances (e.g. not driving an automobile). I believe that this is something citizens of this country should not feel ashamed about either. It's important that everyone know the effects and consequences of drug abuse, but it's hardly respectable to use scare tactics, instilling paranoia instead of understanding as a measure to deter people from what naturally might be something enjoyable.

Legalize marijuana.

Zero Tolerance Policy does not work and just pushes drinking behind closed doors. The primary public risk entailed with drinking is drunk driving, which is a minimal concern in a campus environment. In my undergrad days, we had dorm keggers, and it was a great way to bond with my dorm-mates. I think in the world at large, a 21 yr old drinking age is appropriate due to drunk driving concerns, but in a campus environment, I think 18 is fine. I also believe that drug use of all kinds should be decriminalized with a focus on treatment rather than criminalization. Our jails

and courts are hopelessly overwhelmed by drug charges and a related culture of crime and disregard for public authority. At the same time, I had my car stolen recently and it was treated as if it were practically no longer a crime. Unless public safety is a concern (as in underage drunk driving), personal choice and responsibility must be emphasized and is really the only reasonable approach to drug use in our society.

We need to stop being such babies and go back to what it was like in the 70s and 80s where students could actually make choices on their own. Not allowing kegs creates waste and is a slap in the face to the students who are trying to create a sustainable environment here on campus. Educate, but dont legislate.

A number of students used this opportunity to say that they never used alcohol or drugs, or used them less frequently than others.

I do not consume any alcohol, cigarettes, or any type of illicit drugs. I also have never tried on any occasion the said substances. I am clean in accordance to the questions. I do plan, however, to drink socially only after I have celebrated my 21st birthday, and even then I plan to only drink small amounts and never consume to the point of intoxication.

As a personal choice I choose not to ever use drugs...I have seen drugs deteriorate people.

I am a collegiate athlete, so I do not want to mess myself up. I am just sorry that there is not more of a sense of community ON campus (capitalized not because I am mad, but to make a point). If more people participated in campus events like a homecoming really Friday night I think people would drink a lot less. Right now it seems like people drink because they think there is nothing else to do, or the campus is too big and they dont want to walk too far, or they dont want to show up because they think nobody else will be there. (Which is a downward spiral....).

Several students had given some thought to the causes of alcohol and drug abuse/use.

Many students, I have noticed, come to college and do not have the self control necessary to maintain themselves and handle the college party scene. You are supposed to have fun, however there is a fine line that many students cross regularly.

There are other reasons for my alcohol use that were not part of the questionnaire. Some of my drinking is because I am being social and I enjoy a glass or two of wine. But I drink more than on social occasions because of unhappiness and stress. The unhappiness is because of family and relationship problems. The stress has been more related to school: 1) the quarter system, which encourages faculty to cover too much material in too little time for me to meaningfully learn it; 2) lack of financial support that doesnt result in burdensome debt. That drinking alcohol is no solution to either problem, I admit, but it does make me feel better, for better or worse.

I know this survey makes it sound like Im probably a raging drunk, but I think that when people use discretion and know the cause of why theyre drinking they have little to worry about. I buy alcohol because it elicits a certain response. People buy gum because it freshens their breath, I buy alcohol because it gets me drunk. People buy products for their effects. I think if people are responsible about their drinking, are aware about the risks, and are respectful of others should they choose to partake, its really not a major issue.

Students leave a restrictive anti-alcohol anti-drug household, and upon arriving at the university as an adult, dont have the skills of self-discipline because discipline has always been provided to them externaly. As a result, they go wild, and sometimes do lasting damage.

Other students thought that alcohol and drugs use among students was inevitable:

Dont bother telling students not to drink or take drugs. We will always want to explore and the freedom of college, for most the first real freedom of their lives, is a time to make our own decisions. We all know what is bad for us and what is illegal. Reiterating that doesnt do anything. Instead, make to school a safe place to learn the consequences of our decisions. Discuss instead of punish, relate instead of preach, friend instead of parent.

SUMMARY AND CONCLUSIONS

Starting in 1991, the UW Office of Educational Assessment, at the request of the Vice President for Student Affairs and the Student Affairs Committee on Alcohol and Substance Awareness, has been administering the biennial University Life and Substance Use Survey to University of Washington students. The intent of these surveys is to solicit information on, and learn more about, the extent to which UW students use alcohol, tobacco, and other drugs, and to determine what additional efforts the University might undertake in this important area.

Undergraduates' sense of belonging

While approximately sixty percent of the undergraduate respondents reported some level of connection with the UW community, they divided almost evenly in terms of whether they felt satisfied with their level of involvement at the University. In comparison, about forty percent of the graduate and professional students reported feeling *more a part than not* or *very much a part* of the University, even as roughly sixty percent reported some level of satisfaction with their involvement at the UW.

Alcohol

In a series of questions, students reported on their history, current level, and pattern of alcohol consumption as well as their perceptions of other University students' alcohol use. As in previous survey years, these items were moderately to strongly correlated with one another. A principal components analysis indicated that the variables *current level of drinking*, *number of alcoholic drinks consumed when drank most during last month*, *average number of drinks consumed per week*, *typical weekend evening alcohol consumption*, and *number of binge drinking episodes during last month* were highly correlated. Replacing these highly correlated variables with a smaller number of uncorrelated items may serve as an equally good indicator of the students' current level of alcohol consumption.⁶

Alcohol use. Around seventy percent of the respondents identified as *light* or *moderate* drinkers, and *non-drinkers* accounted for one-fourth of the respondents. Overall, respondents reported consuming 3.4 drinks a week on average; however, undergraduate and graduate men averaged 5.2 and 4.1 drinks per week, respectively. Although close to one-third of the respondents consumed *no drinks* on a typical weekend evening, another third consumed *1-2 drinks*, while the remaining one-third consumed *3-4 drinks* or *more*. In contrast, a strong majority (67%) of respondents reported no alcohol consumption on a typical weekday evening, while one-fourth of the respondents consumed *1-2 drinks*. Approximately 40% of the respondents had had one or more "binge drinking" episodes (defined as consuming more than 5 alcoholic beverages in a sitting) within the previous two weeks.

⁶ The aim of principal components analysis is to replace a set of correlated variables with a smaller set of uncorrelated variables without losing too much information, that is, without the reduced set of variables accounting for considerably less variance than the original set of variables. One benefit of reducing the number of variables on alcohol consumption would be to have a smaller—yet equally reliable and valid—set of indicators of student alcohol consumption. Another benefit of reducing the number of variables is that it simplifies interpretation of the structure of the data since it is easier to interpret a small number of variables than a large number of correlated variables.

In describing their pattern of alcohol use since enrolling at the UW, nearly eighty-five percent of the undergraduates described their alcohol consumption as having *remained the same* (42%) or *increased* (42%), while seventy-five percent of the graduate and professional students had the same to say about their alcohol consumption. Nearly all the respondents (86%) reported having no plans to change their alcohol consumption.

Students' perceptions of other students' alcohol use. In assessing other students' drinking habits, two-thirds of the respondents estimated that most UW students typically consume between 3 to 6 drinks when partying. Respondents estimated other students' alcohol consumption when celebrating their 21st birthday somewhat higher, with more than eighty percent of the respondents estimating most other students to consume five or more birthday drinks.

Factors associated with Alcohol use. When asked to select from a list the factors that influence their alcohol consumption, respondents most often cited *lifestyle choice* (68%), *friends* (54%), *health risks* (47%), and *family* (42%).

Other drugs

Tobacco. Around seventy-two percent of the undergraduates and roughly eighty-two percent of the graduate and professional students reported currently smoking tobacco *at least once a month*. Among graduate and professional students, half of the smokers also reported that their cigarette use had *remained the same* during their enrollment at UW, while close to one-third reported that their use had *increased* since enrolling at the University. Conversely, almost half had experienced an *increased* cigarette use, while close to one-third felt that their use had *remained the same* while attending the UW. Less than five percent of all the respondents reported using smokeless tobacco.

Marijuana. About one-third of the undergraduates and one-fifth of the graduate students reported currently using marijuana at least *once a month*. Among those 274 respondents, undergraduates were almost evenly divided in terms of whether their marijuana use had *increased* (38%), *remained the same* (34%), or *decreased* (28%), whereas more than half (54%) of the graduate students felt that their use had *remained the same* and 28.6% described their use as *decreased* since enrolling at UW. There were moderate and significant correlations between marijuana use and reported experiences of hangovers, nausea, intoxication in class or at work, and neglect of responsibilities.

Other illicit drugs. Overall, respondents reported minimal use of illicit drugs; however, noticeable minorities of undergraduates used *hallucinogens* (7%), *opiates* (4%), *cocaine* (3%), and *non-prescriptive depressants* (3%). The use of designer drugs correlated with the use of *Cocaine/crack/freebase* ($r = .58$, $p < .001$), while the use of club drugs was positively correlated with the reported use of *hallucinogens* ($r = .54$, $p < .001$).

Nearly all of the respondents reported no change in their illicit drug use since enrolling at the UW. A small majority of undergraduates (55%) as well as graduate and professional students (57%) estimated that most other University students use illicit drugs about *once a month*.

Health risks and help seeking

Although most respondents felt that other UW students generally understand health risks associated with the use of tobacco (77%), alcohol (59%), and drugs (52%), there was still a considerable minority of graduate and professional students who were unsure as to whether students have a good understanding of risks associated with alcohol (23%) and drugs (32%).

Around forty-five percent of the respondents felt that understanding risks associated with tobacco and drugs tends to decrease the use of these substances, while nearly two-thirds of the respondent held that knowledge of alcohol related risks has no effect on students' alcohol consumption.

Most of the respondents were inclined to seek assistance for either themselves or someone else if facing alcohol or drug related difficulties (75% and 71%, respectively). In comparison with all other groups, undergraduate men were least likely to seek assistance for themselves or someone else. Conversely, graduate women were more willing than any other group to seek assistance for themselves or someone else if encountering alcohol or drug related difficulties. In order of frequency, the most commonly cited factors preventing students from seeking help for themselves or a friend were uncertainty about whether there really was a problem, concern about imposing, and not really knowing what to do. Nearly all the respondents (99%) reported never having sought substance abuse related assistance for either themselves or someone else while attending UW.

Campus response to issues related to alcohol and other drugs

Respondents were fairly evenly divided on the question of whether they were aware of University policies on alcohol and drug use, though policy awareness was higher among undergraduates than among graduate and professional students (61% vs. 44%).

Regarding substance-related programs and materials, respondents were most aware of as alcohol advertisements in *the Daily*, tabling on the HUB lawn, Fall Fling, and Swing Dance/Movie/Karaoke nights at the HUB. When asked to list the programs and materials they had seen or participated in, they most frequently cited alcohol advertisements in *the Daily* (22%), tabling on the HUB lawn (18%), HUB Art Gallery display (14%), and the 0-4 drinks advertisements (11%). Undergraduates were three to five times more likely than graduate and professional students to have seen those programs and materials. Respondents awarded the highest quality ratings to Swing Dance/Movie/Karaoke Nights at the HUB, the Great American Smokeout, and the HUB Area Games Night.

While nearly two-thirds of the students were unsure as to whether the University policies on alcohol and drug use are enforced at the University, the remaining one-third of the respondents were split fairly evenly between believing that the regulations are being enforced and believing that they are not being enforced.

Student comments

In an open-ended question to end the survey, respondents were invited to provide any additional comments they wished. About one-third of the students used this opportunity to present personal testimonials about using or not using drugs and/or alcohol, while another third commented on the survey. Of these latter respondents, most students commented on their own responses to previous items on the questionnaire, often offering modifications to or explanations of their answers.

Sex differences

Women were more likely than men to describe their alcohol consumption as *light*, and reported drinking less alcohol than men per week, on a typical weekend evening, and on a typical weekday evening. In comparison to men, women also reported fewer occasions during which they had consumed five or more drinks at a sitting and typically consumed less alcohol during their heaviest drinking occasions. More men than women expected to consume eight or more drinks when celebrating their 21st birthday. There were no considerable sex differences identified in relation to illicit drug use.

In terms of help-seeking behavior, women were more likely than men to seek help for themselves or for someone else if experiencing substance abuse related difficulties.

Comparisons to previous years

Before advancing to comparisons between findings across survey years, a brief note on the comparability of these findings is in order. The 2003 survey included only undergraduate students, but all other surveys (including the present one) included both undergraduate and graduate and professional students. As such, when comparing the data from 2003 and 2005, attention will be awarded solely to any differences that may be attributed to variations among undergraduates in the populations surveyed.

The percentage of who chose the *moderate* label to describe their overall drinking habits rose from roughly 18% in 1997 to 25% in 2005. Likewise, the rate of self-labelling as a *heavy* drinker nearly tripled in the same time period (from 1.2% in 1997 to 3.0% in 2005). Otherwise, the pattern of alcohol consumption among UW students responding to the 2005 survey was similar to that of previous years. No significant differences were identified in self-reported alcohol consumption during typical weekend or weekday evenings or in the number of reported binge drinking occasions.

The percentage of undergraduate respondents who reported having ever used illicit drugs was lower in 2005 (though not significantly so) than in 2003, with about forty percent of the respondents reporting some drug use in the past. Conversely, the percentage of students who reported having used illicit drugs among graduate and professional students was at an all time high at 49%. The percentage of undergraduates who reported being aware of UW drug and alcohol policies was down from 69% in 2003 to 61% in 2005, whereas awareness was at an all time high among graduate and professional students at 44%. The percentage of respondents who felt that these policies were being enforced rose from 14% in 1997 to 23% in 2005.

Methodological notes

The following is a set of suggested revisions to the University Life and Substance Abuse questionnaire. In our opinion, the proposed modifications would serve to improve the questionnaire without jeopardizing the comparability of the responses on these items with previous survey years.

First, we would recommend changing the respondent age item to an open-ended format, as this would allow for a more accurate and flexible analysis of the age distribution of the respondents. For example, using age categories makes impossible any cohort analyses, such as looking at the effect of national drug awareness programs in primary and secondary schools.

Second, the response options on Item 8 (regarding connection to the University) are likely to be confusing to some students, as the mental effort required to answer this question involves comparing each discrete answer option. With this in mind, the answer options could be reformulated into a more easy-to-answer format such as a Likert-type scale ranging from 1 (*Never feel part*) and 2 (*Rarely feel part*) to 4 (*Often feel part*) and 5 (*Always feel part*), with an added response option 3 (*neutral*). Third, we suggest reversing the order of the options on Item 9 so that the scale follows convention by going from low to high (i.e., 1 as *very dissatisfied* and 5 as *very satisfied*). Reversing the scale would make it consistent with other Likert-type items on the questionnaire.

Finally, the order of the response options for Items 13 and 22 (substance use since UW enrollment) could be modified to read: 1 (*decreased*), 2 (*remained the same*), and 3 (*increased*). Again, reordering the answer options in this fashion would bring them in line with convention and consistent with other items on the questionnaire, thereby reducing the chance of unintentional respondent error.

APPENDICES

APPENDIX A: Questionnaire

APPENDIX B: Correlations among measures of alcohol consumption, illicit drug use, and negative events

APPENDIX C: Open-ended comments (Item 8 and Item 37)

APPENDIX D: Invitation message and University Bookstore drawing entry e-mail

APPENDIX E: Reminder e-mail

Appendix A

University of Washington

University Life and Substance Use Questionnaire

Please answer each of the following questions by circling the appropriate number. Your response is entirely voluntary, but because only a few students were selected, every response is important to us. You do not have to answer every question. Please do not put your name on the questionnaire; your response is completely anonymous.

To request disability accommodations, contact the Disability Services Office, 543-6450 (Voice); 543-6452 (TDD); 685-3885 (FAX); access @ u.washington.edu (e-mail).

GENERAL INFORMATION

1. Your class level:

- | | |
|--------------|-------------------------|
| 1. freshman | 5. 5th-year student |
| 2. sophomore | 6. graduate student |
| 3. junior | 7. professional student |
| 4. senior | 8. other |

2. Your age:

- | | |
|------------------|----------------|
| 1. 17 or younger | 6. 22-25 |
| 2. 18 | 7. 26-30 |
| 3. 19 | 8. 31-35 |
| 4. 20 | 9. 36 or older |
| 5. 21 | |

3. Your gender:

- | | |
|-----------|---------|
| 1. female | 2. male |
|-----------|---------|

4. Your ethnicity:

- | | |
|------------------------------|-----------------------------------|
| 1. Black/African American | 5. Hispanic |
| 2. Hawaiian/Pacific Islander | 6. American Indian/Alaskan Native |
| 3. Asian | 7. combination |
| 4. White/Caucasian | 8. other |

5. a. Your cumulative UW grade-point average: _____

b. Grade-point average of your most recently completed quarter at UW: _____

6. Number of quarters you have attended the UW:

- | | |
|--------|---------------|
| 1. 1-3 | 4. 10-12 |
| 2. 4-6 | 5. 13 or more |
| 3. 7-9 | |

7. Which of the following best describes your current living situation?

1. I live in a campus residence hall with no roommate.
2. I live in a campus residence hall with a roommate(s).
3. I live in a fraternity or sorority house.
4. I live in University family housing, or on-campus single student apartments.
5. I live off campus with my parents.
6. I live off campus with my partner only.
7. I live off campus with my child/children only.
8. I live off campus with my partner and child/children.
9. I live off campus with acquaintances.
10. I live off campus alone.

8. To what extent do you feel you are part of the University community?

1. I feel very much a part of the University community.
2. I feel more a part of the University community than not.
3. I sometimes feel I am not a part of the University community.
4. I often feel I am not a part of the University community.

Please comment on your response:

9. To what extent are you satisfied with your involvement at the University?

- | | | | | |
|-------------------|-----------------------|---|--------------------------|----------------------|
| 1 | 2 | 3 | 4 | 5 |
| very
satisfied | somewhat
satisfied | I feel neutral .
about this question | somewhat
dissatisfied | very
dissatisfied |

ALCOHOL USE

The following questions refer to your alcohol use habits. For these questions, one drink = a bottle of beer (12 oz.), or a glass of wine (4 oz.), or one mixed drink.

10. How would you define your current level of drinking?

- | | |
|----------------|-------------|
| 1. non-drinker | 3. moderate |
| 2. light | 4. heavy |

11. How would you describe your level of drinking in high school?

- | | |
|----------------|-------------|
| 1. non-drinker | 3. moderate |
| 2. light | 4. heavy |

12. Think of the occasion you drank the MOST alcohol this past month. How much did you drink?

- | | |
|---------------|-----------------------|
| 1. 0 drinks | 4. 5-6 drinks |
| 2. 1-2 drinks | 5. 7-8 drinks |
| 3. 3-4 drinks | 6. more than 8 drinks |

13. Which of the following best describes the pattern of your alcohol use since enrolling at the UW?

- | | | |
|-----------|-----------|-------------------|
| 1 | 2 | 3 |
| decreased | increased | remained the same |

14. What is the average number of drinks you consume per week? _____

15. On a given weekend evening, how much alcohol (in drinks) do you typically consume? (Estimate over the past three months.)

- | | |
|---------------|-----------------------|
| 1. 0 drinks | 4. 5-6 drinks |
| 2. 1-2 drinks | 5. 7-8 drinks |
| 3. 3-4 drinks | 6. more than 8 drinks |

16. On a given evening during the week, how much alcohol (in drinks) do you typically consume? (Estimate over the past three months.)

- | | |
|---------------|-----------------------|
| 1. 0 drinks | 4. 5-6 drinks |
| 2. 1-2 drinks | 5. 7-8 drinks |
| 3. 3-4 drinks | 6. more than 8 drinks |

17. Think back over the last two weeks. How many times have you had five or more drinks at a sitting?

- | | |
|----------|---------------------|
| 1. none | 4. 3 to 5 times |
| 2. once | 5. 6 to 9 times |
| 3. twice | 6. 10 or more times |

18. How much alcohol do you think most UW students typically consume when they are partying?

- | | |
|---------------|-----------------------|
| 1. 0 drinks | 4. 5-6 drinks |
| 2. 1-2 drinks | 5. 7-8 drinks |
| 3. 3-4 drinks | 6. more than 8 drinks |

19. How many drinks do you expect to consume when celebrating your 21st birthday? If you are already 21, how many drinks *did* you consume when celebrating your 21st birthday?

- | | |
|---------------|-----------------------|
| 1. 0 drinks | 4. 5-6 drinks |
| 2. 1-2 drinks | 5. 7-8 drinks |
| 3. 3-4 drinks | 6. more than 8 drinks |

20. How many drinks do most UW students consume when celebrating their 21st birthdays?

- | | |
|---------------|-----------------------|
| 1. 0 drinks | 4. 5-6 drinks |
| 2. 1-2 drinks | 5. 7-8 drinks |
| 3. 3-4 drinks | 6. more than 8 drinks |

OTHER DRUG USE

(Remember that your responses are confidential.)

21. Have you ever used illicit (i.e., illegal) drugs? 1. yes 2. no

22. Please circle how frequently you **currently** use the following substances and whether your use has decreased, increased or remained the same while at the UW. For prescription drugs indicate your use of the substance only if: a) it was not prescribed for you or b) you used it for the experience or feeling it caused.

	<u>Frequency</u>										<u>Use at UW</u>		
	1 = never use	2 = less than once a month	3 = about once a month	4 = two or three times a month	5 = once or twice a week	6 = three or four times a week	7 = nearly every day	8 = once a day or more	1 = decreased	2 = increased	3 = same		
a. Cigarettes, cigars, pipe tobacco	1	2	3	4	5	6	7	8	1	2	3		
b. Smokeless tobacco (chew)	1	2	3	4	5	6	7	8	1	2	3		
c. Marijuana or hashish	1	2	3	4	5	6	7	8	1	2	3		
d. Cocaine (crack, freebase)	1	2	3	4	5	6	7	8	1	2	3		
e. Stimulants (amphetamines, methylphenidate-Ritalin, Adderall)	1	2	3	4	5	6	7	8	1	2	3		
f. Stimulants non-prescription (uppers, speed, methamphetamine, crystal)	1	2	3	4	5	6	7	8	1	2	3		
g. Depressants (Valium, Xanax, barbiturates)	1	2	3	4	5	6	7	8	1	2	3		
h. Depressants non-prescription (Benadryl, antihistamines)	1	2	3	4	5	6	7	8	1	2	3		
i. Hallucinogens (LSD, PCP, mushrooms)	1	2	3	4	5	6	7	8	1	2	3		
j. Opiates (codeine, morphine, painkillers, Vicodin, Percocet, Oxycontin)	1	2	3	4	5	6	7	8	1	2	3		
k. Opiates non-prescription (heroin, opium)	1	2	3	4	5	6	7	8	1	2	3		
l. Inhalants (glue, solvents, nitrous oxide, amyl nitrate)	1	2	3	4	5	6	7	8	1	2	3		
m. Steroids	1	2	3	4	5	6	7	8	1	2	3		
n. Club drugs (GHB, ecstasy, DXM, Rohypnol, ketamine)	1	2	3	4	5	6	7	8	1	2	3		
o. Designer drugs (herbal ecstasy, MDMA)	1	2	3	4	5	6	7	8	1	2	3		
p. Other substances (please list):	1	2	3	4	5	6	7	8	1	2	3		

23. Please circle how frequently you believe most UW students typically use the following substances.

Frequency

- | | |
|--------------------------------|--------------------------------|
| 1 = never use | 5 = once or twice a week |
| 2 = less than once a month | 6 = three or four times a week |
| 3 = about once a month | 7 = nearly every day |
| 4 = two or three times a month | 8 = once a day or more |

a. Alcohol	1	2	3	4	5	6	7	8
b. Cigarettes	1	2	3	4	5	6	7	8
c. Marijuana or hashish	1	2	3	4	5	6	7	8
d. Other illicit (i.e., illegal) drugs	1	2	3	4	5	6	7	8

24. Which of the following best describes your status as a (cigarette) smoker?

1. I have never been a smoker.
2. I used to smoke, but stopped at least one year ago.
3. I used to smoke, but stopped within the past 12 months.
4. I'm a current smoker and would like to stop.
5. I'm a current smoker and have no plans to stop any time soon.

UNDERSTANDING OF HEALTH/SAFETY RISKS AND SERVICES

25. Do you believe that UW students generally have a good understanding of the health risks associated with use of:

- | | | | |
|--------------|--------|-------|-----------|
| alcohol? | 1. yes | 2. no | 3. unsure |
| tobacco? | 1. yes | 2. no | 3. unsure |
| other drugs? | 1. yes | 2. no | 3. unsure |

26. Do you believe that understanding the health risks associated with alcohol, tobacco and other drug use decreases other students' use of:

- | | | | |
|--------------|--------|-------|-----------|
| alcohol? | 1. yes | 2. no | 3. unsure |
| tobacco? | 1. yes | 2. no | 3. unsure |
| other drugs? | 1. yes | 2. no | 3. unsure |

27. If you or a friend were experiencing difficulties because of alcohol and/or other drug abuse, would you seek assistance?

- | | | | |
|-------------------|--------|-------|-----------|
| for yourself? | 1. yes | 2. no | 3. unsure |
| for someone else? | 1. yes | 2. no | 3. unsure |

If yes, where would you seek assistance? (It is okay to choose more than one.)

- | | |
|---|--|
| 1. UW Hall Health Primary Care Center/
Mental Health Clinic | 6. AA or Al Anon meetings on or near
campus |
| 2. UW Counseling Center | 7. an off-campus resource |
| 3. Addictive Behaviors Research Center/
UW Psychology Department | 8. friend |
| 4. residence hall advisor | 9. family member |
| 5. Substance Abuse Educator in the
residence halls | 10. don't know |

28. If you wouldn't seek assistance, what factor(s) would keep you from obtaining help for yourself or a friend? (It is okay to choose more than one.)

1. cost
2. concern about imposing
3. not really knowing what to do
4. uncertainty about whether or not there really was a problem
5. concern that someone might find out
6. other

29. Have you sought assistance for alcohol and/or other drug abuse since enrolling at the University?

- | | | |
|-------------------|--------|-------|
| for yourself? | 1. yes | 2. no |
| for someone else? | 1. yes | 2. no |

If yes, where did you seek such assistance? (Please list.)

30. Please indicate how often you have experienced the following due to your drinking or other drug use during the last year.

Frequency

1 = never 4 = 3 to 5 times
 2 = once 5 = 6 to 9 times
 3 = twice 6 = 10 or more times

a. Had a hangover	1	2	3	4	5	6
b. Performed poorly on a test or important project	1	2	3	4	5	6
c. Been in trouble with police, residence hall, or other college authorities	1	2	3	4	5	6
d. Damaged property, pulled fire alarm, etc.	1	2	3	4	5	6
e. Gotten into an argument or a fight	1	2	3	4	5	6
f. Gotten nauseated or vomited	1	2	3	4	5	6
g. Driven a car while under the influence	1	2	3	4	5	6
h. Missed a class/work	1	2	3	4	5	6
i. Been criticized by someone I know	1	2	3	4	5	6
j. Thought I might have a drinking or other drug problem	1	2	3	4	5	6
k. Had a memory loss	1	2	3	4	5	6
l. Done something I later regretted	1	2	3	4	5	6
m. Been arrested for DWI/DUI	1	2	3	4	5	6
n. Been taken advantage of sexually	1	2	3	4	5	6
o. Taken advantage of another sexually	1	2	3	4	5	6
p. Engaged in unprotected sex	1	2	3	4	5	6
q. Tried unsuccessfully to stop using alcohol or other drugs	1	2	3	4	5	6
r. Seriously thought about suicide	1	2	3	4	5	6
s. Seriously tried to commit suicide	1	2	3	4	5	6
t. Been hurt or injured	1	2	3	4	5	6
u. Went to class or work intoxicated or high	1	2	3	4	5	6
v. Passed out	1	2	3	4	5	6
w. Neglected responsibilities	1	2	3	4	5	6
x. Drank or used more than I had planned/wanted to	1	2	3	4	5	6

31. Are you planning to change the amount you drink within the next three months?

1. no
2. yes, I plan to decrease the amount I drink
3. yes, I plan to increase the amount I drink

32. Has anyone in your family ever had a problem with alcohol or other drugs?

1. yes
2. no

CAMPUS RESPONSE TO ISSUES RELATED TO ALCOHOL AND OTHER DRUGS

University of Washington policy on alcohol or other drug use (from the brochure, *Your Safety... Your Health: A Student Guide to Campus Safety and Substance Awareness*, which is distributed to all students):

Generally, possession and consumption of alcoholic beverages are not permitted on campus. The exceptions are 1) meetings or other functions when a state banquet permit has been obtained, or 2) in residence hall rooms or apartments with the doors closed, except that kegs or other common source containers are never allowed in the residence halls. As prescribed by State law, it is illegal to sell alcohol without a permit and no one under age 21 is permitted to consume alcohol. Furthermore, the unlawful possession, use, distribution, or manufacture of alcohol or controlled substances on the University campus or during University-sponsored activities is prohibited.

33. Were you previously aware of University policies on alcohol and other drug use?

1. yes
2. no

If yes, do you believe they are enforced?

1. yes
2. no
3. no basis to judge

34. Following is a list of UW educational programs and printed materials coordinated during 2003-2004 and/or 2004-2005 and related to alcohol and other drugs.

c. If you <u>have seen or attended</u> this event, how would you rate it? ▼											
b. Have you actually seen or attended this event? ▼											
a. Have you been <u>aware</u> of these programs and materials? ▼											
		Yes	No	Yes	No	Poor	Fair	Good	Very good	Excellent	No opinion
1.	Fall Fling	Y	N	Y	N	1	2	3	4	5	6
2.	Sobriety tests with goggles that simulate intoxication / tricycle obstacle course	Y	N	Y	N	1	2	3	4	5	6
3.	<i>Alcohol 101</i> CD-ROM	Y	N	Y	N	1	2	3	4	5	6
4.	<i>Alcohol Poisoning</i> pamphlet	Y	N	Y	N	1	2	3	4	5	6
5.	Advertisements in <i>The Daily</i>	Y	N	Y	N	1	2	3	4	5	6
6.	HUB Games Area Nights	Y	N	Y	N	1	2	3	4	5	6
7.	Swing dances/movie nights/karaoke in the HUB	Y	N	Y	N	1	2	3	4	5	6
8.	Alcohol and Substance Awareness Nights at men's/women's basketball games	Y	N	Y	N	1	2	3	4	5	6
9.	<i>Finding Out What You Need to Know About Alcohol and Other Drugs</i> brochure	Y	N	Y	N	1	2	3	4	5	6
10.	Alcohol Awareness Week Events (dodgeball, comic speaker, etc.)	Y	N	Y	N	1	2	3	4	5	6
11.	Great American Smokeout	Y	N	Y	N	1	2	3	4	5	6
12.	Body outlines	Y	N	Y	N	1	2	3	4	5	6
13.	HUB art gallery display	Y	N	Y	N	1	2	3	4	5	6
14.	Programs presented in the residence halls	Y	N	Y	N	1	2	3	4	5	6
15.	Programs presented in the Greek Chapters	Y	N	Y	N	1	2	3	4	5	6
16.	Ads with the phrase, "0-4 drinks"	Y	N	Y	N	1	2	3	4	5	6
17.	Safe Spring Break events/goodie bags	Y	N	Y	N	1	2	3	4	5	6
18.	Tabling on the HUB Lawn	Y	N	Y	N	1	2	3	4	5	6

34d. Are there other programs you would like to see?

35. Which of the following may influence the extent of your alcohol use? (Circle as many as apply.)

- | | |
|--|---|
| 1. state or federal law | 9. classes on Friday |
| 2. University policies regarding alcohol and other drugs | 10. classes in the mornings |
| 3. rules of living group | 11. alcohol advertising in <i>The Daily</i> |
| 4. awareness of health risks | 12. alcohol promotions at local establishments |
| 5. lifestyle choice | 13. availability of alcohol-free fun events |
| 6. influence of friends | 14. University educational efforts (specify: _____) |
| 7. influence of family | |
| 8. religious beliefs | 15. other _____) |

36. Which of the following may influence the extent of your illicit drug use? (Circle as many as apply.)

- | | |
|--|---|
| 1. state or federal law | 9. classes on Friday |
| 2. University policies regarding alcohol and other drugs | 10. classes in the mornings |
| 3. rules of living group | 11. availability of substance-free fun events |
| 4. awareness of health risks | 12. University educational efforts (specify: _____) |
| 5. lifestyle choice | |
| 6. influence of friends | 13. other _____) |
| 7. influence of family | |
| 8. religious beliefs | |

37. Additional comments?

Appendix B
Correlations among drug use, measures of alcohol consumption, and negative events

Correlations among measures of current alcohol consumption

Item	1	2	3	4	5	6	7	8
1. How would you define your current level of drinking? (Item 10)	-							
2. High school level of drinking (Item 11)	.32	-						
3. When drank most during last month (Item 12)	.78	.29	-					
4. Average number of drinks consumed in per week (Item 14)	.65	.28	.62	-				
5. How much do you typically consume on a weekend evening? (Item 15)	.75	.29	.75	.72	-			
6. How much do you typically consume on a weekday evening? (Item 16)	.57	.24	.55	.69	.58	-		
7. Number of binge drinking occasions in last two weeks (Item 17)	.63	.24	.71	.78	.71	.62	-	
8. Number of drinks consumed on 21st birthday (Item19)	.54	.37	.61	.40	.51	.39	.45	-

Note. $n=962$. Coefficients equal to or greater than $|.106|$ are significant at $p < .001$.

Correlations among frequencies of drug use

Drug	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1. Cigarettes	-															
2. Smokeless tobac.	.10	-														
3. Marijuana	.35	.07	-													
4. Cocaine	.19	.04	.27	-												
5. Stimulants	.04	.05	.04	.14	-											
6. Stimulants (nonRx)	.03	-.01	.01	.20	-.00	-										
7. Depressants	-.01	-.01	.01	.01	-.01	-.003	-									
8. Depressants (nonRx)	.06	-.02	.03	.01	-.01	-.01	.02	-								
9. Hallucinogens	.13	.15	.32	.39	.08	.20	.01	.10	-							
10. Opiates	.14	.14	.16	.19	.02	.12	.05	.04	.07	-						
11. Opiates (nonRx)	.01	-.01	.10	.34	-.01	-.00	.06	.08	.11	.29	-					
12. Inhalants	.10	-.01	.06	.24	.02	.41	.04	.11	.32	.09	-.01	-				
13. Steroids	-.02	-.01	.01	-.01	-.00	-.00	-.00	-.01	-.01	-.01	-.003	-.004	-			
14. Club drugs	.11	.15	.09	.46	.10	.33	-.01	.19	.54	.11	.38	.13	-.01	-		
15. Designer drugs	.09	-.01	.06	.58	.14	-.00	-.01	.03	.35	.06	.33	-.01	-.003	.58	-	
16. Other	.01	-.02	-.02	-.02	.002	-.01	-.02	.06	.02	.003	-.01	.09	-.01	-.02	-.01	-

Note. $n=629$. Coefficients equal to or greater than $|.131|$ are significant at $p < .001$.

Correlations between drug use and alcohol consumption

Drug	Drinking level (Item 10)	High school level of drinking (Item 11)	Heaviest drinking (Item 12)	Drinks per week (Item 14)	Weekend drinking (Item 15)	Weekday drinking (Item 16)	Binge drinking (Item 17)	Number of drinks on 21 st birthday (Item 19)
Cigarettes	.34	.21	.34	.37	.39	.33	.35	.28
Smokeless tobac.	.20	.15	.23	.42	.31	.27	.30	.15
Marijuana	.37	.28	.40	.32	.41	.27	.38	.33
Cocaine	.12	.13	.14	.12	.18	.14	.16	.06
Stimulants	.07	.05	.08	.02	.03	.05	.04	.06
Stimulants (nonRx)	.05	.07	.03	.01	-.005	.03	-.02	.06
Depressants	-.07	.04	-.06	-.04	-.05	-.03	-.03	-.01
Depressants (nonRx)	.004	.00	.005	-.02	-.02	-.02	-.05	-.05
Hallucinogens	.14	.15	.17	.10	.21	.19	.12	.08
Opiates	.15	.13	.15	.18	.20	.13	.16	.12
Opiates (nonRx)	.07	-.01	.04	.09	.02	.04	.06	-.03
Inhalants	.08	.07	.09	.06	.08	.12	.07	.06
Steroids	-.003	.07	-.02	-.00	-.005	.03	-.02	.01
Club drugs	.08	.07	.05	.07	.07	.40	.03	-.02
Designer drugs	.05	.09	.08	.11	.11	.04	.11	.01
Other	.05	.03	.002	.05	.005	.02	-.02	-.05

Note. $n=613$. Coefficients equal to or greater than $|.135|$ are significant at $p < .001$.

Correlations between negative events and alcohol consumption.⁷

Event	Drinking level (Item 10)	High school level of drinking (Item 11)	Heaviest drinking (Item 12)	Drinks per week (Item 14)	Weekend drinking (Item 15)	Weekday drinking (Item 16)	Binge drinking (Item 17)	Number of drinks on 21 st birthday (Item 19)
Had a hangover	.66	.36	.70	.53	.60	.45	.52	.55
Did poorly on test or important project	.30	.18	.30	.29	.31	.33	.35	.23
Been in trouble w/ police authorities	.18	.09	.22	.14	.20	.15	.23	.16
Damaged property, pulled fire alarm, etc.	.21	.14	.25	.33	.28	.21	.29	.15
Gotten into an argument or fight	.32	.17	.35	.40	.37	.33	.41	.25
Gotten nauseated or vomited	.53	.24	.56	.41	.52	.37	.48	.44
Driven car while under the influence	.37	.23	.38	.39	.43	.30	.39	.24
Missed class or work	.41	.19	.44	.43	.43	.49	.50	.36
Been criticized by someone I know	.34	.15	.32	.32	.34	.34	.35	.32
Thought I might have an alc/drug problem	.31	.20	.27	.34	.31	.23	.29	.14
Had a memory loss	.47	.29	.53	.49	.49	.45	.57	.44
Have done something I later regretted	.45	.24	.46	.46	.46	.38	.48	.35
Been arrested for DWI/DUI	.08	.13	.08	.11	.12	.15	.09	.02
Been taken advantage of sexually	.13	.05	.14	.07	.14	.09	.11	.14
Taken advantage of another sexually	.06	.05	.11	.06	.06	.05	.10	.05
Engaged in unprotected sex	.22	.15	.24	.20	.23	.20	.23	.18
Tried unsuccessfully to stop using	.19	.18	.20	.24	.29	.21	.24	.14
Seriously thought of suicide	.12	.02	.15	.10	.12	.06	.18	.10
Seriously tried to commit suicide	.04	.02	.05	.01	.05	.02	.09	.03
Been hurt or injured	.26	.15	.30	.31	.32	.31	.34	.25
Went to class or work intoxicated or high	.38	.23	.37	.49	.43	.37	.45	.25
Passed out	.45	.25	.49	.46	.45	.42	.50	.39
Neglected responsibilities	.41	.21	.39	.44	.42	.36	.44	.26
Drank/used more than planned/wanted	.59	.29	.60	.50	.54	.44	.53	.46

Note. $n=890$. Coefficients equal to or greater than $|.111|$ are significant at $p < .001$.

Correlations between negative events (Item 30) and drug use (Item 22).⁸

	Cigarettes	Smokeless Tobacco	Marijuana	All other (Mean)
Had a hangover	.38	.23	.44	.23
Did poorly on test or important project	.28	.14	.29	.22
Been in trouble w/ police authorities	.13	.16	.15	.07
Damaged property, pulled fire alarm, etc.	.14	.28	.18	.16
Gotten into an argument or fight	.23	.16	.31	.25
Gotten nauseated or vomited	.32	.14	.42	.17
Driven car while under the influence	.29	.16	.29	.15
Missed class or work	.35	.14	.35	.17
Been criticized by someone I know	.21	.12	.24	.19
Thought I might have an alc/drug problem	.32	.10	.28	.19
Had a memory loss	.27	.22	.36	.18
Have done something I later regretted	.26	.14	.33	.20
Been arrested for DWI/DUI	.05	.14	.04	.08
Been taken advantage of sexually	.12	.01	.15	.10
Taken advantage of another sexually	.07	.04	.07	.01
Engaged in unprotected sex	.16	.11	.18	.20
Tried unsuccessfully to stop using	.23	.06	.21	.18
Seriously thought of suicide	.17	.09	.23	.11
Seriously tried to commit suicide	.05	-.01	.05	.01
Been hurt or injured	.18	.17	.23	.23
Went to class or work intoxicated or high	.34	.22	.42	.32
Passed out	.29	.19	.37	.22
Neglected responsibilities	.38	.16	.40	.29
Drank/used more than planned/wanted	.31	.17	.38	.22

Partial correlations controlling for current alcohol consumption

	Cigarettes	Smokeless Tobacco	Marijuana	All other (Mean)
Had a hangover	.09	.05	.11	.12
Did poorly on test or important project	.13	-.02	.11	.05
Been in trouble w/ police authorities	.007	.10	.03	.03
Damaged property, pulled fire alarm, etc.	.002	.17	-.01	.05
Gotten into an argument or fight	.06	.09	.13	.12
Gotten nauseated or vomited	.08	-.06	.15	.08
Driven car while under the influence	.09	.03	.06	.10
Missed class or work	.12	.04	.09	.07
Been criticized by someone I know	.07	-.02	.07	.05
Thought I might have an alc/drug problem	.30	-.06	.17	.19
Had a memory loss	.01	.05	.14	.05
Have done something I later regretted	.03	.02	.07	.10
Been arrested for DWI/DUI	.009	.21	-.04	.03
Been taken advantage of sexually	.01	-.04	.01	.02
Taken advantage of another sexually	-.03	.03	.02	.05
Engaged in unprotected sex	.03	.04	.05	.21
Tried unsuccessfully to stop using	.16	-.06	.22	.17
Seriously thought of suicide	.11	-.04	.17	.09
Seriously tried to commit suicide	-.02	-.02	-.01	-.02
Been hurt or injured	-.002	-.01	.02	.08
Went to class or work intoxicated or high	.11	.10	.37	.21
Passed out	.05	.09	.12	.12
Neglected responsibilities	.23	-.03	.26	.26
Drank/used more than planned/wanted	.10	.001	.12	.13

Note. $n=900$. Coefficients equal to or greater than $|.11|$ are significant at $p < .001$. Current alcohol use was calculated as the mean z-score of items 10, 12, and 14-17.

APPENDIX C

Open-ended Comments

Item 8. To what extent do you feel you are part of the University community? Please comment on your response.

I pretty much attend classes and then go home. I attended most of the football games in the fall, but other than that I dont have much time to get involved.

I go to the evans school of public affairs and feel close with the student body and faculty. I have an RAship in the department and work alongside others on a program with visiting international fellows. i show them around the university and acquainted

I wouldnt have felt so much a part if I wasnt so involved in student activities and student organizations.

Gatherings and whatnot or nice. Mostly i choose to hang-out elsewhere.

I was a student athlete and at the time I felt involved in the school and met a lot of people. Without being in the greek system or being an athlete there really is not much in teh way of meeting new people.

i know my professors and students in my majors and i know my way around campus very well. in short, im comfortable here.

With 40,000 students, its hard to have a real community anyway. Were the size of a small city, not a "community" that will do "community"-type things.

Working almost full-time and trying to attend college full-time make it almost impossible to realy experience the university community. I never have the time to participate in most of the activities I would like to.

Due to my busy schedule, tending to family, business and school I rarely have the occasion to participate in extracurricular activities initiated by the University.

Take part in activities on campus, but dont always know about everything going on on campus

I spend a lot of time off campus. Most of the time I am doing school related things but I dont think homework makes a person part of the community. My occasional exclusion from the university community is, however, voluntary and not due to lack of opportunities

Im not sure what "university community" exactly refers to. I feel accepted and happy here, but still view myself as an extremely small piece of the puzzle.

I am enrollded in a distance learning course

As a graduate student, we pretty much stick to our department.

Im active in honor societies, study abroad, various clubs, volunteering, classes, and I try to take advantage of the local happenings to thee fullest extent.

The University is my job, but I dont use any of the other aspects of the university.

My age usually distances myself from the typical UW student. Im more interested in the pursuit of my degree than in living "the college life", such as frat/sorrurity parties and the like.

I live in California. My program is "partial distance" and Im only on campus one month in the summer, and 2 weekends per semester.

I have a large friend network both within the business school and through many other contacts. I am active in campus events, like the Global Business Challenge, and attend class regularly.

I am a commuting student with a home over 1 hour away, university "life" is not a priority to me

Im very involved in my hall council and even more involved with RHSA. I feel very connected.

While I feel part of the UW community, I relate more with the program I am in than the whole university. This probably partly due to the fact that I am in the MBA program.

I have little time to participate in any on-campus activities besides those that are educational.

I am involved with campus groups. I have a large network of friends ranging from the Greek system to people living in dorms and off campus. Plus I am always on campus, in the HUB, the library, etc.

I feel a part of the community, but I am a grad student, so I am not as involved with campus life as I was as an undergrad.

I participate in various events with my sorority which are usually offered jointly with other houses in the greek system.

I am involved where I want to be, but am also involved in outside communities involved with various groups

Living near campus, going to class and working on campus.

Since I am touch with all the happenings in the university, I feel a part of the community.

I feel more a part of the greek community.

I feel very at home and comfortable here.

Because I live at home, I do not hang out on campus that much. However, I do feel comfortable while at school and like to know whats going on.

The U is just so big, especially in lecture classes with 400 or 500 students.

Ive found it extremely hard to meet people, and I have found that most of the student organizations do not really make it easier. Most of them are ethnic or religious, none of which I identify with.

Living on campus makes it very easy to feel a part of the University community. Im not really involved in any organizations because I dont have time for them which makes me sometimes feel that I am missing out on a part of the University community experience

I am connected to my group of friends that I have been proactive in meeting. The University has done nothing to help my social life while at UW.

this is my first quarter at UW. I had a 4.0 at one college and 3.98 at another. So... Im still wet behind the ears and trying to figure stuff out. Sure wish I lived on campus... but my husband probably would object.

Most of my friends and acquaintances are graduated or not attending the UW. Being a transfer student and living and working off campus, there is not much time left to become involved. The more classes I take and people I meet through my department th emore I feel Im becoming involved.

As a law student, I dont really participate in the society of the University of a whole, although this is not neccisarily a bad thing

I feel that if I want to get more involved within the UW community then there are plenty of opportunities that available for me to be. It all depends on how much I work or what not.

I am not that involved with the campus community because I am a mother of two and have priorities to my family.

Its especially difficult for somebody who has to commute, but my classes and interests keep me involved to an extent which I am currently happy about.

i think living so far off campus (in Bellevue) makes it hard to be a complete part of the campus community.

Law school is very isolated

Im very connected to the College of Education and its faculty but have very little to do with the rest of campus.

I spend most of my time in my intended major working with the people in that dept. but not in other campus activities.

I spend a lot of times in the dorms and in classes.

I live with 9 roommates and we all attend UW and have many friends from UW.

I am involved in school activities and philanthropy events benefiting the community through my sorority and the greek system

I am a non-matriculated student considering applying for a graduate school. Im taking only a course per quarter.

Im in the law school. Its quite separate from the rest of the university community. I have limited interaction with other professional schools, but very infrequently.

i am only on campus for classes and work, and do not have time to attend many university events, so feel only provisionally part of the community.

I am involved with a few activities on campus.

The only part of the University community I experience is within the dorms and that is only with a limited number of people.

I am a medical student.

As someone who commutes from Kitsap County and has a family, I often feel disconnected from campus community. I also feel that I am strongly encouraged by professors to attend school events and meetings but they are not usually at times that I can attend

I am involved with student groups, play ima sports, and work on campus.

Even though I live off campus, I'm at school all day long and I do as much there as I can, academically and socially, so I feel very much a part of the university community.

My first few years I was more involved in the University and these last couple I have slowly pulled away as I proceed toward graduation and the completion of my studies.

I have attended three other schools previous to this, and have been more involved on this campus than on two of the three others. I find that the physical size of the university is daunting, and would like to learn more about activities, but haven't had the energy to go wandering around campus looking into buildings and checking poster boards. I hope to have settled in completely by sometime next quarter.

I participate in some of the programs like UW Leaders and work at the library, but sometimes I feel as if I am not part of university especially because I'm an international student and there are some disadvantages for Intl students, such as no financial aid.

I am involved with a couple of clubs on campus and with the resident hall community

I used to be very involved with several different clubs and an internship at UW and only of last quarter did all my activities end. Previously I did feel like I was a part of the community but now with no extracurriculars I'm not really a part anymore.

As a returning former-student I feel involved with the University, but am also a little "outside the box" when it comes to my demographic; older, formerly professional students don't feel the same affiliations with on-campus groups designed for typical undergraduates.

I just typically don't go in to campus. Just doing dissertation hours; not currently funded, of my own choice, to devote more time to cranking thru the dissertation. Not resentful of not being part of the community; just ready to move on. :)

To me the U community is about personal connections, not about U events. I feel very connected to the College of Ed, and to my friends all around campus, to the intellectual life of the departments I participate in, and the cultural life of the Ave

Living on campus, I have ample opportunities to meet and hang out with people.

I have classes with 45 people - it makes a big difference!

tough when you are an EMBA student but I definitely feel like a UW student sometimes (just a little older)

I don't go out of my way to get involved in activities.

I am involved in a few things but sometimes I like my personal space.

I feel I have a good grasp as to what is happening on the UW campus on a weekly basis.

I work and go to school here. This is my 6th year at this institution

As an evening student, I arrive after most other students have left.

There is not very many university-wide events and even at such events the large size of the university tends to divide students into cliques from which they rarely venture out.

The University's size can be intimidating, especially during classes, but I have found smaller groups and communities within the University to participate in.

I'm pretty involved in student organizations, I attend classes every day, and I am usually walk around campus talking to friends.

I am a full-time employed evening MBA student, thus don't feel closely associated to University culture due to other obligations.

I have a long commute by bus every day that prevents me from spending as much time with my fellow grad students as I would like (both on homework and on recreation).

I feel a part of my department, but am not connected to other department happenings or school-wide functions.

I would like to be a part of some extra-curricular group, but have yet to do so.

For the most part, I feel like I am a member of a very large group. I can participate in particular events (clubs etc.) and make use of the various services available to me (HUB, UPASS etc.). However, since I am a graduate student and my partner is not a student, I do not participate in many of the social activities that would draw me closer to other members of this community. As a consequence, there are times when I don't feel like I belong to the University community.

The dorms help keep me in touch with the UW community.

I have young children, a job and a husband, so I am busy elsewhere.

As a law student, I am very involved in the UW law community, but not with the rest of the university.

I am a distance student and live in Portland, OR.

I am married and do not feel the need to constantly be around my colleagues.

I only spend time with my closest friends. I don't really participate in UW activities...unless sporting events are included.

too many people. too many things going on. lack of interest

This is my first quarter at UW. I am the only one in my program. Sometimes I choose to just go to class and then go home/work.

I am pretty much only in the Health Sciences Building so I feel very removed from the rest of campus.

Well because of how clique-ish the UW is, sometimes it's hard to believe that you want to be here until you graduate.

There are only so many people you can meet and then meet again since there are so many people attending the UW.

I live outside of Seattle and come to the UW once a month for an executive mpa program

I am definitely more a part of the law school community than the university as a whole.

I don't care much to be a part of student organizations too much (I belong to two), and I don't care much about student politics, so I could be more involved, but I feel involved enough for my own satisfaction.

I felt more a part of the University Community when I lived on campus. Now I live within walking distance, but far away enough to where I'm not surrounded by it. I can choose to be part of it or not now. Before, I had no choice.

I feel just as much a part of the University community as I did 28 years ago except I am more anxious to finish my undergrad degree.

As a graduate student, I am very involved in the department but not particularly with the university as a whole. Also I have only been here since September of 2004

I feel like I am always on campus, but I do not feel as much spirit about the University as I wish I did.

I feel like I don't have much in common with my peers at UW.

I am in a very time-consuming program that doesn't bring me to very many parts of campus. However, as a graduate student I am not very concerned about not being a part of a community other than my college.

Sometimes it's difficult as a professional student to be totally involved with the larger University community.

I'm a freshman on a sophomore floor so I don't feel any kind of attachment here but I do other places

I lived in the Lander last year and did not feel apart of the UW community but this year I live on 50th and 17th with 8 others and I feel like UW is my school

I am a doctoral student and am here only 2 days per week. I feel that I am much older than the majority of the students and that I am entirely different. I had that life when at Western from 1990-1995, so I'm not missing out! Just feel different. I only

I really am not aware of anything going on on campus, but I do go to my major sponsored talks and use the extra facilities like the gym and the health center.

I felt very much a part of the community as an undergrad, but now returning as a graduate student six years later and living in a Seattle neighborhood away from the U-district, I feel like only a part-time (i.e. day) member of the University community.

I'm not sure what the "university community" is. I have my friends here, I hang out with them. If I am not part of the U community, I am not part of any community, however I feel like my community is the group of people whom I hang out with who all are U

There isn't any reason I DON'T feel a part of the University community, but it is such a large campus that there are days you don't really feel like the entire college experience is there.

I spend all my time at an off-campus laboratory.

Everyone defines community differently. I feel very connected to parts of UW, notably the Health Sciences Center, but disconnected from undergraduates.

I worked at UW before becoming a student so I feel very comfortable on campus and make use of the resources often, but I do not participate very much in UW events, clubs, etc.

I feel very much a part of the University community.

My lifestyle at this time does not allow the time to participate in the community

This would not have been true up to two years ago, when I went to work outside of the University and moved away from the University area. I did this when the majority of my classwork was completed for my advanced degree and only the research and writing living in the Greek system, there is always action and people, UW students, around

I do feel a part of the departmental community, but not the UW community.

I am as much a part of the community as I would like to be.

Im happy about the number of interesting events and activities occuring around me. As a graduate student, I feel I dont take full advantage of these opportunities, but thats life I guess.

I am very involved with the university community. I work for a number of campus organizations which takes up a great deal of my time.

I feel very bonded with my fellow group of graduate students. We interact daily and share a sense of togetherness in our program.

Though Im not entirely certain what this question refers to, I would say that I feel relatively connected to the UW based on my own efforts to stay abreast of happenings, speakers, events, etc.

I feel that I am a part of the Greek community, but not the University Community.

I am in a program through the school of medicine. I only take these classes so do not interact with other students.

I am involved in clubs and such, but dont feel like my base of friends is in/at the University.

university community???

depends on which part.

I go to a church on campus, classes and IMA. The HUB sometimes.

Im quite a bit older than most undergrads, so I feel there arent a lot of opportunities for me to get involved in campus life. My community are the people and professors I meet in my classes.

Lack of intellectual diversity, and cultural and political biases, have been alienating.

I dont go out as much, but I do enjoy everytime I spent in UW.

At such a big University it is sometimes easy to not feel involved in University life or like part of the student body. Especially if you live off-campus.

Older student and Im too busy studying.

I am a medical student in her third year. I am travelling nearly every 6 weeks to a new location. I am away from my spouse and regular residence because of this. I see friends from medical school on occasion, but spend very little time on campus. I am the

i go home a lot, because our school is really nasty (people wise).

I dont participate in a lot of activities on campus. I am much more involved in my "greek life" than my university community.

I dont really do anything socially with other students. Im never on campus other than for classes.

I have specifically worked to involve myself with the "university community". From what I can tell, the "community" doesnt exist beyond the Greek system and residence halls.

I feel that I am part of the campus community. There are ways for me to get involved, if I so choose, and its very easy to interact with many people, even within such a large campus. However, it is not forced which is good.

I dont relate to the group as a whole, but Ive found my niche

Im apathetic towards the community.

I think that everything I could ever want to get involved in is offered at UW. Its just up to me whether or not I participate.

I have few connections to campus and frequently do not feel a part of the community.

I start ti feel I am a Husky now. I do not have this kind of feeling during my first year in UW.

I am in contact with many people on my floor.

My life pretty much revolves about school. I go to school 6 days a week and all the people that I know are through the university.

I wish I had more time to attend public events at the university.

Im an officer of the Taiwanese Students Association at UW, so I feel like Im contributing to the student organization.

I feel like I dont have the time to partake in activities that are going on around campus. Also, I find it difficult to actually find activities that are going on around campus.

A international student maybe feel sometimes he is not a part of the world.

Through participation and organization of student events, I feel part of the UW community.

I am in the EMBA program. I also graduated from UW in 1978 with a B.A.
As a non-traditional graduate student, my time is spent largely at my profession and at home.

I am involved in many different groups.
Im part of a club and I work here on campus.
Im part of a club and I work here on campus.
I am married and work full time going to school is just a part of my whole life.
I dont feel very connected to the undergraduates.
Being part of the "University Community" is not a concern of mine. I participate in university activities that are rewarding to me socially, educationally, and personally. There exists plenty of options at the university which allow me to give back to the
Im very much a part of the department of the major Im in, practically living there when Im not at home.

The school is so heavily populated that I rarely see anybody twice. Commuting requires time, effort and a self-imposed curfew. When most of the socializing goes on outside of class, it is difficult for a commuter to feel like they are a part of the Univer
It is such a large school, especially after attending community college. I find it hard to meet people and overwhelming to get involved on campus.

What does this mean; social, educational, extracurricular? Im a student at UW, are there students at UW that are not part of the University community?
There are many activities, clubs, associations, and events to be involved with.
I attend classes, but living off-campus, I do not take advantage of all the extracirricular activities that UW has to offer (ie: clubs, IMA, CLUE sessions, ect).
I live on campus, and do most of what I do every day on campus, but I dont feel like I am part of one big happy family or anything.
i have a lot of friends and talk to people on campus, but dont involve myself in many clubs or organizations on campus.
i have my activities mainly at the U and most of my friends are from the U
I am too busy with work, school, and studying to engage on all that goes on with the University but I would like to if I had the time.
I am not heavily involved in the university community, but I know the campus well and use it frequently. I wish I had more people connections.
The UW is too large of a school to really feel like a complete part of the university.
I am very active in on-campus associations, holding a prominent position in one of them.
Im not really as involved as I would like to be because the first year is so stressful as it is that I do not have time for other stuff. I also think that athletics and sporting events are a good time to feel part of the community because people come toge
I have been associated with this University as a student or employee since 1996.
I feel very much a part of a community in my particular college and program, but not the University at large.
i am not very active in the community
I just dont get that involved in activities around campus
Ive gone to several different clubs in the UW community, I walk up and down the ave with friends and just generally hang out with other UW students.
Sometimes because of the size I feel isolated and sometimes intimidated to get involved on campus
This is kind of an ambiguous question. What do you mean by "University Community"? I have plenty of friends I associate with, if thats what you are after.
I live on campus and have a lot of interaction with my advisor, my fellow officemates.
I live in north Lynnwood, and the last commuter bus leaves campus at 5:30pm, so many departmental (including graduate cohort) events (pub night, potlucks...) prove difficult or time consuming in terms of transportation without a car. I used to be very i
I dont feel that I fit in well here; I have not found as many peers who are as serious about academics as I had hoped. Also, I find that the University is so large that there is too much going on to really be involved.
Due to involvement with RHSA, Relay For Life, and ASUW I feel connected to people on campus and feel I am a part of the greater campus community.
Im not there all of the time.

I attend PMP, so I work during the day and have little time to participate on campus
I am CCed on e-mails which make me feel a part of the University community, but I do not participate in activities other than going to class. Also, I do not work on campus. I attempted to get involved with the UWs Emergency Management (specifically starti
I am part of TLHC and attend many resident hall activities.
Im a full time student that goes to the campus everyday, though I dont get involved with much student activities.
Being in the residence halls helps a lot to make me feel like part of the community.
I got to class, then I head to work, head home and try to catch up on HW and Reading. If I dont work I dont have any money to pay for expenses that is need for my personal need and for helping out in the house. Therefore I do not have time to go to afte
i am too busy trying to study to actively involve myself
Living in the Greek System has made me feel like I am living in a close, personal community, even at a school with 37,000 people. It has helped me get involved on campus, and I have held many leadership positions.
I am involved in several activities on campus, such as student government, RSOs.
I have been very involved with student government and undergraduate research as a grad student, i feel its more important for me to stay connected with my non-univ community and social circle.
I am a returning student and I am older than most in my classes but I still feel part of the UW community.
As a grad student, I feel a bit less a part of the entire University community, however I feel very much a part of my departments community.
I dont really have time to do much at the university besides school and homework....
I do some things that the university offers but not really that much of it.
Im not a part of many clubs or anything, but Im on campus a fair amount.
I have friends at the univeristy but by no means do i feel that i am a integral part of the community or school. in such a large place it is often difficult not to feel like a number. Not to put the entire blame on the UW, I was and am perfectly capable
Im here, and Im not really that involved in the community, but Im a part of a couple clubs.
I am part of a club sports team through the IMA, and live in the dorms.
i live close enough to the school that i feel apart of the community but far enough away that i can not be part if i dont want to be.
this campus is very isolating and its INCREDIBLY DIFFICULT to try to make new friends.
I dont participate in any programs, but I have networked and know a lot of people.
Most of the time I feel that I fit in with the general community at the University, but all the groups on campus trying to force information on me or lecture me about my moral values really make me not want to be a part of the community.
I only go to campus when I have class and sometimes use the library before an exam. I am not a participant of university clubs or activities, but is just trying to hurry up and graduate
I live too far away to be really a part of the community.
Although I participate in some activities, I feel I havent made any good friends that I can depend on, even though my first year is almost over. As someone who takes a long time to adjust, Ive found the busy environment UW sometimes overwhelming, yet als
Im not really into it. I dont care.
Sometimes I feel like the greek system is more cut off from the rest of the campus.
Just now getting involved
not too invloved in school events
I feel like a significant part of the community, I spend a majority of my time during the week on campus. Most of the friends I communicate with are fellow students or recently graduated alumni.
I dont really participate in any clubs, or go to any parties, or talk to too many people in my classes. I like to do my own thing outside the university. I think of the university as a school, not a home.
I fell like I am part of the University community because that is the space where I can more than likely be found. I work on campus and go to school on campus however, I do not feel as though I have ever been actively involved in Unviversity/student acti

I dont hang out on campus all the time or participate in very much, but I am a full-time student and I do participate in some UW activies outside attending class...so that makes me part of the community I think.

I feel as if I have a good support system of UW friends and I attend a few activities and am involved in a few clubs here, but I do not feel as if I am heavily involved in the University community.

I am very busy at home and often do not have as much time as I would like to stay at school and participate in extra-curricular activities.

The amount of time that I spend with UW acquaintences (colleagues, teachers, staff) is almost completely limited to class time.

Its often jobs and home away from school that keeps me out of the UofW community.

Although I am not on campus, I only a couple blocks away. I regularly see UW students around. I like to hang out in the quad which adds to the feeling of community and like to climb at the IMA which is a great way to better know people of the same intere

I am in the distance MLIS program.

Living off campus will isolate you, but I work on campus, and I have friends that live on campus, so its really not a problem.

Being in the Greek System, I am constantly participating in events relating to the university. I really never feel like I leave this community except for big vacations.

I spent most of the time in my office and the general area working on my thesis project, and not much more goes one around here.

im pretty new to the school, i didnt come in as a freshmen, so there isnt a steady stream of the same people that i come in contact with. also, im a little older than an average junior, so i sometimes cant relate to their activities.

I feel more connected to my department and a small group of peers than the university as a whole. As a queer woman, I feel a sense of detachment from much of the community, who I perceive as homophobic or barely tolerant much of the time. Also, the university as a whole feels very conservative to me in comparison to other campuses, despite the fact that there is a substantial minority of leftist students and faculty.

This is my first quarter here at the UW, the transition has been kind of rough but I am starting to adjust

International students cannot enjoy some opportunities as much as American students do.

Regarding #7) I live off campus with my partner and an acquaintance. Regarding #8) Im not exactly sure what you mean by University community. I feel I belong here at the University, however I dont feel I easily fit into the cohort of my peers. This feeling however, could be explained by the fact that, personality-wise, I'm a bit introverted.

I was just thinking that it would be nice if there was a group of "older" students, or students who have children. Just to get together for a cup of coffee occasionally. I realize how little I have in common with my peers.

Living in Seattle is my first experience of the big city life and the University District feels like a small town to me.

I do get involved in activites organised in the university and enjoy making friends of different nationalities. It is a good experience.

I am older then most people in my classes. I feel no real pull to participate in any University activities

I am returning to college after a 20 year absence - I live a considerable distance from the U and commute twice a week to class as part of the Evening Degree Program.

I participate in departmental activities only.

I am both a staff member and a student here, so I am not as involved as some students on-campus.

I am in a parttime program an dother than attending classes i dont feel part of the community.

I work on campus and I used to live in the dorms so I still run into people I know fairly often.

I am a part-time GNM student.

well I do not so much extra-curricular activities

Even though I get involved with things, theres so many things to choose from its overwhelming.

Commuting makes it virtually impossible to participate in most campus activities. As well as the fact that I simply do not relate to 99% of the students on this campus, its hard to find people to hang out with when you have nothing in common.

I try to be involved with campus events whenever possible.

I very much feel a part of my own graduate program, but not really part of the University community as a whole.

i have a number of friends out here but since i left the greek system i feel sort of lost in the shuffle of things

I live in Tacoma and Work in Seattle, and the time spent commuting, even by public transport, must necessarily not be spent as part of the University community. In terms of the reserach community, I feel very much a part of it.

Often hard to find out about certain events. Not all listed in the Daily or in emails.

There arent enough activities for off-campus students to participate in.

I have worked at the U.W. for 16 years, including working part-time for 3 years while completing a graduate program.

As an evening graduate student working a full time 8-5 job, it is difficult to become involved in university activities.

Most of the activities are geared toward undergraduate students. All of my classes are in one building on the perimeter of campus, so the only time I go through campus is occasionally to catch the bus. The extra events and lectures that I attend are all through my school.

I feel connected to the University and its programs.

I am a graduate student and therefore do not feel as part of the UW community as an undergrad would.

My University "community" is for a me a smaller subset of the entire campus community. I feel a part of the graduate student community, particularly in my home department.

I feel very engaged in the University. However, because the school is so big, it is hard to have a definate sense of community.

Im a graduate student so feel very connected to my department and the faculty there. I dont feel connected to the student body in the way I did as an undergraduate at a different institution.

Since I live in a suburb, I must consider my bus schedule as it limits my flexibility. I often choose not to participate school social events since my priorities are studying and family.

I am a student and a staff member.

I participate in intramural sports, joined a couple clubs, and have made a lot of friends, so I feel very comfortable here.

I live in belleuve and work there as well so i pretty much just spend the time at school that i need to take classes, no other activities here.

I am in the music department and we are very close. I dont much care what goes on outside of the music department though.

Living off campus is a lot different than when I was living in the dorms. When I was on campus, I was informed of events that were occurring on campus more than now. Also, since there was no travelling expense (car=gas) it wasnt a strain to go to those events.

I live in Tacoma and it is difficult to attend University functions.

As a graduate student who works off-campus, Im not really connected much with the University... but thats okay at this point.

My intent is to receive an education at the University. I already have a group of friends outside of the University, so I do not expect school to provide me with a group of friends. I also work and have other commitments outside of school, so a lot of my time is devoted to activities outside of school.

As a graduate student, I am not very involved in most aspects of the University community. I do, however, feel that I am a part of my department community.

I feel more connected to my Masters group, which I feel is a part of the University.

As an evening degree student, I have no community at the University. There are very few spaces for lounging, coffee or dinner. There are no scheduled events...I feel very much absent of consideration or importance.

I work full time and am the mother of 5 children. I am in an evening graduate school program and have little, if any, time for campus activities. Besides, I graduated from WSU and its hard enough to have to admit that I actually go to the U of W, let alone really feel part of it.

Being a graduate student, I do not wish to be fully integrated into the campus (mostly undergraduate) life, nor even that much with other graduate students outside of my department. This is why I live off campus, and why I mostly come to the U-District for work solely.

I graduated from UW in 1993, I am high school teacher and I take one 2 credit class each quarter as a continuation course for a professional development class I took during the summer. I have to take classes like thgis periodically to maintain my teaching certificate.

i dont try to be I just want to go to school and go home to do my thing.

I am very much a part of my department community, but I dont feel a strong connection with the rest of the university.

I love being at the University of Washington. I love the campus, its resources, my friends here, the atmosphere, etc. I dont however take the extra step to join clubs. This is my doing, but I still feel, that whether my doing or the institution, it still makes me less a part of the University community than others. I love my status here and am very much satisfied with how much I am involved, with how busy I am with work, school, tutoring (outside school for a volunteer org. and athletic training).

I commute from Bonney Lake, I used to live in the dorms, but found that I spent most my time alone at my computer. I dont know how to meet people and I just have difficulty connecting and relating to other students. I dont party and know very few people.

Participate in graduate school activities, intramural activities, contribute to classes and seminars. I actually work off campus three days a week this quarter, but still participate in graduate student social activities and intramurals.

I also work full-time for the U.

Im a passive member of student organizations

Since I live far away from school, I do not get a chance to meet many people like people usually do who live in dorms.

I feel connected to those in my program (social work) but as our building is on the other side of 15th we hardly have a need to engage in the rest of the UW community, even by walking onto campus.

Am only on campus 2 nights per week, with occasional extra days at the library, etc. I do feel a part of the community when on campus or in the immediate area.

I am a part time graduate student, so there are other very significant parts of my life besides being a student. That being said, I am enjoying my program and feel connected within the program itself.

Because I work full time and am I older, I dont seek out "college life" activities.

I believe that if you dont live on campus then you dont make as many friends. And its harder to connect with people you meet.

I am also employed at the medical center.

I am involved in many on campus groups and attend many sporting events such that I feel very involved in my community here at UW.

Even though I do not live on campus, I feel that attending different functions around the UW, besides just attending classes, keeps me feeling connected to the university community.

I enjoy the campus but dont spend much time here because I commute from Olympia. I feel it is important to spend as much time as possible at home with my family.

I attend school events, Im a member of various groups.

I work full time and I go to class in the evenings. Thus, I feel no particular connection to the university community at large.

My answered is informed more by the fact I work on campus as well and have done so prior to starting my degree program. Im more connected to the department I work for than I am to my home department.

Part of scholarly community, not social aspects of University

part of the reason I feel connected to the University is because I am also on staff at the UW

I work in a lab at the VA hospital and am rarely on campus.

busy with graduate work, which can be very isolating. so I feel Im a borderline case, but I always identify myself as a UW student.

I am balancing work, classes and an internship so I dont have much time to spare.

I am a resident assistant so I feel very involved with the University "resident hall" community

As a grad student, I dont feel involved with much of the regular University activities aimed at undergrads, but there are many other events and activities aimed at faculty, grad students, and the larger community. I feel more involved with my department

I would rather not be a part of the University community because I just want to graduate as soon as possible and never come back

Im a dawg to the core

The Greek system definetly makes me feel involved and that I have a community, I just dont know if I would necessarily call it the University Community. There are a lot of things that go on here that I have no idea about (my own fault). Also working on campus helps me feel more involved.

I am a grad nonmatric student, so I am rarely on campus.

much of my life revolves around my school work and friends from school. but outside of my department i feel like i am not well-connected with the UW.

Its tough to be part of the community when you have to pay so much just to park in an empty lot on Montlake. If I need to study, it costs me gas, \$2.50 parking, and then I still have to walk 20 minutes to get here. What if I just need to check something quick? I guess Im a member of the paying public, if thats a community, Im in it.

I feel involved in the University community through my involvement in Greek relations. I am my sororitys Panhellenic Delegate and have attended ASUW Senate meetings. This involvement helps connect me to a wider variety of people attending University of Washington.

I take part in activities that go on at the ECC and also support organizatons that make their events be known to the ECC. Other then that I feel no sense of community with the university unless minority organizatons from the ECC are invited or informed of

I just started attending the University of Washington.

The university community is a very general term. I am involved in several performing groups, clubs and service groups and know many people in my major whom I have worked with, see around the facilities and spend time with socially outside of class. I have no connection with the greek system and there is a lot that I have nothing to do with that happens in the university community, however, I am part of some smaller groups that are part of the larger communtiy

I am not the member of any clubs or organizations, then again I dont have time for anything like that.

Due to the fact I live away from Campus.. I don not spend much time there.

Im a GNM evening certificate student with a full-time job, nearly a decade out of college. My distance from the U suits me fine, though I live in the U-District enough to participate in the neighborhood as I choose.

I have not really gotten involved in much.

I dont particitpate in any school activities other than going to class, but only because I dont want to or dont have time.

I interact with my fellow UW peers on a daily basis. Its easy to be a part of this massive community because we all have something in common. Theres always someone to turn to to complain about school, work, or life in general.

I dont even want to be. Im a grown up, with a life and a career and a social circle of my own choosing.

I love college

I recently returned to UW after a nine year hiatus. Making friends here seems a little difficult. Most people in class seem a little shy to talk to new people. Its strange to be around so many people so unsure of themselves after being in the "real" world for so long.

I do not make a concerted effort to be a part of the University Community. I am working full time and going to grad school part time.

I lack the time to be more involved.

As an Extended Degree Weekend student I have very little access to the events/happenings on campus which generally occur during the weekday afternoons.

I wish that there were more things that were sponsered by the University to get to know more people my age.

I lived in a sorority my freshman year and i grew up in seattle. Because i see so many familiar faces on campus, i feel connected. Also, I spend a lot of time in class each week (21 hours of class time) and have several groups of friends that i have taken the same classes with (bio series, chem series) which also adds the the feeling of community.

I work 20 hours a week (at a professional job) off campus, so I dont feel as connected to campus as a "typical" graduate student might.

The University is very large, and thus very impersonal.

After taking a couple years off to travel and work I have not lived near the school and no longer really associate with anyone who would consider themselves a part of the community. I enjoyed it while I was there, but now it seems childish.

I also work a GA position at the Evans School, so I spend quite a bit of time on campus interacting with grads and undergrads.

I hangout at University community hangouts and participate in some University events, but not all.

Now that I am a graduate student and living off campus I am only at the University for 6 hours a week. I felt a part of the community when I lived on campus as an undergraduate.

I live a block away from campus. I am also very engaged in student organizations and student life on a daily basis. I associate and socialize with mainly university students on various academic, community events, and social levels.

I AM A MEMBER OF PANHELLENIC ASSOCIATION AS WELL AS PHIE ETA SIGMA ON CAMPUS.

This University is too large to have a single community. I feel like I'm part of my department community. I don't think a "University community" exists.

I participate in clubs. Read the Daily about UW news.

My part of the University community is being an athletic supporter and as a student I try to feel on top of current events and issues at the University. A friend of mine is a current ASUW officer and another is running for this next term. Through them I feel very connected to the University community.

I live in Bellevue, so I don't go to anything on campus.

UW is too large to have any sense of community.

I just moved here, this is my first term, and I live close to the school. Everything around me seems to be linked to the school. It's nice.

I've transferred into the U as a senior and pretty much hang out with my wife. I'm sure if I tried I could become part of the community.

There is a strong focus on services for undergraduates, especially when I have attended functions for career services or had questions concerning scholarship opportunities.

The university is discriminatory against transfer students...makes us feel like second class citizens.

It's hard to feel completely a part of the University community because I commute from home, but I still feel like I am a part of the community and think that I will feel much more connected next year, because I am planning on getting an apartment in the U-

I am part-time UW medical faculty and part-time graduate non-matriculated in a professional program. I don't fit entirely into either category.

I am in the Executive MBA program. I attend classes, help sessions, networking events, etc. However, I do not have other association with the campus community.

Not living on campus, and only being there during class time makes me feel as if I miss out on big activities.

Being a graduate student I don't really attend any of the campus events or have knowledge of anything events on campus

I don't hang out around the University much.

Mentally, I am ready to move on from the community, it is only my physical living space and the fact that I have yet to graduate that prevent me from doing so.

There is little sense of community taking online classes. During the last summer quarter I took three week intensive classes with the same group of people and we became friends. It is the same group of us taking the online courses this year.

I feel like part of the larger community, but sometimes feel left out of the smaller communities within the UW. However, I feel like a part of the smaller community obtaining the same degree as me (nursing). The location of my classes also makes me feel

I pretty much just go to classes. I take part in a few organized activities.

I don't care about "University" life/culture/social order - I'm here to learn

It is easy to get involved in activities so I feel that I could be a part of pretty much whatever I want.

When I was taking courses as part of my doctoral program, I also had my teenage daughter living with me. The faculty at UW were very flexible and helpful with my needs, and I felt very good about that. Having to tend to family responsibilities kept me fr

I am a distance student, (read, live in non-commuting distance) visiting the campus once per quarter and then staying basically with other distance students in my program. My knowledge of the "typical" UW student is basically nil; please note the applica

I commute to school and am very busy with classes--dont have time to participate in University activities.

I have not actively tried to involve myself with students clubs or organizations, but I do take advantage of events sponsored by student groups and the residence halls, etc.

i spend a lot of time studying on my own instead of doing campus activities.

Even living off campus, i try using a much uw resources as possible, along with attending activities. This helps me feel part of the community.

I have a tight knit communitiy within my engineering department

I participate in a lot activities in UW, such as Open House recently. So I feel I am part of the Univerisity community, and have the sense of responsibility.

I am part of the Early Entrance Program

Studying and work take up most of my time. I like to be involved whenever I can be.

I spend a lot of time on campus and doing University related activities however as an upper classmen I spend more time with people in my major and tend not to do as many large campus events.

im too busy with school and a job to really get involved with different University activities. just not enough time.

I am a distance learning students, working on my Masters degree through the UW extension online degree program. I live in So. California.

Very demanding program, does not allow me to get involved in extra curricular UW community events

I live in Auburn and work full time, so I spend very little time on campus and do not attend events other than classes or to meet with group-project partners.

I feel like Im a part of my own area(s) of the UW, but not necessarily always the whole university in the same way I did as an undergraduate.

I know that I am not taking advantages of some things this school has to offer, but I am doing the best I can.

I have joined a club and meet new people.

Im still a Robinson Transition School student

I attend classes, but I havent done much outside the class set ups.

I feel part of my program community, and less so of my department community, and even less so of my School community, and very little connected to my University Community.

I feel that I am part of my department and connected to some other departments on campus related to my interest. However, I dont have much contact with the wider University community.

I dont live near the university so it is difficult to feel close ties to the community around it.

I am not involved with campus activities because I am pretty busy. Im not really sure what "University community" means.

I am not really involved in any groups or organizations around campus.

Ive made friends and have used some of the resources on campus. But Ive only been to a few events and havent gotten involved in any clubs.

the time i spend on campus either studying or in class. Im not really involved in any other activities. The fact that I dont have much time to study home (because of my kids and family) I feel i should get the best out of my time when Im on campus.

I feel that the university community is just a place that holds my school. I am social, yet my life doesnt revolve around UW.

I work full-time as well as go to UW full-time. It is difficult to find time to participate fully in the university experience.

Because I live off-campus, I am removed from the immediate UW community. However, I live close enough (walking distance) that I can cause myself to become part of that community quite easily.

I go to events when I sometimes hear about them, but other than that I just chill on my free internet and ignore my homework.

As grad student I am highly involved with my program (Masters in Social Work). I also enjoy attending UW events (football games, speakers, and dramas). I wear purple Dawg attire approximately once a month (Its not my best color).

My sorority makes me feel like I interact more with the UW than I think I would feel if I did not live there

I am very much a part of the community in my specific field, but not as much outside of my field.

I live rather far away from school and do not spend time on campus that is unrelated to school work. I avoid university functions and rarely participate/ attend university sponsored events. I sometimes attend author readings and lectures.

I completed my undergraduate degree here some years ago, came back to work at the UW and am also a graduate student. I pretty much eat-sleep-breathe the UW!

In undergrad, I was more involved but now that I'm in graduate school, I have life outside of the university so, although I feel a part of the university, I do not make it my life.

I work full time, have 2 grown kids, and go to school at night..so have very little to do with campus activity.

I feel quite connected to the Graduate student community on campus but very little to the undergraduate one

I am friends with many University of Washington students, live two blocks from campus and do most my activities in the area around University Way.

I am very busy, so the communities I feel a part of are in the class room/ in the departments I am a part of, and not in the Residence Halls.

it is difficult to get connected on such a large campus and with large class sizes everything is so impersonal. Oftentimes you may speak to someone and never ever see them again.

I live in the south-central part of Washington state and travel to the UW campus to tend to administrative responsibilities and to meet with my committee members. My main connection is through the internet.

Distance from campus keeps me from feeling too involved. I am not exceptionally academically inclined, so it is tough for me to feel really psyched about anything related to studying. Not my idea of good bonding, necessarily.

This is my second quarter back after leaving UW. I never found a community surrounding UW that I liked. While gone I found a tribe, and since returning to school I've continued to remain a part of that off-campus tribe.

I'm an adult student who lives off campus with my wife. While I enjoy the social aspect of class and participate in extracurricular activities I feel very isolated from the rest of the university. This is also attributable to my being a professional student

See and meet lots of people through university related events, definitely a community environment.

I find that it's hard to meet people outside of classes and there are still a lot of cliques of people, and since I'm a transfer student, and have not been here since beginning, it makes it that much more difficult to make friends.

I am an athlete and feel that I am very much a part of the University community in that sense

I feel as though I am remotely connected, but not as much as I could be

I do not involve myself much, focused more on courses and I work 24 hrs week

During undergrad I was very much a part of the community. Now, I am a medical student and really only spend time at the gym.

I don't feel this University offers a "community". Especially since programs are often blocked or events are limited. There is no open and free university community. I would like to be a part of a community, would one exist.

I feel connected as a member of my major but I do not live on campus and am not a part of that community.

I feel a part of the University community in more of a professional level rather than a student. As a grad student I have had clinical rotations at University sites, and in addition I am a nurse at Harborview. Between the two I feel like I work with the U community more as a professional than a student.

I don't have time to join in on a lot of the activities that occur on campus. The travel between home and campus takes a long time so I have to leave campus earlier than usual.

I just come to school, go to work, and go home. Living approximately 30 miles from school makes it difficult to feel as part of the community. Also being a graduate student amplifies this as well.

I am a professional student and have been at the UW (starting with undergrad) now for 8 years. I don't belong with the undergrads anymore and most activities are geared towards them which is fine

I am an extension student, which means I only attend class on weekends. I live in Yakima county.

I feel like I participate in many clubs and activities, I have many friends in the residence halls and I attend many of the UW sporting events. I dont feel like I am missing out on any chances to participate in the UW community

Due to the fact that I live off campus, i find it very hard to meet people and make new friends. However, this should change because I am planning to join a fraternity next quarter.

I am going as a nonmetriculated student until accepted for full-time attendance

I have (obviously) more connection with my department than the university as a whole, but I am certainly a part of the community.

I have three children under 4 years old. Im writing my dissertation when I can from home. I visit campus to meet with my advisor, or meet with her by phone.

I live at home and it is a 30-35 minute commute each way. I also work about 24 hours a week.

I wish I could participate in more of the Universitys programs, but I find that all I have time for is studying.

I am still an undergrad, so dont spend much time doing research or projects with other students. I also am an older student who is a single parent and dont have any spare time to be spending on campus doing activities.

well im on campus all the time, how could i not?

I have so much homework and a life at home to worry about and Im an older student - so, I dont have the time or comfort level to participate in anything but my classes at the UW.

Im a transpher student from Eastern Washinton, so because I never lived in the dorms, I have not made many acquaintences through UW. Class sizes are so large that is it hard to find people to connect with.

Because I commute from Maple Valley, I come to campus for my classes, then leave immediately. Not living on or near campus makes it difficult to participate in the campus community.

I spend about half my days on campus and am involved in some campus activities, but I feel I could be more involved.

I am very actively involved with activities and through my job.

I am in my early thirties and have little in common with most students. getting involved in activities with twenty year olds in not easy.

i am involved with hall council. i go to events. i think that makes me a part of the university community.

I am a single working mother who is taking classes to increase my knowledge in my professional field, not to be an active participant in the University community. I feel too many times that students get wrapped up in the partying (I know several undergra

I feel a part of the University community because Iam involved with many organizations.

I dont really understand what this question is asking but I feel like I belong at the university and take part in the college life if thats what it is asking.

Im stuck doing work in the lab more often than not

Although I am enrolled in a distance program, the on-line participation requirement has made me feel varying degrees of closeness to my peers. The listservs help, also; I wish I were not such a part of the iAnnounce community, though -- as a distance student, I really dont care who has been nominated for what position, or what comedian/band/etc. will be performing on campus, and so on.

Im a graduate student and dont try to be part of the University community.

as a medical student, I have little to do with main campus life

I like participating in university activities, greek week, exchanges, parties. Sometimes I just feel like chilling out and being by myself, and not participating in house activities.

i go to school a lot, therefore i feel that i participate in life on and around campus

I go to schoo and work 40 hours a week.

Im also a student-athlete, which brings me more into university activities.

I feel that I was more a part of the University community during my first couple of years at the UW, because I had more time to participate in campus activities, and I spread my time out over mostly all of campus. Now Im primarily focused on participating in clubs and activities related to my major, and all of my classes are in the same building on the same floor.

That is not a problem for me. I dont have time to feel a part of the university community, but if I wanted to, there are more than enough opportunities.

I feel very connected to the Law School, but not really to UW as a whole

As a grad student I basically go to class and conduct my research.

Mostly athletics

Being graduate student, your colleagues are usually closer to you than other members of the university community

I feel very much a part of the chemical engineering department, Im a little more detached from the university as a whole.

I spend more than 8 hours on campus each day and I do attend lectures, workshops and other events offered by the UW. I dont really participate in other activities because I dont live on campus and I also have a full-time job.

I dont live in the U-district but I feel connected to the people I work with.

With only night classes and most work done at home very little time outside of class is spent on campus.

The greek system makes the U seem smaller. I am also part of multiple on-campus clubs.

As a professional student, I choose to maintain my life unrelated to school, but have also formed a good community of friends within the law school.

Sorry, bad grades I know.

I am not sure how well I fit into the University of Washington community. I went from being a very upstanding young lady to being in trouble all the time here at the university. I apparently have a tendency of finding trouble at the UW, while not doing anything much if at all. I also seem to watch many other students actually partaking in inappropriate and illegal sanctions, who never seem to find trouble at all. Because of the tendency of the University to overlook some real problems it has and search for something to reprimand me for, I do not feel at all part of the community but rather a victim of it.

I live and work full-time off campus. I only visit the campus for classes.

I live right off campus and feel as if I am taking part in University life all the time.

I dont feel part of the graduate school. The graduate school seems almost entirely composed of upper-middle-class and upper-class students.

I am involved in a student organization, and participate in other on-campus events.

I am in a Fraternity but live out and I am part of the Ultimate Frisbee club team. I enjoy the extra-curricular activities available to me at the U.

I feel like I live in this community and participate in events/activities in this area.

I am in the marching band, and so I feel a lot of school pride, being able to represent the university.

i do not live on campus and work on south campus.

because i am only here for 2yrs, i do not feel a need to be a part of the larger UW community.

I feel a part of the UW community from my indepth involvement in RSOs, but typically, aside from my participation in those events and groups of individuals, I dont feel a connection to other UW students.

Med student so only connected to that aspect of the community

I live on the Eastside and dont have friends who go to the UW.

I havent found that the atmosphere at the UW very conducive in promoting unity as well as appreciation of other cultures to the student. I believe that a place like the campus should not be a playground for political agendas, but a place where sense of community should be prioritized along with academic excellence.

I am an evening degree student. I therefore feel isolated fromt the daytime community of students, yet at the same time am very closely tied to my fellow evening students.

I am a first year medical student, and feel close knit with my class.

Not sure I understand what you mean by "University Community"

I participate in research, and so feel like a part of the research group Im in, but I have fairly little contact with fellow students of my age/studies.

I am taking extension classes now (graduated in 2002) so this is not so much applicable. I felt like a part of the community while I was an undergrad.

Too busy to get involved.

I participate in a lot of school events and groups.

I have participated in some activities, and remain aware of UW events, but most of my social circle is outside the University community.

My school spirit has dropped considerably from undergrad.

I am a student in the North American Executive MBA program, attending classes three-four days per month. I live in a different state and commute to school.

I feel as though I actively participate in a great deal of university activities via the greek system, husky marching band, and other various outlets.

I am very much into Greek life and campus activities.

Im very involved on the UW campus. I have not been here very long (Im a first-year sophomore) but I am very involved in Hall Council, one of the Universitys commissions, and I am a mid-year hire RA.

I come to classes and go home. Im not that involved.

I am involved in various aspects of the University Community, but do not do certain activities often.

Our Stevens Court community holds several get-togethers to meet others and feel comfortable among our neighbors. However, the extent of their efforts do not match quite to the level of living in the regular residence halls.

I live in the dorms so I have gotten to know a lot of people and participate in activities. There are many events and things to do, almost all the time. If not the library, then the IMA. If not the IMA, ping pong & pool in the HUB.

I am not part of any clubs but feel connected to my peers through classes and study groups.

Im not involved in many "programs" so I didnt put the most positive response to the question.

I am an Air Force ROTC cadet. I feel very involved at UW because of the community provided by the ROTC environment.

I pretty much just come to school to go to class and use the gym.

Being older I just dont see the point in getting involved with a frat or anything else for that matter really.

I have a lot going on academically and I really dont feel like I have a great deal of time to pursue a social life outside of this as it pertains to socialization via the University, nor do a lot of the activities interest me.

I take classes but dont correspond with too many other students or get involved in many activities.

I am a medical student, and it really feels like medical school is its own entity apart from the rest of the university. But I also feel comfortable using university facilities, like the IMA and the libraries on the main campus. But I wouldnt identify myself as a husky, and campus events and things like the student association really are not part of my life. I do not feel excluded, I just feel like Im part of a separate, but overlapping, school.

I dont enjoy coming back to campus after my classes because parking is expensive and there are not any places to eat on campus except in the dorms and those are not open to non-dorm students

Im not really that interested in being a part of the University community, but I often participate when I am interested in whats going on.

I am an intercollegiate athlete

I feel like a huge part of the greek system. I participate in a lot of events and know many people through this. I never go on campus without seeing someone I know!

I want to be more involved in professional clubs. I am going to join SHRM this quarter.

Participation in club sports. Living in UW housing.

I am very involved in the UW community.

Im actually a returning student, but I havent been made to feel unwelcome at the UW again in any way.

I live in the area and walk everywhere so sights and faces are familiar. Im also in Community Oriented Public Health Practice so most of our fieldwork takes place in the U-district.

I dont know what the hell the "university community" is but it sounds sad.

Within our small professional school I am more connected, the university as a whole no.

As a student in the Executive MBA program I am excluded by policy from most University activities.

My involvement in the university community is less than the opportunities to be are.
 From my involvement with IMA sports, my major, working on campus and all my friends from the University I feel that I am definitely a part of the community here at UW.
 This is my 7th year attending the University of Washington. I feel that being involved in this community is very important.
 I engage in some university activities, but do not vote in ASUW nor am I a part of it.
 I strongly feel a part of my school, CAUP, rather than the entire university community.
 I feel I am a part of the Business School community, something that is very separate from the rest of the school. Sometimes I like that, that it is exclusive, but then again I feel shunned to the north east corner of campus and don't know what else is on
 I am not involved much but feel very welcome and recognized both in and outside of the campus environment.
 The greek community and my responsibilities in my fraternity keep me connected to the university. Also participation in volunteering and IMA sports helps.
 I am a leader in the University Community, and so I am very much involved as I enjoy it and it is part of my job.
 Well I'm in the yacht club and I go to the IMA a lot, but if the "community" means hanging out at frats or in dorms, then no, I am not part of the community.
 I'm in med. school and my life revolves around the lecture halls, the hospitals, and my transportation to and from.
 The only time I feel part of the University community is when I go to the football, soccer or basketball games.
 I don't really try to fit in to the community, I spend more time with my coworkers.
 I live on the Eastside and so feel hassled to drive or ride the bus over unless necessary for classes and such.
 I feel like I am a part of the University community because I am in a sorority. Greek life is amazing, it takes a HUGE school and makes it small.
 Most of my friends at this point are my classmates from medical school. I feel very much a part of that community, but a little detached from the university at large.
 I'm a student. I go to class and that's about it.
 yes, but this is by choice. If I wanted to be apart of the community I could easily do so I work at the library. I feel like being with my co-workers is a club on its own. Then I meet many patrons, joke with them, and re-meet them walking or in a class. It's connected me much better.
 I receive a lot of information from my departmental advisor. I also received news from Pre-Med club, VSA, and the National Honor Society. I feel that I am a part of the University community.
 I feel more a part of the Fremont community where I live. I am in medical school and rarely go to upper campus.
 I am in the MSW program and work 40+ hours a week. I also live in Silverdale and must take the Bremerton/Seattle ferry to get to school.
 --because I live in a non student dominated residential area I feel my free time is shared between school and non school related life styles
 As an evening student who works full time I cannot participate in a lot of activities the UW has to offer. For example there seem to be some truly great lectures and events put on in the evening but this is when I have class so I am usually unable to attend
 I am busy with other things, e.g. work and family.
 I have completed my graduate coursework and am not often at the UW. Just writing my dissertation.
 I live in Tacoma and spend little time on campus. I feel a part of my nursing graduate program and enjoy time in the library, Rotunda and walking on the Trail to the parking area. During those times I feel a sense of the enormity and diversity of the U
 Because I live off-campus and it is my first year, it is hard to be involved.
 I am in the oceanography department and the people here are very friendly.
 I'm getting involved in Student Government and more Organizations than I had in the past.
 I am involved in the manner in which I feel is most appropriate for me.
 My Freshman year, I really did not like this place much. Being honest, I thought the visiting professors really did not care about me or even teaching a lecture class. I know this is a top notch research university, but you guys have a responsibility to educate me with the tuition that I pay.

I do not have the luxury of living near or on campus so I spend a great deal of time either commuting, working, or doing homework, with little time left to spend doing extra activities or socializing with other UW students.

Community is a slippery word. I am on friendly terms with my UW classmates, past and present; I know most faculty by their first names; I rarely spend a day in the building without entering into half-a-dozen short, spontaneous conversations; I see a number of people I have met at in the program outside of the University context. I rarely participate in any UW activity which is not hosted by my college, or that is not a visiting speaker; I am not part of any clubs/

Although I live away from campus I am highly involved in the Husky Marching Band, Army ROTC and Campus Band. I am on campus a lot.

I felt incredibly out of place my first quarter and moving from a community college. Now, however, I feel much more comfortable whether its communicating in class or talking with the professors. I feel much more at home there.

I dont attempt to be part of the university community because I dont devote the time. As a full-time worker and part-time student, this has been a conscious choice as to what I value in my off time.

I enjoy being a part of the residence hall community, but it is hard to spend a lot of time building community.

Living off campus (marysville) Im not able to spend much time on campus. However, I work just of campus and have gotten to know many people that go to the university through that outlet

Ive been around long enough to burn out on student flag waving and street preaching, but I still have many friends, and academically, I feel very at home.

its my first quarter here, i havent really been involved yet.

Im looking forward to getting into more upper division classes where there can be more interaction between students and professors. Sometimes I really do not feel that advisors are able to understand my situation (Honors Program, social science major, looking at professional schools, etc.).

During my first year, the law school was located in Condon, so I didnt get much of a chance to take advantage of University resources. I have felt more like a part of the community since we moved to main campus and having been taking advantage of resource

Living in family housing I feel a part of that community, but not necessarily with the undergrad students and that part of the university.

I participate in school activities and volunteer at a nursing home.

I go to school strictly for academic purposes and leave. My only extracurricular school-related activity is UW concert band which rehearses once a week. I work 30-35 hours a week and dont have the time or desire to be a part of the "university community

Living at home makes being completely immersed within the University community somewhat difficult.

I dont really do very much on campus anymore now that i dont live in the dorms, but im still proud of my school, and when i walk around on campus i feel like i belong there.

I am not very involved in the University at this time. However, at my undergraduate institution (not UW) I was very involved. I believe the difference is that at this time I am working and married.

I am not very involved in the University at this time. However, at my undergraduate institution (not UW) I was very involved. I believe the difference is that at this time I am working and married.

If by University community you mean the student body, then the size of the campus, and my experience as a transfer student have limited the number of lasting social connections I have made at the University.

It is difficult as a person of color to feel a part of the University community when many aspects of it (such as the student government, the administration, and a large percentage of the faculty and student body) are composed of whites. There is also the fact that people of color are not represented as much as we should be through all the different mediums available in the university.

I am not sure what you are referring to here. This is not a good question or is maybe not relevant to grad students. I dont socialize on campus if that is what you are asking.

Im a full time student and participate in school activities

The IMA is the primary way that I connect with the UW community. Im not a part of any other on campus groups, but I still feel like a part of the UW community.

i like become part of UW

i have my share of friends

As a graduate student, there is not much "school spirit" that goes on. Were pretty isolated in departments.

Im an evening student and work full time so I dont spend a lot of time on campus and my program doesnt have many events/programs scheduled to accomodate my schedule.

I feel more a part of my medical school community than with upper campus

I joined clubs to get involved.

my choice as a grad student

I am a commuter student and work between 25 and 30 hours a week. I, thus, have not had as much an opportunity as I would have liked to become involved on campus.

I am involved with a committee for ASUW and spend a lot of time on or near campus, so I feel that I am a part of the University community.

The competitive law school environment breeds more animosity than camraderie.

Because I have a large group of friends from my christian fellowship that mostly live on campus, I feel like a part of the UW community. However, as far as friendships from any housing activities or through classes, Im not as much a part of that community

I am very active in one RSO-the Catholic Newman Center. That, for the most part, is the extent of my involvement in the University Community. I really enjoy the community there, but I feel that my involvement there disconnects from the campus community

I deeply enjoy university life, and the opportunity to discuss so many different issues, but I dont get too involved in the ASUW elections or demonstration rallies or anything.

I feel that I know many people on campus.

Im part of the university community from a graduate student perspective (i.e., seeking an advanced degree and furthering career opportunities).

I was more of the "community" when I lived on 17th...now Im north about 1 mile

I work a full time job and am working on a doctorate- there is little time between a demanding career and studies for fully engaging in the University community- however faculty in my program and department, the students I work with, and interested others

Our apartment is pretty close to campus, so I feel like Im right in the thick of it.

i used to be in the greek system, then moved out. i still have lots of friends all around that i stay in touch with

I am a distance student who lives in Portland and only travels to Seattle once a month.

As a dental student, I feel a part of the University dental community, but not as connected with the rest of the community.

I enjoy all of the privilidges of a UW student, and am active in several campus groups, that is why I feel so much a part of the UW community.

Mostly, this is due to the size of the school.

its hard to feel involved sometimes in such a large school.

I am involved with Generation Church and am on campus a lot and also played soccer for the UW team. I also live in a house with 60 UW students in which we have a community with many other UW students

Mostly because I do not live on-campus, or near campus at all.

Living off campus, once i am done with classes i usually leave campus for food and study rather than staying on campus for those things

I go to all football and volleyball games and am a member of an oncampus organization

I feel like I am a part of my department but not of the larger University community. Part of that is that I am an adult post graduate student with a family and other responsibilities. Being part of the larger University community is not a priority or som

The University is so huge i feel like nothing when it comes to school and or school wide events.

I go to class, do research, and have a life away from the UW.

I live off campus and the dorm and frat people have their own cliques

I dont participate in many events but I love the U

I feel like the opportunities to become a part of the community arent there. Im too busy working so I can pay my rent and my tuition. If I didnt have to work so hard outside of the classroom to get by, then i would have more time to get more involved in t

This is by choice -- I work full time and am working on a masters part time; dont really have time to be involved in the university community.

I am not involved in many university activities. I enjoy my time spent there for classes, and I spend some time with friends at university, but I am not deeply involved with the community. This is situational as I do not live in Seattle, and my personal choice. I am very involved within a few communities within the university, which is enough for me right now.

I am a nonmatriculated graduate student, and only attend 1 class per quarter, to attend classes that are useful for my job.

Age, being in a graduate program (there is no campus-wide orientation for us), and a single-department focus really limits my contacts with a larger university community.

Involved in UW social scene but not clubs, and organizations

I am involved in UW clubs and activities

Dont have time for anything other than my residency

I participate in a lot of UW activities, but am working off campus a great deal too.

Im an evening degree student and rarely on campus.

Most of my friends go to the UW and I also work on campus so a great deal of my life involves interacting with the University community.

I am an older student working full time and do not have the time to participate more fully in campus life.

Item 37. Additional comments?

this survey is bollocks

I dont drink, and I dont do drugs. I dont have a problem with people drinking who are over 21, and I probably will drink casually when I do turn 21.

Even if do not participate in any of the events initiated by University and mentioned here I am gratefull for the interest that the University shows for this problems. Thank you.

A brother with a drug addiction is the mitigating factor in why I dont use drugs or alcohol. That and an overly sensitive body. If it werent for these two things, I have no doubt that Id use drugs/alcohol on a bi/weekly basis.

I dont really enjoy drinking to excess. I smoke pot occasionally, especially with friends or on a weekend. Being an older student (26), Im not really appealed by the chances to party around campus. Of course, the idea of spending a weekend night with friends not drinking or smoking is just as unappealing!! I believe that most other folks in their 20s probably feel the same way. Thanks!

I believe I am educated enough and smart enough to make choices about smoking, alcohol use, and drug use and all these programs and advertisements just make me angry. I choose to break drinking age law because I dont believe in its morality. I know that my brain is still developing and if I want to damage it, I should have the right to do so. I think that all these anti-smoking/drinkin/drug campaigns are useless.

Thanks for making me think about my alcohol consumption from so many viewpoints. Its a good thing to do, although my conclusion is to continue with my current rate of consumption. Perhaps every student (not only the random sample) should be offered to participate in the survey.

Alcoholism among college aged students and teens is a huge problem. As a former alcoholic i know how this can affect relationships/ daily life, and school. The problem is serious and needs to be dealt with especially in the Greek system and in dorms. As a high school student my senior year became plagued with a serious case of alcoholism that tore me apart from my family and was only reversed by a single person in my life. Alcoholism awareness should be increased on this campus tenfold, and enforcement should actually be a policy. I know far too many dorm rooms that have alcoholic containers just sitting out on desks, which the R.A.s never notice and even if they do, almost never enforce rules/confiscate. The university needs to put pressure on Liquor outlets around campus i.e. University Village to move away from the student population. By going to the source of the problem, consumption of alcohol, especially hard liquor can be reduced by making alcohol harder to obtain. I also think the university should look into promoting some instances of acceptable social drinking for those of age. I know some colleges have begun offering 2 alcoholic beverages in cafeterias on friday nights to 21 year olds in order to increase social awareness about alcohol, and put a greater influence on alcohol as simply a beverage rather than a drug. The university needs to put its foot down surrounding football games and other athletic events. Alcohol is a serious problem that the University abstains from addressing and it results in a lack of education and responsibility for the general undergraduate population.

I obviously lead a shelter life. as I mentioned above.. this is only week 5 for me at UW. Im over 35 and way beyond this. I do understand why younger students want to do the TGIF thing. Thees a need to unwind and relax. Doesnt happen during the week.

Interesting survey. Hope the results help. In my opinion, everybodys an existentialist when it come down to their health. If they got into UW, Im sure theyre samrt enough to know whats good or bad for them. However, for a non-smoker/drinker such as I, the smoking outside of lecture hall entrances and libraries can get quite annoying, because its in the direct pathway of MANY sudents. Other than that, good luck with your analysis.

Present the facts about what exactly happens to your brain when you consume alcohol... in a way scare people. If they realize whats actually happening in their body, maybe theyll make better decisions about how much they drink.

Im allegic to alchole.

Alcohol or drugs aren't a problem for me and a lot of people I know. I've been drinking at least every weekend (or more) since I was 15. I got into college, have a good [pre-engineering] GPA, and am doing great. Sure, I might have better grades if I spent my free time studying more instead of partying, but then my life would suck and I'd have to hang out with all the shitty people that don't drink. I don't think I've ever met anyone that I enjoyed being with that doesn't drink. You'll probably never believe this and try to convince people like me that non-drinkers can be just as fun as drinkers, but what you'll never understand is that non-drinkers and drinkers have different definitions of fun.

I really wish you'd stop wasting everyone's money with all these anti-drinking campaigns. You'll never convince me or anyone else like me that my life would be better if I don't drink. If everyone in WA stopped drinking, the Liquor Control Board would stop giving the hundreds of millions of dollars that they make to state and local budgets. The only programs I'm OK with are drunk driving and other public safety issues.

Most drinkers are going to drink regardless. I've never met someone on the fence about whether they like to drink or someone that didn't know the basics of drinking (amounts, effects, dangers), so I really don't know who your audience is.

Study design looks good. Probably too late now, but: #22, #34 -- when you get to the bottom, can no longer see the column headings for the choices you're clicking; perhaps break apart into two sub-sections, so column headings still visible? #35, #36 -- add "personal morals/beliefs" (which is distinct from "religious beliefs"); add text box for "other" clarifications. (I'm a social science-based graduate student, so I look for these things...)

I don't use drugs, and I rarely consume alcohol, but I personally think it ought to be a person's choice. If you want to screw up your life by lying in the gutter with a heroin needle sticking out of your arm, that's your choice. Just stay out of my way and don't steal my wallet.

I am aware of the dangers of my habits and choose to engage in them. Thanks for asking.

I don't think drug/alcohol education is a problem anymore; I feel like most people know that they are bad, and the general effects that they have on the body. Now, the focus needs to shift on social unacceptance of binge drinking and illicit drugs. I'm a little biased, I did my partying in high school, and pretty much just do school and work now. However, lifestyle choices and influence of friends making the same lifestyle choices is what led to my initial and continued sobriety. A simple example, talking to kids at school, it's funny to hear many talk down about smoking, however, go to the bar or a party on any given night, and you see those same people smoking. It's taboo to admit you're a smoker at school, but at parties it's OK, because there it's socially accepted that people smoke. Change people's attitudes about drinking/drugs, and the problem could be reduced considerably.

I'm probably not a good person to accurately answer these questions. I did my undergrad 5 years ago, and that was in Oklahoma...things might be different here.(?)

Unfortunately, I feel like I can't help you much because as a teenager I rebelled by not following the trend toward experimenting with alcohol and/or drugs, a pattern I have continued. More support for students like me is always appreciated, though, particularly on dealing with work environments as a non-drinker, which was especially awkward at the law firm where I was a summer association. Career counseling never seems to cover the protocols for dealing with this.

I quit smoking tobacco and marijuana over 15 years ago and I rarely drink alcohol (my average is about 2 beers and/or 2 glasses of wine per month).

You might wish to include answers such as less than once a year or a quarter because once a month for some of these drugs is quite a bit. Also as a relatively light drinker, I don't need more than 4 drinks to be drunk for the night and wake up with a hangover most times. I would be more sure where to take myself if I felt I had a problem as opposed to advising a friend without worrying about offending them. Also, I'm not exactly sure what the definition of an alcohol problem is or what the signs are. Thank you

question #23 seemed rather pointless. I doubt, for instance, that the majority of UW students smoke, but probably many of those that do smoke very frequently, and taking the average of those users wouldn't really be very informative.

I don't think I'm really in your target segment of the student population for this survey, but hope my answers help.

I never drank in High School, started drinking last summer. Ive never thought it was wrong, and i still dont. Ive dranker 3 or 4 times since being here at UW for a few reasons. Since they may be of some use to you...though they may not..

1. comfortability/trust in new friends
2. girlfriend not drinking
3. bad experiences/hangover/pass out
4. babysitting friends

i doubt that helps, but who knows.

also, i really feel like drinking is accepted by everyone. faculty doesnt seem to care. im not saying they should or that its their duty, just making the point. its funny to hear about so many kids that never drank in high school coming to college and becoming heavy drinkers. this is the case of my neighbor who was shy and quiet, now she drinks and smokes pot a lot. i sometimes wish people would all get really sick their first time and puke and pass out and feel horrible the next morning, so they could just see how much fun it really is. i understand that im what they call a binge drinker, or at least i was. im not glad that ive stopped drinking, but im proud of it. that is, i feel like i have an advantage over my peers that drink and smoke. and for the record, i think kids that smoke pot for creative inspiration are WEAK and have absolutely no talent or skill or creativity AT ALL. its FAKE. thanks for listening.

Some of the items in 36 were chosen because of the positive effects I believe my moderate drug use has in my life. When it comes to so-called hippie drugs (ecstasy, pot, and other hallucinogens), I think proper education and a supportive social environment are more important than laws for mediating the problems of excessive or irresponsible drug use.

im straight edge (non-religion based personal decision to not drink/smoke/ect) yet i live in a fraternity. im beginning to think im one of a kind..

Illicit drugs are very bad, I have never used them and never will due to health risks involved and being a professional. I use to drink 1-3 times a month but with school it has decreased to one drink after finals every quarter.

drugs and alcohol are bad

It seems like one one hand the university makes a half-hearted attempt to deter drug use and then looks the other way and avoids confrontation on the issue. I know a number of guys in frats and from what Ive seen, it is probably safe to say that 98% of 18-20yr olds in the greek system drink regularly and that at least 50% of them are viciously alcoholic before they are 21.

Not a drinker, smoker, or any other type of trouble maker. Too smart, got too many plans. Too busy to get in trouble.

due to religious restrictions, i dont consume alcohol or drugs.

Please contact Narcotic Anonymouss Public information chair, for more info. (425)672-6011 or the NA hotline at (206 790-8888.

You should change this survey to a skip pattern for people who indicate that they never use drugs or alcohol. It was annoying to have to click all those buttons.

Question 36 and 35 do not makes sense if a person does not drink and use drugs. Q36: there is no influence that will effect the extend of which I use drugs since I do not use illicit/prescription drugs of any kind.

drug is not good, let us keep away from it.

I am seven months pregnant, and have avoided alcohol and tobacco since conception. Before that, I enjoyed going to pubs with friends and consuming 1-4 beers, as well as smoking a tobacco pipe in great moderation (I was never a smoker).

DONT DO DRUGS

Alcohol is hard on my stomache, otherwise, I might drink a little more.

Done with this stuff after undergrad

Good luck.

Even if people are aware of the health risk involved, they would still choice to do the alcohol/drugs/cigarette. There are lots of infomation for younger kids from elementary throuhg highscool about smoking and health risk such as cancer. But you see kids still smoking and at younger age today than they were 10 years ago.. Influence of freinds is more powerful than the infomation available.

drugs are dumb

DRUGS = BAD

The alcohol policies on campus exist, but they arent fairly or effectively enforced. The wrong kids get punished, and the kids who have a problem slip through the cracks.

students want to binge drink and i honestly dont think there is anything you guys can do to prevent it. the best thing you could do is create cool events that students actually WANT to go to that are alcohol free. police, rules, education doesnt help. most students here arent stupid and they know the consequences of their actions. they know what binge drinking does and thats why they like it. they like being numb and ridiculously drunk. you cannot deter it unless you present a better alternative.

na

I think that I am relatively well educated and responsible about the choices I make and their effects.

Not drinking and not doing drugs is purely a personal choice on my part. Id like to be in control of my actions.

I find it odd that you would have us comment on how often we think others do something. I only know for sure what I do. For example, I know that people on campus smoke and it bothers me when I walk to class in the morning. I assume that the people who are smoking in the morning also smoke at night, meaning that I think UW smokers are likely to smoke at least 2 ciggarettes at day. However, I dont think most students smoke so how am I supposed to answer the frequency that I think students use the substance if I can only click on a box?

Im a proponent for the liberty of recreational use of marijuana and certain other hallucinogenics in safe circumstances (e.g. not driving an automobile). I believe that this is something citizens of this country should not feel ashamed about either. Its important that everyone know the effects and consequences of drug abuse, but its hardly respectable to use scare tactics, instilling paranoia instead of understanding as a measure to deter people from what naturally might be something enjoyable.

Have only spent a few days on campus with other distance students, so I dont have a feeling of how much drug use there is on campus.

None

I do think the university should realize that a moderate amount of alcohol and light drug use can be part of a safe and healthy lifestyle, even for students under 21. Education materials and programs that recognize this and talk to students with this in mind will be a lot more likely to resonate than materials that take a purely negative attitude toward drugs and alcohol. Also, better and more city buses at night would probably decrease the amount that people drink and drive. Without a car and with little money for taxis, I have often gotten into a car with a driver who has been drinking to avoid waiting for the bus on some dark streetcorner at night.

Im a poor choice for this!! Im alomst 30! Ive got the been there done that mentaslity. And I dont pay much attention to the other kids. Compared to one of the other schools I have attened, UW seems pretty tame. But i spend NO time around campus after class, unless I am studying!

My moderate use of alcohol when younger didnt translate into problems later in life (where I am now). I have a 20 and 22 year old both in college and am aware of how pervasive alcohol/drug use is in college. I appreciate the efforts the UW is making in addressing this issue. One difference I have noted from my generation to this one is that the current generation is much more aware of the need for designated drivers, staying at a friends as opposed to driving, etc. I am amazed at the amount of alcohol these kids are able to consume without detrimental affects i.e. alcohol poisoning - but they do appear to be able to pace themselves instead of always being in a stupor.

As an older graduate student I feel unable to comment on current overall student drinking habits. My comments are based on the students that I take classes with, who are also graduate students. As a UW employee, my student contacts have also been primarily with graduate students.

I dont think that I fit the demographic you are trying to survey. (Evening grad student with full time job and married.)

There is a lot of depression and alcohol abuse within the law school. We had one in-house speaker on those risks at orientation, but have not had any other programs. Most law students dont read The Daily or attend campus functions. Designing a program for graduate level professional students and having it available at the law school would be great.

All my negative events with drinking in the past year (question 30) revolved around problems with my partner. Since weve ended that relationship I havent gotten into fights, or been criticized while drinking. Neither have I had problems where I drink too much. FYI, it was a situational period. The University will not be able to influence my drinking use. Most of the time I drink with meals, with friends very responsibly. However, as an undergrad I did drink inappropriately for about a year so I respect your efforts.

I am sorry that I was selected as participant. I am sure that I am atypical of most college students. My daughter graduated from the U this past quarter and I know that if you would have asked her, her responses would have been much more typical of the student experience.

For questions 18, 20, and 23 I would have answered do not know, due to my lack of involvement in the broader university community and resulting lack of being able to generalize.

Just that, for questions 35 and 38, price and social settings are also influences.

I dont handle alcohol very well, physically (Im allergic or something) so that affects my responses (Id probably still drink infrequently, but more than I currently do). Finally, most of these questions are not as relevant to grad students.

I believe that education and awareness of health risks and social/psychological risks is the most effective way to reduce alcohol and drug abuse. I think it has worked for reducing tobacco use in most populations.

I have a general impression that young people on campus drink a lot because I see some of my new friends drinking frequently, more prevalent after midterm exams and finals, but also in the days previous to relieve stress. I feel that it has a negative impact on their ability to perform well. I also see some of them smoking between classes, especially before exams even though they know the harm it causes their health. One of my friends has tried to stop smoking several times but has returned to the habit. I feel she is unhappy about it and worried about having a stroke but feels powerless to quit. Her choice of friends has influenced her choice to return to smoking...which is also reinforced by going to bars to drink. I feel sometimes these friends avoid me because they know I dont drink or smoke even though I dont "preach" to them. We are still friends but dont "hang out" much...Im not interested in drinking. I really have no idea how much students drink at parties or when they celebrate their 21st birthdays. Ive never hung out with a drinking crowd.

Since I dont think some of these questions are doing what you intend for them to do, Ill explain a couple answers. When I drink, I drink wine most often. My boyfriend and I will drink a bottle of wine on Friday or Saturday night after a long week of classes/work. We both work part to full time and take a full load of graduate classes. When we split a bottle of wine, were both pretty tipsy at the end and, because were in a committed relationship, we have unprotected sex. Occasionally, well open a bottle of wine on a weeknight, drink half of it, and finish the other half the next week. These experiences informed my answers. I used to smoke pot (as an undergrad) but dont anymore because I outgrew it. What influences my alcohol use is basically my maturity level. I feel as though, as a 28 year old woman who has been on her own for a long time, I can safely drink a half of a bottle of wine. I in no way consider this to be a sign of alcoholism. So, yes, my answers could get grouped in with the people who drink 5-6 hard alcohol drinks per week, but I dont think its the same thing. An additional question you could have included that may have better informed some of the answers provided would be to ask, as you did with drugs, what types of alcohol you consume most often.

This is a great survey. You guys should allow other organizations on campus to present facts about marijuana use and how common and safe it is in comparison to alcohol, tobacco, etc.

In question 22, above, ecstasy appeared in THREE separate categories (f, n and o)

Many students, I have noticed, come to college and do not have the self control necessary to maintain themselves and handle the college party scene. You are supposed to have fun, however there is a fine line that many students cross regularly.

Although most of my answers were no, since I dont drink or use drugs, I hope my contribution is helpful. I might add more questions about usage of alcohol and drugs when subject was younger. There are a lot of students that are over 21 and also have more life experience, which tends to make their choices not to use for practical reasons (i.e. kids, money, jobs)

Dont bother telling students not to drink or take drugs. We will always want to explore and the freedom of college, for most the first real freedom of their lives, is a time to make our own decisions. We all know what is bad for us and what is illegal. Reiterating that doesnt do anything. Instead, make to school a safe place to learn the consequences of our decisions. Discuss instead of punish, relate instead of preach, friend instead of parent.

none

too many questions

They should make smoking cigarettes anywhere on campus illegal. Its awful when walking through a crowd to have a smoker in front of you. I choose not to smoke, but the smokers are the ones who get to make the choice for everyone.

Since this is my first term, I dont have a gpa. In graduate school, previously, however, I had about a 3.7, if that helps your data.

Sorry I havent seen many of the information put out on campus but I never actually make it to the main campus or go to any campus events

I had a great times and great friends in college. We had wonderful times and drinking never came up as part of our time together. Four years ago I was hit by a 27 year old driver who was 3 times the legal limit. It was his sixth DUI conviction and he had minor injuries. I was airlifted to Harborview and have endured five operations, blood transfusions, a shattered wrist, knee, femor, hip and pelvis, the left leg is now shorter. There are 40 inches of scars and I am in constant pain. The need to drink has never been a part my life and it makes me sad that some people feel acceptance from others comes with drinking - often to excess. It makes me angry they would drink and get behind the wheel.

Quit Marijuana soon after starting college.

Question 23B ["Please mark how frequently you believe most UW students typically use the following substances (where B is tobacco)] was impossible to answer accurately because UW students are divided into two groups: smoker and nonsmokers, and my answer would have been different for each group. An average of these answers is nonsensical. Just my take on this one.

There are other reasons for my alcohol use that were not part of the questionnaire. Some of my drinking is because I am being social and I enjoy a glass or two of wine. But I drink more than on social occasions because of unhappiness and stress. The unhappiness is because of family and relationship problems. Having a glass of wine makes me feel better. The stress has been more related to school: 1) the quarter system, which encourages faculty to cover too much material in too little time for me to meaningfully learn it; 2) lack of financial support that doesnt result in burdensome debt. The family problems I own. The school related problems UW should own. That drinking alcohol is no solution to either problem, I admit, but it does make me feel better, for better or worse.

Again, Im a distance student and can tell you about my own habits, but I pretty have no clue about the "typical UW student." You have my permission to throw out my answers if you desire.

I think there are big problems with athletic teams, such as the baseball team with drug and alcohol abuse. I know people that have been at some of their apartments while they do cocaine and marijuana and I dont think its fair that they dont get tested more.

I tend to drink different amounts depending on who I am with--I have some friends that are more likely to have alcohol than others, though its usually just in the context of drinks with dinner. I currently rarely buy alcohol for myself, in part because of cost and because some of the people I spend time with here do not drink. Im probably not a good representation in terms of being aware of alcohol/drug education efforts on campus, since as a grad student and someone who doesnt drink much, they dont apply to me very directly.

Im underage, so it would be illegal for me to drink anyway.

I was diagnosed with clinical depression during my undergrad years before I started graduate school. I have since struggled with this disease over the years, but have chosen not to take medication. I was never a heavy drinker. Maybe 4 glasses of wine per year during my early college years, but at some point I made a decision not to drink because I felt that clinical depression and alcohol were not a good mix.

More emphasis on the dangers/risks of marijuana need to be promoted. Too many people think it is a safe drug to use. This includes teachers, students, general populace.

Thank you!

Most people that have a serious problem with drugs are those that use them repeatedly as a way to escape from life to cope with problems and also live within an environment that reinforces them for doing that. There needs to be more of a focus on helping people develop positive lives without the need to use drugs. These people also need skills for tolerating distress, coping with difficult emotions, and overcoming urges to engage in impulsive behaviors, which include drug use, but are not limited to drug use. Many people are never taught how to deal with difficult emotions and so they turn to drugs, or promiscuous sex, or violence, or suicide, or whatever. The current War On Drugs in this country has put the focus on punishment of those that use drugs in the hopes that this will decrease the amount of damaging drug use. Unfortunately, punishment is not a very effective way of changing behavior, especially when the problem is that people turn to drugs because their everyday lives are already punishing enough. The War On Drugs has had the additional problem of making criminals out of people that use drugs in a recreational way, but dont use enough to do any significant damage to themselves or others. In those cases, the punishment does not fit the crime. I do not see more rules, regulations, and law enforcement as the answer to reducing drug use. I think there needs to be more education about how to deal with problems in life and even more of an effort on making life better and more enjoyable for the general public. There needs to be a reduction of stressors in the environment, an increase of opportunities for enjoyable activity, and education in using skills for dealing with the stressors in life that cannot be avoided. There also needs to be a way to intervene in environments where these positive opportunities are not provided.

I work full time, have 2 grown kids, and go to school at night..so have very little to do with campus activity - in fact most undergrads are younger than my son. Since I doubt I fit your profile, my data will most likely be meaningless. Some of the questions -- for example "how much I drank on my 21st birthday" - are especially silly since it was so long ago I have absolutely no idea how much I drank or not.

I smoke cigarettes about once every 2-3 months, when I get sleepy and tired and need to stay awake to get to residence.

You should note that I grew up and came of age in a country where the legal drinking age was 18, and where there seem to be significantly different attitudes about alcohol (less puritanical. Consequently, my undergraduate student experience of these issues is likely to differ greatly from your local respondents, and I am not in significant contact with younger students. Also, my alcohol use has been lessened by parenthood in the last 2 years.

I have not had any negative experiences with any substances or anyone under their influence while at school. Most people seem to keep it out of the classroom.

I have never drank nor will. I have never used anything to harm my body in any way.

My husband and I have date night once a week. I typically have one glass of wine then and nothing over the weekend. This may explain why the answers to the amount of alcohol consumed on weekends vs. weeknights look reversed.

I used to be an alcoholic and a drug addict. I have been sober for 5 years. Unfortunately, being an older student who is sober, I don't think I have helped your survey much. Good Luck!

I took this survey because I wanted to get a word in about smoking on campus. For a non-smoker, it is disgusting to have to walk into a building that is sentried enmasse by smokers. I've had to walk around to another door to avoid smelling like smoke for the rest of the day. Smokers should have special areas on campus where they are permitted to smoke and none of them should be in doorways or on steps that enter buildings. It's discouraging how many young people get to college and still smoke. If they were smart enough to get into college, how come they aren't smart enough to see the many downfalls of smoking? - Thanks

I happen to think that the US policy on drinking does not fit my personal situation, since I feel able to drink responsibly and in moderation. I tend to drink, but certainly not to the point of danger, and not often to the point of discomfort. Only in extenuating circumstances have I vomited or the like. However, I do not support changing the law, since I do not trust my peers to exercise the same discretion. I just want to be able to break the rules discreetly and have a little fun on the weekends. Also, I do not feel that I NEED alcohol to have fun.

Twenty years ago as an undergrad at Gonzaga, I would have had pretty much the same answers. I am a grad student that works full time and attends the emha program. As such I think I am atypical to whom this survey was directed, but I filled it out honestly.

I don't know how my answers are actually representative of a typical UW student since I'm a non-matriculated student with a full-time job.

I do not consume any alcohol, cigarettes, or any type of illicit drugs. I also have never tried on any occasion the said substances. I am clean in accordance to the questions. I do plan, however, to drink socially only after I have celebrated my 21st birthday, and even then I plan to only drink small amounts and never consume to the point of intoxication.

It's important that on campus groups that are supposedly supporters of victims of drug and alcohol use/abuse protect the privacy of those victims. Sometimes, in a misguided attempt to spread awareness of the availability/importance of the resource, these organizations reveal enough details about events that allows victims of crimes to be identified and their privacy invaded.

I usually have a few drinks on the weekend at a party with my friends, avoiding getting completely drunk. I usually feel a little tipsy, but I can always walk and I have never had a run-in with police of any sort. I don't use drugs or smoke and I never plan to.

Some factors affecting my choices with alcohol and drug consumption are also bad experiences I've had sometimes.

I am not a traditional student and have not attended UW as a traditional student.

I know this survey makes it sound like I'm probably a raging drunk, but I think that when people use discretion and know the cause of why they're drinking they have little to worry about. I buy alcohol because it elicits a certain response. People buy gum because it freshens their breath, I buy alcohol because it gets me drunk. People buy products for their effects. I think if people are responsible about their drinking, are aware about the risks, and are respectful of others should they choose to partake, it's really not a major issue.

I think in terms of programs offered, I know this may be taken personally mby many who might wish to join, but I think the first thing that should be taught is that the individual has a problem, needs to recognize the problem, needs to realize the effects of his/her "lifestyle" decisions on individuals around them, and realize the only person that can change that is them. No one else can.

I may be not the typical student due to my religious background and chosen profession. I am a Christian with a strong support group which includes my pastor, friends, and mentors. I am also a military cadet which prohibits its participates to engage in any illicit drug use and strongly discourages participates from strong achohol consumption. I believe the typical student does not have the same support as I do.

Legalize marijuana

We need to stop being such babies and go back to what it was like in the 70s and 80s where students could actually make choices on their own. Not allowing kegs creates waste and is a slap in the face to the students who are trying to create a sustainable environment here on campus. Educate, but dont legislate.

I think this questionnaire was geared more for the undergrads. I hope I was of some help.

Read to yourself titles 1-18 in question 34 and discuss: why arent these as effective as the words "happy hour?"

I am a social drinker. I usually stay with one drink. I only drink for special occasions such dine out, and with my friends after assignment dues to celebrate as well as at "happy hour" at my school (3 Fridays/quarter) to spend some time with friends and relax.

I think drug and alcohol use somewhat depends on who you hang around with. I have one friend that always comes pot and always offers when Im around her. Ive come up with an excuse of the job I want to apply for will drug test by hair folicle test in order to no say, "No I dont want to because it is bad." Ah... the effects of peer pressure.

I already said it. I dont need to be told about dangers or what to do. My friends and family influence me and I can find out about the dangers on my own.

good luck with this study =)

As a personal choice I choose not to ever use drugs...I have seen drugs deteriorate people.

14. I have been drinking more than usual this year as a 4th year medical student, and more than usual this month as a 4th year medical student who is done with his rotations. I tried to respond based on the average of the past year.

23b. This is usually a bimodal phenomenon - either you smoke every day or you dont smoke at all

26. This depends on what you mean by understand - intellectual understanding seems to be very weakly preventative, especially in young people. I think that more experiential understanding - e.g., contact with people who have been hurt by the substance in question - is much more powerful.

31. As of about mid June, when I start residency, my drinking should decrease substantially, to about the level it was during 1st - 3rd year (2 or so drinks a week)

35 - 36. I believe that people take recreational drugs (including alcohol) to achieve certain desired results (relaxation, disinhibition, &c.), and that these results are achievable in a much more fulfilling fashion without the use of drugs. I tolerate a certain amount of recreational drug use in myself and others as a sort of concession to human weakness and to the desire to amplify our pleasure beyond what we are normally able to achieve unaided. But ultimately, I believe that sobriety is the most fulfilling state of mind. This is what influences my use of drugs and alcohol. Apropos, I believe that the distinction between alcohol and illicit drugs is an artificial one.

Yeah I think that people arent really sure about exposing their beliefs about alcohol and would more often than not let problems go unnoticed for fear of what others might say. Peer pressure is a bitch, especailly in college where what people think of you goes so far, life is just High school, everyone is just over. And Ive long since "dropped out" of the college shit. I have no faith in the UW social programs. Sorry, and thanks for this survey, and allowing me to vent to fell like I get heard.

I am a non-smoker and an non-alcoholic.

I worked as Chemical Dependency Professional for over 5 years, so Im very aware of the dangers and issues with alcohol/drug use, even in recreational form.

as a grad student at 35 years of age i believe i am further removed from college parties and from drug and alcohol awareness information than more traditionally aged students.

As to other UW students, I am not able to judge since I do not hang out much with that crowd, especially not with undergrads. As to the question # 30 m-x, there should also be the option "N/A." If one never uses drugs, how can s/he answer this question? I said that I NEVER experienced the mentioned symptoms and situations. However, that is because I have never used those drugs, NOT that I used them and had no bad side-effects or experiences.

I am a collegiate athlete, so I do not want to mess myself up. I am just sorry that there is not more of a sense of community ON campus (capitalized not because I am mad, but to make a point). If more people participated in campus events like a homecoming really Friday night I think people would drink a lot less. Right now it seems like people drink because they think there is nothing else to do, or the campus is too big and they dont want to walk too far, or they dont want to show up because they think nobody else will be there. (Which is a downward spiral...). Thanks for this chance to share my thoughts. If you want to contact me, you are more than welcome to. I dont know if this report is linked to my contact information though.

I recognize that the University is caught between a rock and a hard place, given current American drug policy, yet I hope that it can try to balance the message that it sends students, and the policies it itself adopts.

For the most part, people know the risks associated with certain actions, so awareness programs really help very little. The information needs to be out there and available, but so many programs really has no overall effect. Treatment programs need to be available and visible to the student who might need help on the other hand.

The unspoken transition in the frats from alcohol to marijuana due to police crack downs on MIPs has been great. Previously they would get drunk and riot and set cars on fire, now they just get high and sit on the couch. Much more pleasant for all concerned. However, the moralizing puritanism of the school is a negative influence. Removing of ash trays, for instance: I smoke, Im not a bad person, and Im not ashamed of it. When I do it outside and away from building doors and vents I do no harm to those around me. On the other hand, I dont like to litter, so I am forced to search for a trash can these days whenever I want to put out my cigarette. What is more, I feel that many thrusts by public authorities are condescending and holier-than-thou. Any idiot knows better than to drink and drive, and if a person by now has grown up being told not to, but does anyway, chances are its not because a free sobriety seminar would have changed what is fundamentally wrong with their worldview. On the other hand, responsible use of alcohol tobacco and drugs seems to be a more realistic goal than absolute purity. However, since the university does not present this alternative effectively, their anti-drug, anti-drinking educational efforts come off as moral lectures (even when they arent, partly due to the smug quality of the people who volunteer to present them.) The result is that educational efforts are counter productive. Students insulted by this condescension and apparent lack of alternatives react against an otherwise reasonable message, thinking if they fall off the wagon, that they might as well go all the way. What is more, much of this education is largely preaching to the choir. Something as saccharine as "substance free FUN events" is so cheesy and moralizing that it only appeals to students who already agree with what it teaches. As a result this is a polarizing influence on the campus. Students who dont drink or do drugs band together at these events and educational opportunities, and the students with drinking or drug problems resent these activities, so the two never mix, and the message never reaches those who need it most. I grew up in a European tradition of alcohol and tobacco use, and although Ive tried drugs, they arent really my thing. My consumption, although significant, remains responsible because I was never presented with the dialectic of "Youre either sober, or your a sinner." This mind set, even when not religious, has been the root of a number of the most significant examples I have personally observed of alcohol and substance abuse. Students leave a restrictive anti-alcohol anti-drug household, and upon arriving at the university as an adult, dont have the skills of self-discipline because discipline has always been provided to them externally. As a result, they go wild, and sometimes do lasting damage. If the University can pursue a more realistic strategy, and present its education in a way that is less saccharine and condescending, then perhaps that would be more effective. For instance, instead of using sober anti-drinking volunteers to try to reach drinkers, try recruiting the bars or fraternities who drinkers respect to help. For instance, encourage bars and parties to offer a discount on drinks if you buy less than 5. This would have a far greater effect on problem drinkers even if it might be harder to implement. The truth is that change will have to come from within and advice can only be taken from a source that commands a persons respect. That respect is lost if you out-right condemn a person, or come across as morally superior. Instead, compromise and rationality would be the best course of action and dramatically change the effectiveness of the Universitys programs.

Ive never been offered illicit drugs and dont plan on trying either.

I skipped question that seems aimed at undergrads. thanks.

You might have included "disposable income" or "price" as a factor influencing extent of alcohol or drug use. Also, what is "rules of living group"?

I do not think my answers would be representative of the UW student body and prefer not to complete entire questionnaire.

As I do not know very many people on campus, my estimates as to the drinking and illicit drug use habits of other students should be taken as very general estimations based on conversations I have overheard.

Zero Tolerance Policy does not work and just pushes drinking behind close doors. The primary public risk entailed with drinking is drunk driving, which is a minimal concern in a campus environment. In my undergrad days, we had dorm keggers, and it was a great way to bond with my dorm-mates. I think in the world at large, an 21 yr old drinking age is appropriate due to drunk driving concerns, but in a campus environment, I think 18 is fine. I also believe that drug use of all kinds should be decriminalized with a focus on treatment rather than criminalization. Our jails and courts are hopelessly overwhelmed by drug charges and a related culture of crime and disregard for public authority. At the same time, I had my car stolen recently and it was treated as if it were practically no longer a crime. Unless public safety is a concern (as in underage drunk driving), personal choice and responsibility must be emphasized and is really the only reasonable approach to drug use in our society.

My wife says she doesnt like being called a partner and frankly we are both a little offended that you would not have an option for spouse - I think its a little unfair to offend one group just so that you wont offend another.

Question 23 is very poorly worded. For instance I feel that cigarette usage is none for greater than 50% of the student population but probably at least once a day for those who do smoke. Should I average the two populations? Similar idea for other drug usages. So if "most students" means greater than 50% of the student population, then I would have to change my answers to indicate that most dont smoke or use illicit drugs. However I answered the question to reflect an average of the entire student population.

instruct professors to quit using beer or some other form of alcohol as examples for things in class. It is like its the only way they know how to relate to their students and kids are such idiots that everyone gets excited everytime to show how much they know about drinking; it cant help the problem of underage drinking. College kids have enough pressure to drink and dont need to be led to believe that professors all encourage it too.

I think this is a good effort. However, it is not confidential because it is linked with the senders email address. It might have been better to send it as an attachment and have the students return it by fax or another way that would guarantee anonymity.

I do not drink or smoke, and have not for over 10 years.

Although this is a survey about substances such as alcohol and drugs, what about people who abuse food or who have weight problems? I would like more encouragement in this area! Obesity is a problem in the US and it surprises me that at such a wonderful and diverse school that there arent any outreach programs for obese/overweight students who want support. I know for example some of these people want to go to the IMA gym but may feel intimidated by the normal weight students, so perhaps some advertising and encouragement for everyone to use the facility should be posted. I also beleive that there is a connection between obesity and other substance abuse such as alcohol and it would be interesting to do a study on students who are obese/overweight and who do not have substance abuse (drugs, alcohol) but may have food problems, and ask about if their family members who arent overwieght have alcohol or drug problems.

Appendix D Invitation Message

Date: Mon, 25 Apr 2005 [**April 25 – 28**]
From: Vice President for Student Affairs <ovpsa@u.washington.edu>
Reply-To: Office of Educational Assessment <oeasurv@u.washington.edu>
To:
Subject: University Life Survey 2005

Dear Student,

You are one of 3,000 students who have been randomly selected to participate in a confidential survey to learn more about the extent to which UW students use alcohol, tobacco and other drugs, and what additional educational efforts the University might undertake in this important area. This survey was developed by the Student Affairs Committee on Alcohol and Substance Awareness, which is composed of students and members of the faculty and staff, and it has been administered periodically to UW students since 1991. The questionnaire is designed to solicit information on the degree to which, if at all, you use alcohol and other drugs, and your impressions of our efforts to provide education and various services to prevent and address problems growing out of the use of such substances.

Please take a few moments to go to the URL listed below and complete the on-line questionnaire. You will receive up to two more reminders regarding the survey in the next several weeks.

<http://depts.washington.edu/oeasurv/suq/aform.php>

After you complete the survey, you will have the opportunity to enter a drawing for one of four prizes. Winners can choose either an iPod shuffle or a \$100 gift certificate to be used at the UW Bookstore. Entries for the drawing must be completed by May 19.

Your participation is voluntary. In completing the questionnaire, we ask that you not identify yourself. We want your responses to be completely anonymous. If you wish to talk with someone concerning your reactions to the questionnaire, you may contact the Counseling Center, at (206) 543-1240, to arrange a visit with a counselor. If you have questions regarding the survey itself, please contact Ms. Deb McGhee, Office of Educational Assessment, at (206) 616-0364.

If you do not wish to participate, you may remove your name from the mailing list here:
<https://depts.washington.edu/oeasurv/suq/draw/optout.php>

Thank you for your help.

Sincerely,

Ernest R. Morris, Ph.D.
Vice President

University Bookstore drawing entry e-mail

3 March 2005

QUESTIONNAIRE SUBMIT:

"After you submit your questionnaire you have one more task to complete. Specifically, you can sign up for the prize drawing and/or remove your name from the mailing list so that you won't receive any more reminders. You will have to log in with you UWNETID."

ENTRY CARD (login w/UWNETID):



University Life Survey Prize Drawing

To enter the drawing, fill in the contact information below and then click **SUBMIT**.

This form will NOT be associated with your survey responses.

Please enter me in the drawing for one of the prizes. If I win, I will be able to select either an iPod shuffle or a \$100 UW Bookstore gift certificate.

Name: _____

Student No: _____ Phone: _____

Email: _____

No thanks

SUBMIT

Submitting this card will also remove your name from the reminder list.

Appendix E Reminder E-mail

Date: Mon, 5 May 2005 **[5/5 and 5/13]**
From: Vice President for Student Affairs <ovpsa@u.washington.edu>
Reply-To: Office of Educational Assessment <oeasurv@u.washington.edu>
To:
Subject: University Life Survey 2005

Dear Student,

You recently were invited to complete a questionnaire regarding the extent to which UW students use alcohol and other drugs, and what additional educational efforts the University might undertake in this important area. If you have already completed the questionnaire, please accept our thanks for your help.

If you have not yet been able to complete the survey, please take the time to do so now by going to the URL listed below. (Your previous URL is no longer valid.)

<http://depts.washington.edu/oeasurv/suq/aform.php>

Your participation is entirely voluntary, but because we have sent the questionnaire to only a small sample of students, each response is very important—and will be greatly appreciated. Until May 19, moreover, you have the opportunity to enter the drawing for one of four iPod Shuffles or \$100 University Bookstore gift certificates.

If you have questions regarding this study, please contact Ms. Deb McGhee, Office of Educational Assessment, at 206-616-0364.

If you do not wish to participate, you may remove your name from the mailing list here:
<https://depts.washington.edu/oeasurv/suq/draw/optout.php>

Thank you again for your support of this effort.

Sincerely yours,

Ernest R. Morris, Ph.D.
Vice President