



NUI Galway
OÉ Gaillimh

SUCCESS QUIZ REPORT 2017



Riona Hughes

NUI GALWAY 1/6/18

Success Quiz 2017 Report

Foreword

The Success Quiz was made available to the students from the end of August 2017. It is built as part of the societies/yourspace interface development and the software generates excel sheets for each of the sections of the success quiz. All the support units were invited to collaborate on the questions and the feedback the students received once they completed the quiz. (Appendix 2) Three students used the data as their project for the Msc. in Business Analytics. The software generates reports and charts for the alcohol audit, the three questions on services, resources and skills and breaks these down by college. The 38 success questions are grouped under 6 categories and the results of this are available as an excel file. The Masters students combined all of the excel sheets, tidied them and removed any respondents who had not answered all questions, this left us with a final sample of 1122 respondents. Three students from the University Societies Coordination Group turned the answers into the charts for the questions. With the assistance of the Socsbox staff I compiled the report based on all the data available. The Masters students, once their exams finished, looked more closely at the data and retention rates produces their report which makes very interesting reading. I would recommend automation all the sections of the quiz to facilitate producing a report much earlier in the year as the findings tells us what our students want and need for successful progression and also allow us to partner with them on their learning journey.

Riona Hughes, Societies Officer, Student Services.

Number Of Respondents - 1275

Success quiz database

Of the 1275 respondents 790 were first year undergraduates which represents approximately 25% of incoming first years. Last year we had a total of 712 participants of which 513 were first year undergraduates. To increase the uptake even more next year the invitation to participate in the Success Quiz needs to be included in the first correspondence with the students with an invitation to participate and to log into YourSpace with the CAO numbers (this will become their ID number when the register). By logging into YourSpace, as a matter of course, the students will be introduced to a wealth of support services in a friendly easily digested and personalised form. They will also get an idea of the extra-curricular opportunities available at this most crucial time when drop-out rates are statistically at their highest. Participants are also e-mailed their results and the data is then anonymised for analysis to protect the students' privacy.

This year (the second year of the quiz) we combined the Alcohol Audit and the questions about services, resources and desired skills into the survey and therefore simplified the process for participants. Getting first years to complete the Alcohol Audit is one of our commitment under the university participation in REACT, the third level initiative to help reduce alcohol related harm, so we need to achieve greater participation with the incoming first years. We did however achieve significant improvement in taking the alcohol audit from last year by integration the questions into the quiz.

10% of respondents were first year Postgrads, the Quiz is a very easy way for the University to engage and provide information to this cohort who face significant challenges integrating into college life. Therefore it is important to find ways to increasing postgraduate participation rates by inviting incoming post graduates to participate at first point of contact. This year we introduced an extra section of questions about *confidence with people* to ascertain the numbers of students who were presenting with quantifiable social anxiety (mini-SPIN questionnaire)

For the purposes of the findings it is important to note that Shannon College had the highest first year undergrad respondents at 80%, followed by Medicine at 71%, Engineering and Arts 64%, Science 58% and Business 50%. Note also that the number of Access students responding was negligible except in Adult and Continuing education where 50% of respondents were Access students. The highest number of respondents who identified as visiting students was in Arts at 10%, with 4% of Business and Engineering and 1% Science and no Medicine or Shannon College respondents.

Figure 2 shown the average scores for all respondents for the 7 categories. In general course choice and career questions was the area with greatest certainty with an average score of 80%, with adjustment to college life, engagement and health all scoring over 70%. The two weakest areas scoring over 60% were finance and confidence with people.

Student type overall results

College	Access Student	Final Year Postgraduate	Final Year Undergraduate	First Year Postgraduate	First Year Undergraduate	Second Year + Postgraduate	Second Year + Undergraduate	Visiting Student	Total
Adult & Continuing Education	4	0	0	1	2	0	1	0	8
College of Arts, Social Sciences, & Celtic Studies	1	7	28	21	238	0	37	37	369
College of Business, Public Policy, & Law	1	16	18	61	127	2	17	10	252
College of Engineering & Informatics	0	3	13	19	115	3	19	7	179
College of Medicine, Nursing, & Health Sciences	0	0	5	9	127	1	37	0	179
College of Science	0	3	21	15	123	4	45	2	213
Shannon College of Hotel Management	0	0	6	0	58	1	8	0	73
St. Angela's Sligo	0	0	2	0	0	0	0	0	2
	6	29	93	126	790	11	164	56	1275

Figure 1 success quiz database

All respondents overall results

Category	Average Score
Adjustment	74.15%
Course Choice and Careers Questions	81.09%
Health	70.52%
Finance	62.78%
Confidence with People	61.38%
Engagement	72.32%

Figure 2 success quiz database

Figure 3 looks at the comparative scores under the six heading by college. The College of Arts scored lowest on *Finance* with an average score of 54% and their highest average score was *Health* (82%), they scored 61% for *Confidence with People*. The College of Business also scored highest for *Health* at 87% and their *Finances* hit a low of 51% and they were slightly more confident with people at 66%. The College of Engineering scored a whopping 93% for *Health* they were almost as *Confident with People* as Business and had less financial difficulties scoring an average 60%. They are also as happy with *Course Choice and Career* (75%) as Arts (73%) and Business (76%).

Medicine scored the highest of all the colleges in *Course Choice and career* (87%) 8% more than the second score which was Shannon College (79%) They also scored highest with *Confidence with People* (67%) and highest on *Finances* at 63%, the lowest score on *Finance* was Shannon College at 46% with Business also bottom of the league with 51%. Science scored the lowest with *Course Choice & Careers* (70%), they were only slightly *Healthier* than Arts but slightly lower than everyone else. They also scored second lowest on *Confidence with People* (62%) again just 1% more than Arts (61%). They scored overall average in *Engagement* (69% - 73%) the exceptions being Arts at (61%) and Shannon College (52%). All colleges scored within 4% of each other on *Adjustment* (78% - 81%). Shannon College scored their highest with *Adjustment* (81%) and *Course Choice Careers* 79% and were also *Healthy* at an average score of 87%

For the purposes of analysis we have discounted St Angela's as we only had 2 respondents and Adult and Continuing Education with only 8 respondents. For the purposes of the report the name of the five Galway campus colleges are shortened to: 'Arts', 'Business', 'Engineering', Medicine and Science and Shannon College of Hotel management to 'Shannon College'

All respondents overall results by college course

College	Category	Average Score
College of Arts, Social Sciences, & Celtic Studies	Adjustment	77.94%
College of Arts, Social Sciences, & Celtic Studies	Course Choice and Careers Questions	72.57%
College of Arts, Social Sciences, & Celtic Studies	Engagement	61.36%
College of Arts, Social Sciences, & Celtic Studies	Finance	54.58%
College of Arts, Social Sciences, & Celtic Studies	Health	81.68%
College of Arts, Social Sciences, & Celtic Studies	Confidence with People	60.70%
College of Business, Public Policy, & Law	Adjustment	80.63%
College of Business, Public Policy, & Law	Course Choice and Careers Questions	76.19%
College of Business, Public Policy, & Law	Engagement	72.46%
College of Business, Public Policy, & Law	Finance	50.56%
College of Business, Public Policy, & Law	Health	87.94%
College of Business, Public Policy, & Law	Confidence with People	65.95%
College of Engineering & Informatics	Adjustment	81.56%
College of Engineering & Informatics	Course Choice and Careers Questions	75.31%
College of Engineering & Informatics	Engagement	73.30%
College of Engineering & Informatics	Finance	60.45%
College of Engineering & Informatics	Health	92.63%
College of Engineering & Informatics	Confidence with People	64.13%

College of Medicine, Nursing, & Health Sciences	Adjustment	79.55%
College of Medicine, Nursing, & Health Sciences	Course Choice and Careers Questions	87.15%
College of Medicine, Nursing, & Health Sciences	Engagement	69.05%
College of Medicine, Nursing, & Health Sciences	Finance	63.24%
College of Medicine, Nursing, & Health Sciences	Health	90.50%
College of Medicine, Nursing, & Health Sciences	Confidence with People	66.59%
College of Science	Adjustment	77.93%
College of Science	Course Choice and Careers Questions	70.23%
College of Science	Engagement	70.23%
College of Science	Finance	56.62%
College of Science	Health	86.38%
College of Science	Confidence with People	62.07%
Shannon College of Hotel Management	Adjustment	81.10%
Shannon College of Hotel Management	Course Choice and Careers Questions	79.18%
Shannon College of Hotel Management	Engagement	51.78%
Shannon College of Hotel Management	Finance	46.03%
Shannon College of Hotel Management	Health	86.85%
Shannon College of Hotel Management	Confidence with People	65.48%

Figure 3 success quiz database

In the next section we will break down each of the 6 question categories above and look at the overall answers to each individual question. This is a first look at the findings there are much greater depths of analysis possible on the data and three Masters Students in Business Analytics took the raw data, cleaned up the files and identified 1122 respondents who had answered all questions and this is the sample we work with in the next section. You can read their analysis in their separate report. Time and resources would also make it possible to break down this data by college. The soft-wear where the quiz is built can now automatically produce data for part of the quiz, but this section had to be extracted from excel. For next year it would be ideal to have the entire quiz, with a much bigger sample, able to produce instant reports which all services and schools could have access to and use to inform decisions. The questions were randomised and students were offered a 5 point sliding scale from 'Not like me' to 'Very like me' and included positive and negative questions see Appendix 1 for the format of the Quiz.

Questions in the Categories

Adjustment

Questions

I feel I will adjust well to college life.

I feel I have nobody to talk to about my worries.

I feel anxious about settling into college.

I feel supported by my family.

I don't know how I will find the time to do all the things I need and want to do in my day.

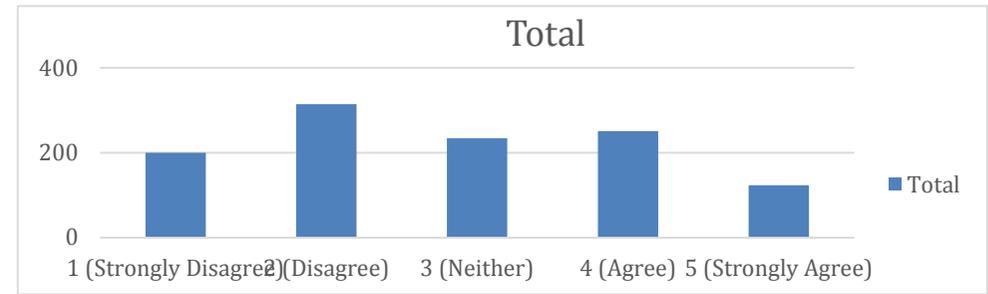
I am looking forward to my new independent lifestyle.

In this section the aim was to ascertain how prepared they felt for college and all the new demands that would be placed on their time, Did they feel they had support from at home or any other source. For any respondents in a higher year it was an opportunity to reflect on where they were at the start of this new year. 80% agreed or strongly agreed they were looking forward to their new independent lifestyle, only 2% strongly disagreed. 50% were concerned about time pressure and managing their busy schedules only 26% feel that they had the time management skills needed to cope with their busy college life. 83% felt supported by their family (59% feeling very supported), 2% felt very unsupported. 71% have someone to confide in but as many as 13% felt they had no one they can confide in. There is quite a bit of anxiety surrounding settling in with only 46% not feeling anxious. The good news is that there is hope as 74% felt they would adjust well to college life and only 1% feeling strongly that they would not.

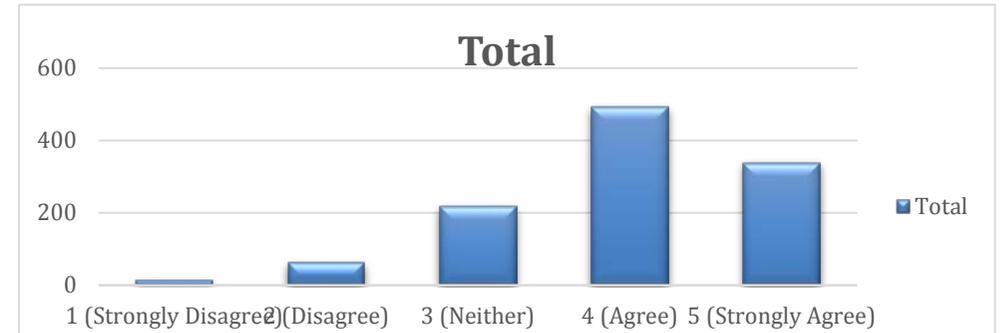
Looking further into this 1% who felt they would not adjust well to college life, 7 of them were first year undergraduates, 2 were access students, 2 were second year + undergraduates and 1 was a final year post graduate. 11 of them scored high for the question 'I am currently or have in the recent past suffered from low mood/depression', and 11 all of them scored high for 'I often feel stressed or anxious' 8 scored high for 'no body to talk to' 7 scored 4 or 5 for being supported by their family and 3 scored 2 but none of them scored 1. What resources and supports were most popular with this cohort? All 13 were interested in societies, 10 were interested in fitness, 10 in sports clubs, 7 in the gym, 7 in counselling, 7 in social anxiety support, 7 in movie screenings, 7 in volunteer opportunities on campus and a slightly different 7 in ALIVE, 6 in individual library study rooms. Was drinking a factor in this? Looking at their drinking patterns and their Alcohol Audit scoring, 7 scored less than 7 (not impacting their health) and 6 scored 8-14 (medium level of alcohol problems). The scoring range is 0 – 40.

Adjustment Questions Charts

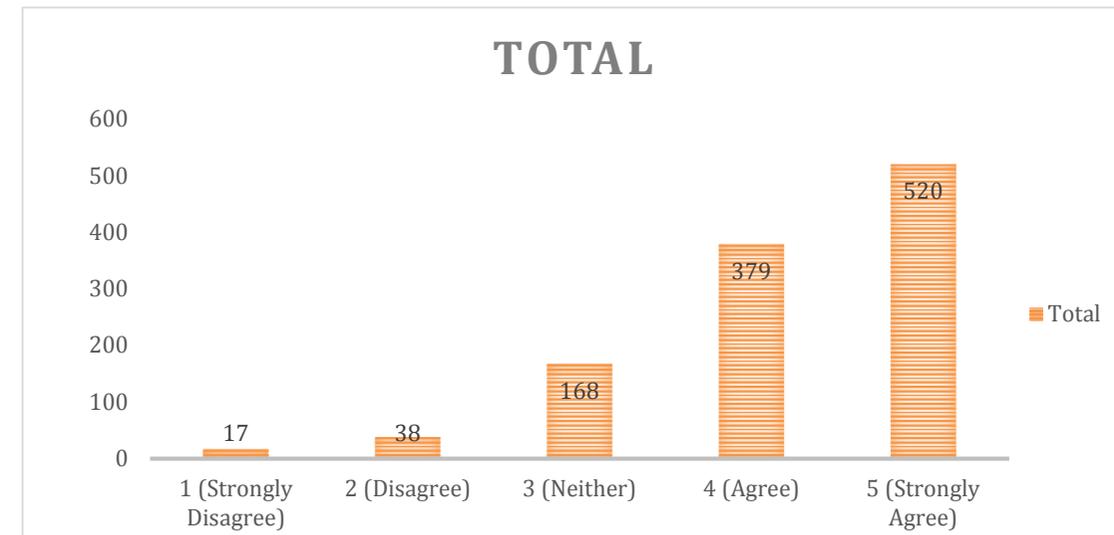
I feel anxious about settling into college	Adjustment	
1 (Strongly Disagree)	200	18%
2 (Disagree)	314	28%
3 (Neither)	234	21%
4 (Agree)	251	22%
5 (Strongly Agree)	123	11%



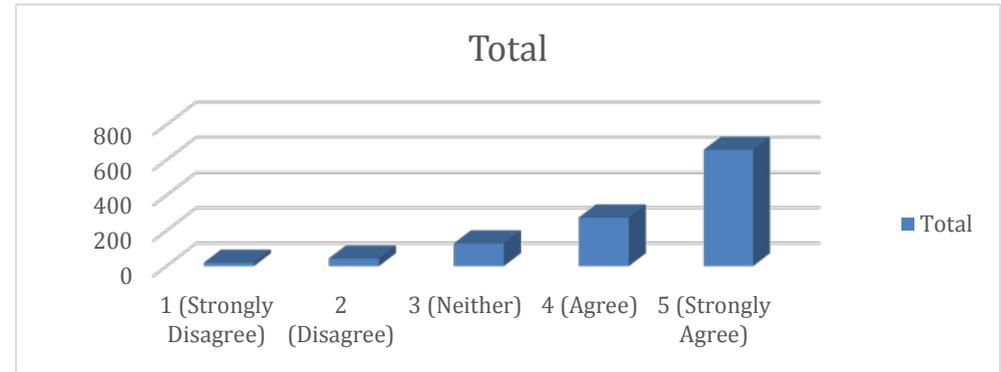
I feel I will adjust well to college life	Adjustment	
1 (Strongly Disagree)	13	1%
2 (Disagree)	62	6%
3 (Neither)	217	19%
4 (Agree)	492	44%
5 (Strongly Agree)	338	30%



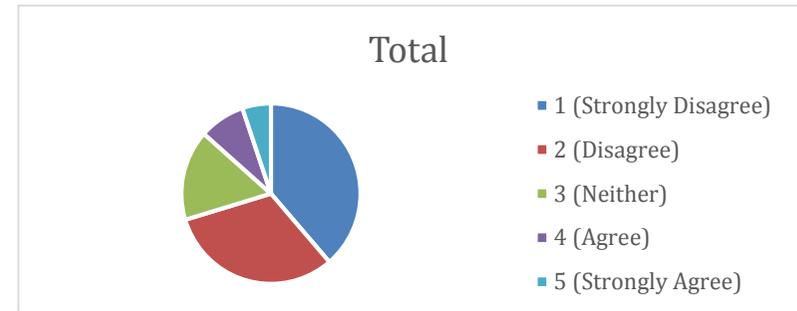
I am looking forward to my new independent lifestyle	Adjustment	
1 (Strongly Disagree)	17	2%
2 (Disagree)	38	3%
3 (Neither)	168	15%
4 (Agree)	379	34%
5 (Strongly Agree)	520	46%



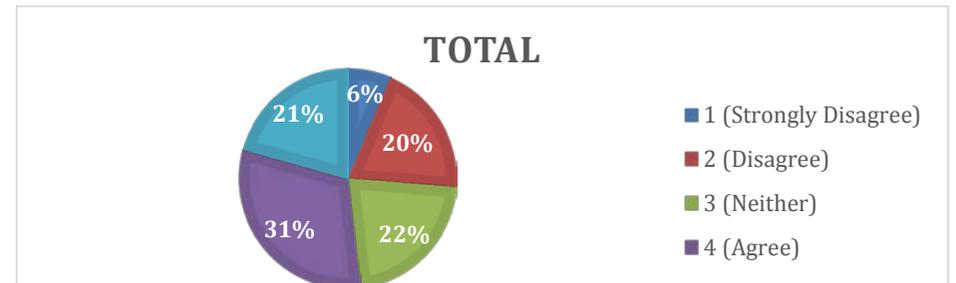
I feel supported by my family	Adjustment	
1 (Strongly Disagree)	19	2%
2 (Disagree)	43	4%
3 (Neither)	128	11%
4 (Agree)	274	24%
5 (Strongly Agree)	658	59%



Count of Nobody to talk - I feel I have nobody to talk to about my worries	Adjustment	
1 (Strongly Disagree)	434	39%
2 (Disagree)	355	32%
3 (Neither)	182	16%
4 (Agree)	93	8%
5 (Strongly Agree)	58	5%



I don't know how I will find the time to do all the things I need and want to do in my day	Adjustment	
1 (Strongly Disagree)	72	6%
2 (Disagree)	223	20%
3 (Neither)	245	22%
4 (Agree)	350	31%
5 (strongly agree)	232	21%



Course Choice and Career

Questions

I'm happy with my course choice.

I have no career ideas yet.

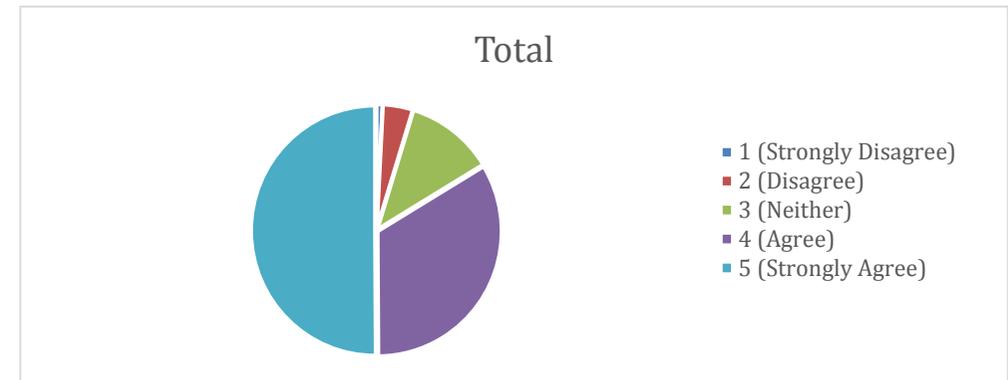
I understand the possible career options open to me with my course.

I would like to know things I can do to make myself more employable.

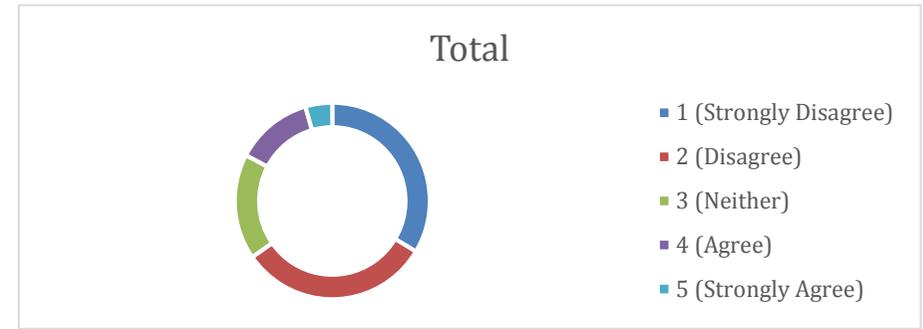
In this section we asked questions about their satisfaction with their course choice and their perceived career options. It is a relief that 84% are happy with their choice (50% very happy) and only 5% unhappy. 18% have no career ideas yet and 66% have some career ideas.

There is a high level of understanding of career options (77% scored 4 + 5). Further investigation of the 390 students (35% who chose very like me for 'understanding career options', 64% are first year undergraduates, 13% are first year postgraduates, 12% are second year + undergraduates, 2% were visiting students and 2% final year postgraduates and 1% access students. What colleges have the clearest understanding of their career options? As a percentage of all respondents per college 51% from medicine, 40% from Shannon College, 31% from Business, 30% from Engineering, and 22% from both Science and Arts. There is more good news as only 8% overall have said they do not understand their options. The final question for the Career development Centre and the new Employability Award is heartening as 83% have clearly stated that they would like to know how to make themselves more employable and only 6% either know already how to make themselves employable or currently have no interest.

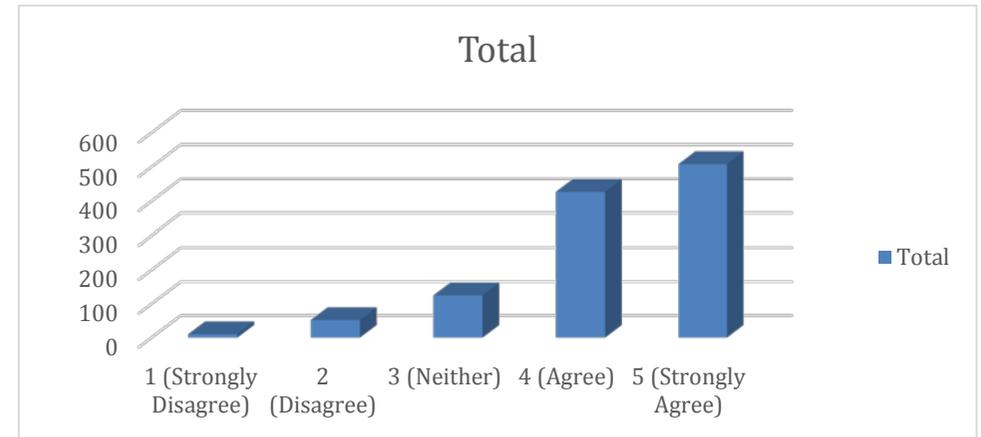
I am happy with my course choice	Course Choice and Career	
1 (Strongly Disagree)	9	1%
2 (Disagree)	44	4%
3 (Neither)	130	12%
4 (Agree)	377	34%
5 (Strongly Agree)	562	50%



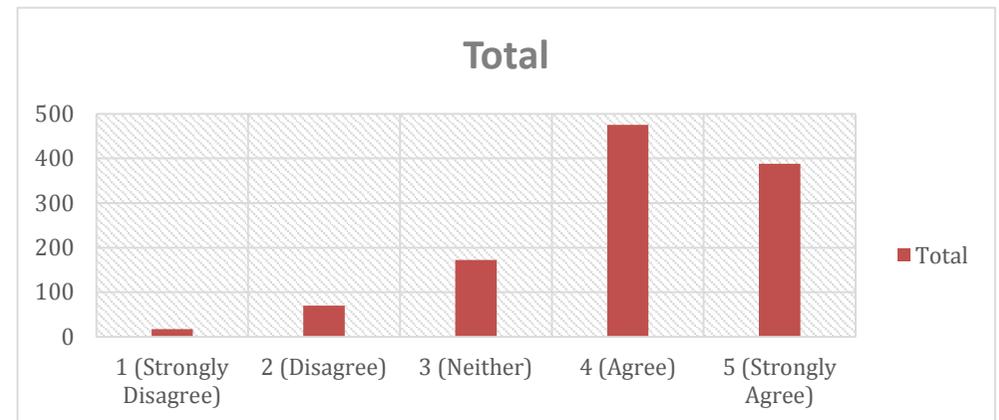
I have no career ideas yet	Adjustment	
1 (Strongly Disagree)	377	34%
2 (Disagree)	356	32%
3 (Neither)	195	17%
4 (Agree)	144	13%
5 (Strongly Agree)	50	4%



I would like to know things I can do to make myself more employable	Career	
1 (Strongly Disagree)	10	1%
2 (Disagree)	52	5%
3 (Neither)	125	11%
4 (Agree)	427	38%
5 (Strongly Agree)	508	45%



I understand the possible career options open to me with my course	Course & Careers	
1 (Strongly Disagree)	17	2%
2 (Disagree)	70	6%
3 (Neither)	172	15%
4 (Agree)	475	42%
5 (Strongly Agree)	388	35%



Health

Questions

I feel fit and healthy.

I take regular exercise.

I eat a healthy, balanced diet.

I usually get a good night's sleep.

I worry about my general health.

I have no energy and I am tired all the time.

I have a pre-existing health issue that I am concerned about.

I often feel stressed or anxious.

I am currently or have in the recent past suffered low mood/depression.

I have experienced a mental health issue for more than one year.

I feel confident and informed about my sexual health needs.

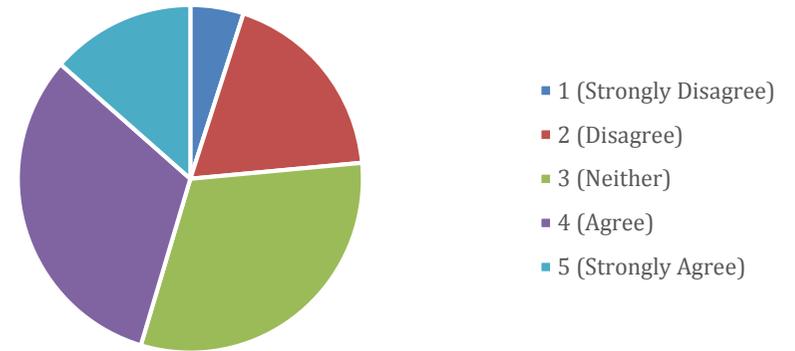
I understand the importance of being informed about sexual consent.

This section of the survey aimed to understand how confident students felt about their overall wellbeing going into college for the first time or returning to their next year. This covered topics including physical health, mental health and sexual consent with 46% of respondents stating that they did feel fit and healthy. 36% of respondents indicated that they had or were experiencing low mood at the time of answering. Worryingly, 35% of all first years who responded were a part of this cohort, with the vast majority strongly agreeing to this statement. 56% of these respondents also indicated that they were anxious about settling into their first college year. Positively, however, 87% of respondents in this category stated they understood the importance of sexual consent with 86% of all respondents indicating that they understood the importance of sexual consent.

7% don't get a good night's sleep, 20% eat a poor diet and almost 50% eat a healthy balanced diet. 44% are taking regular exercise. 53% don't worry about their health, but for 23% it is a worry. Not a bleak picture but certainly room for improvement.

Overall these figures give us insight into how first years and returning students adapt to coming to University and highlight areas where improvement to their overall health is needed.

Feeling Fit

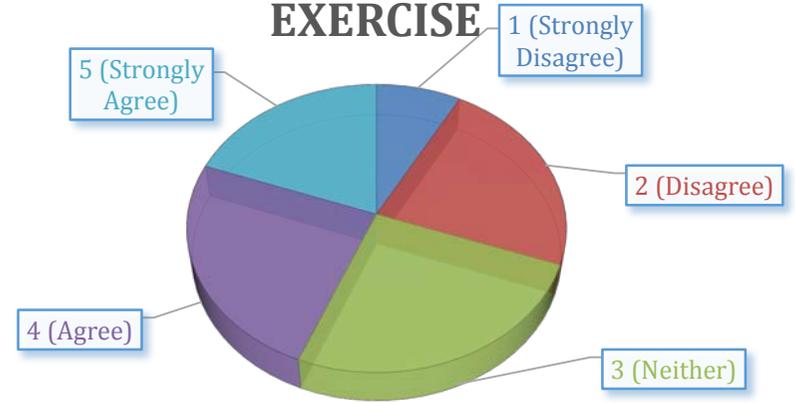


I feel fit and healthy

Health

Response	Count	Percentage
1 (Strongly Disagree)	56	5%
2 (Disagree)	208	19%
3 (Neither)	349	31%
4 (Agree)	357	32%
5 (Strongly Agree)	152	14%

EXERCISE

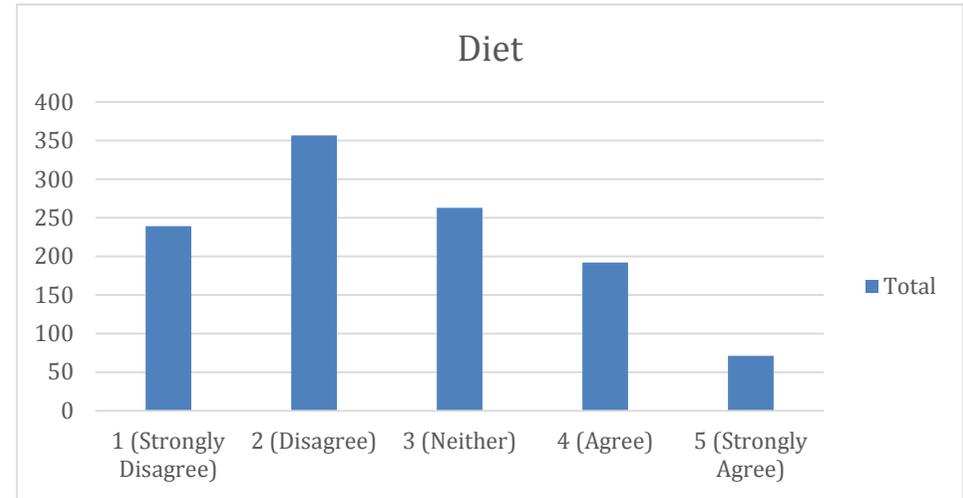


I take regular exercise

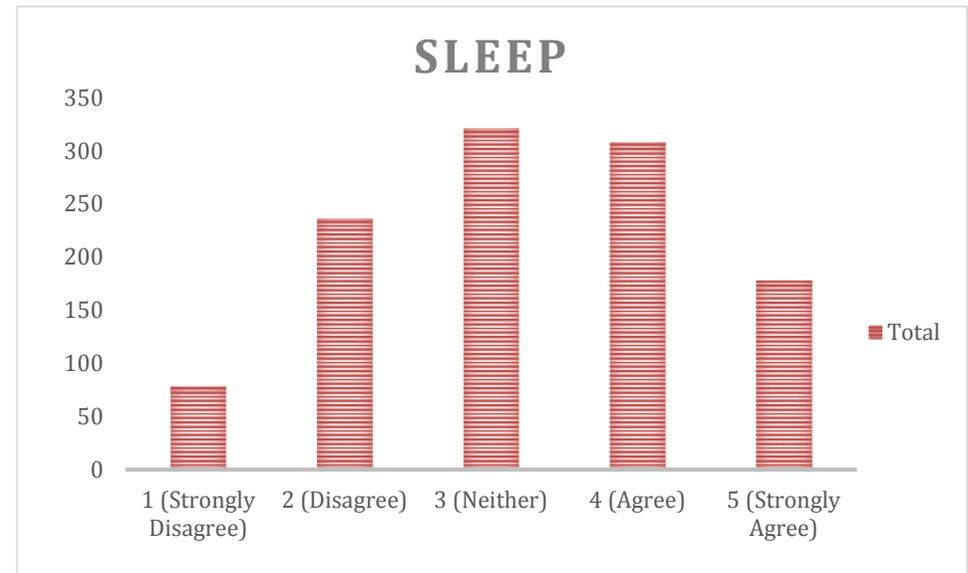
Health

Response	Count	Percentage
1 (Strongly Disagree)	89	8%
2 (Disagree)	254	23%
3 (Neither)	287	26%
4 (Agree)	275	25%
5 (Strongly Agree)	217	19%

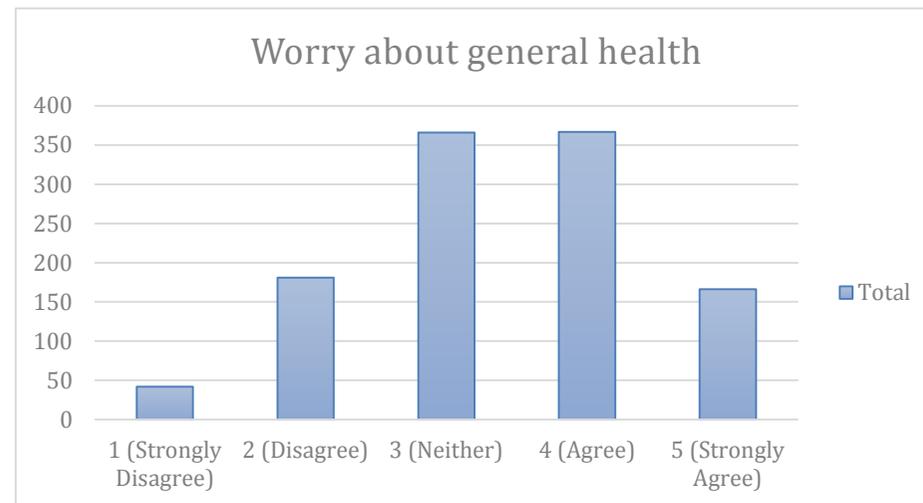
I eat a healthy and balanced diet	Health	
1 (Strongly Disagree)	42	4%
2 (Disagree)	181	16%
3 (Neither)	366	33%
4 (Agree)	367	33%
5 (Strongly Agree)	166	15%



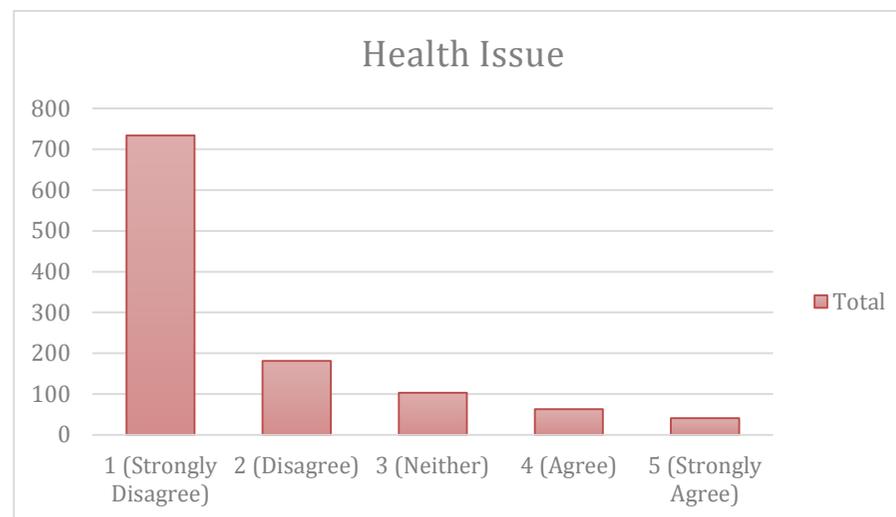
I usually get a good night's sleep	Health	
1 (Strongly Disagree)	79	7%
2 (Disagree)	236	21%
3 (Neither)	321	29%
4 (Agree)	308	27%
5 (Strongly Agree)	178	16%



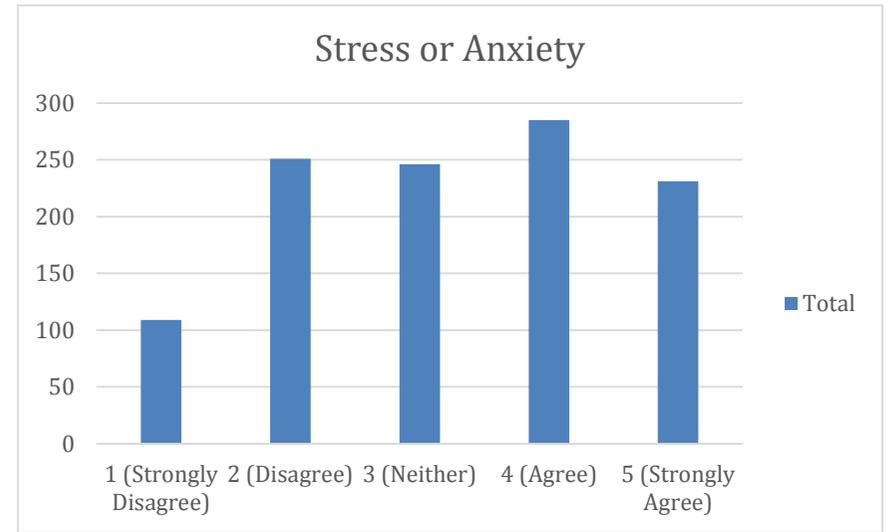
I worry about my general health	Health	
1 (Strongly Disagree)	239	21%
2 (Disagree)	357	32%
3 (Neither)	263	23%
4 (Agree)	192	17%
5 (Strongly Agree)	71	6%



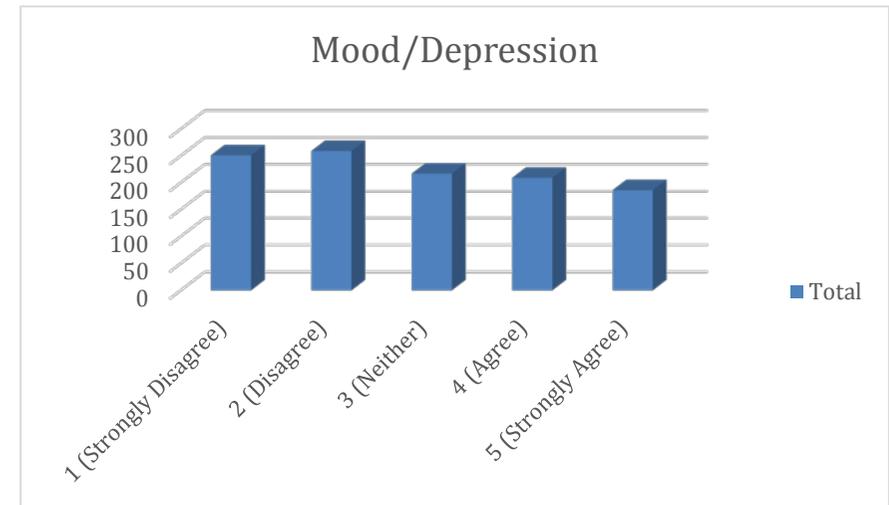
I have a pre-existing health issue that I am concerned about	Health	
1 (Strongly Disagree)	734	65%
2 (Disagree)	181	16%
3 (Neither)	103	9%
4 (Agree)	63	6%
5 (Strongly Agree)	41	4%



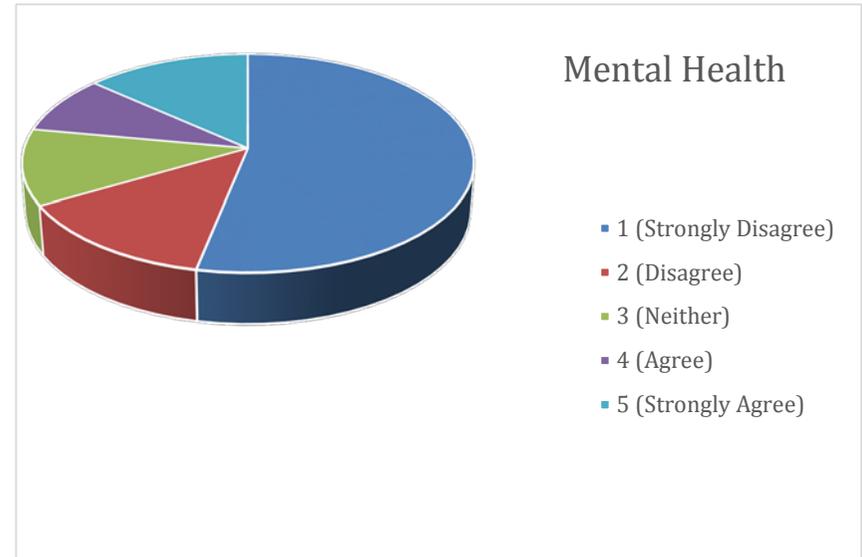
I often feel stressed or anxious	Health	
1 (Strongly Disagree)	109	10%
2 (Disagree)	251	22%
3 (Neither)	246	22%
4 (Agree)	285	25%
5 (Strongly Agree)	231	21%



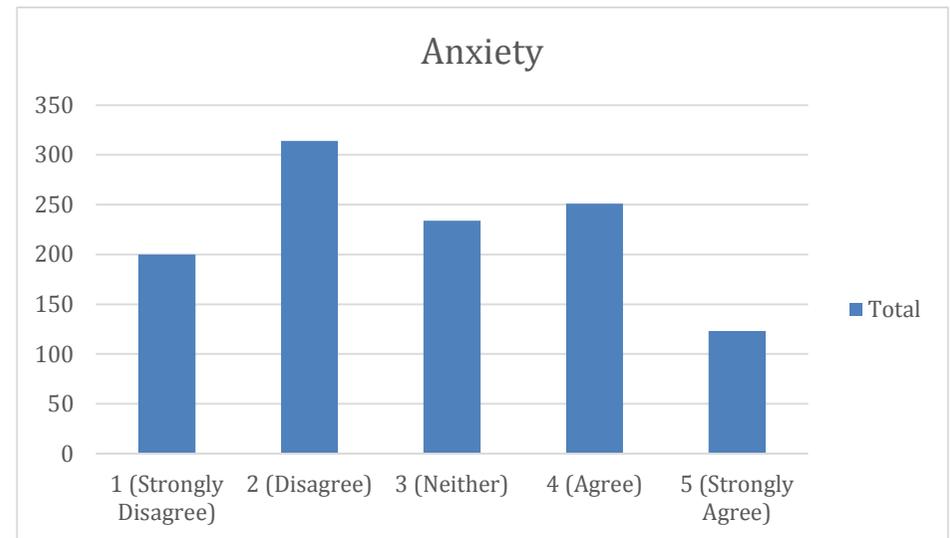
I am currently or have in the recent past suffered from low mood/depression	Health	
1 (Strongly Disagree)	251	22%
2 (Disagree)	259	23%
3 (Neither)	217	19%
4 (Agree)	209	19%
5 (Strongly Agree)	186	17%



Mental Health - I have experienced a mental health issue for more than one year	Health	
1 (Strongly Disagree)	597	53%
2 (Disagree)	151	13%
3 (Neither)	126	11%
4 (Agree)	97	9%
5 (Strongly Agree)	151	13%

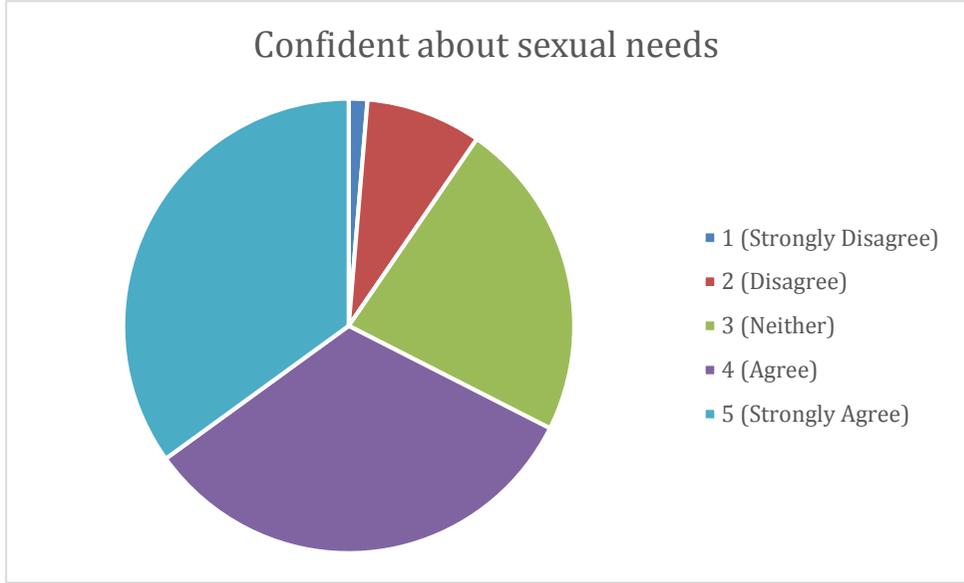


I feel anxious about settling into college	Health	
1 (Strongly Disagree)	200	18%
2 (Disagree)	314	28%
3 (Neither)	234	21%
4 (Agree)	251	22%
5 (Strongly Agree)	123	11%



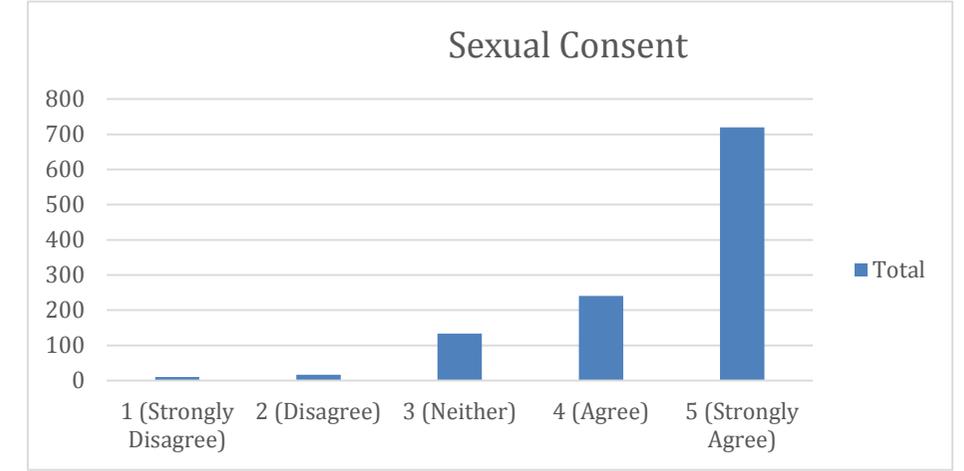
I feel confident and informed about my sexual health needs Health

1 (Strongly Disagree)	15	1%
2 (Disagree)	93	8%
3 (Neither)	256	23%
4 (Agree)	366	33%
5 (Strongly Agree)	392	35%



I understand the importance of being informed about sexual consent Health

1 (Strongly Disagree)	10	1%
2 (Disagree)	17	2%
3 (Neither)	134	12%
4 (Agree)	241	21%
5 (Strongly Agree)	720	64%



Finance

Questions

I need a part-time job to cover the cost of living.

I am good at budgeting.

Money is not an issue for me.

I am worried about not having enough money to complete my studies

I believe it is important that I live a sustainable lifestyle that contributes to a sustainable campus, community and world.

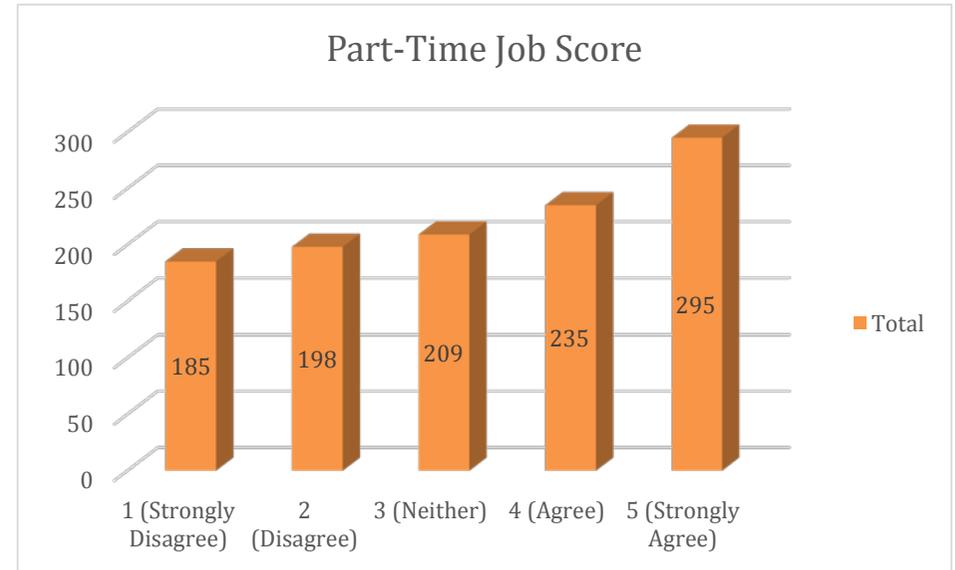
In this section, we aimed to understand the knowledge our students had around financial management and the struggles they experienced. It gave students the chance to evaluate their financial security for the duration of the degree. 47% agreed or strongly agreed they were looking for a part-job to cover the cost of their living with 60% saying that money was an issue for them and only 23% of respondents stated they were not good at budgeting.

We have 34% of students who are worried they will not be able to complete their degrees because of financial pressure. 46% of those students said they are good or fairly good at budgeting their money with only 28% saying they were not. Most poignantly, 72% of students in this cohort stated they would need a part-time job to cover the cost of their living, which constitutes over half of the total number of respondents who said they “strongly agree” or “agree” with needed a Part-Time job.

74% of students agree That living a sustainable lifestyle is important, and in the desired skills section 43% expressed an interest in learning about ‘Global Issues’ and 33% in energy saving and sustainability. Interestingly, 1% of respondents (6 students) stated they “strongly disagreed” with the importance of a sustainable lifestyle, of this group two students stated that money was an issue for them, with significant concerns about completing their degrees due to financial constraints. On the other side 1 student stated that they had no real worries in relation to money with the other 3 students being neither in particularly good or bad financial situations. This potentially alludes to two theories –students didn’t feel that they could afford a sustainable lifestyle or that they didn’t consider a sustainable lifestyle beneficial to their financial situation. Potentially, in relation to those who scored poorly in finance and still answered “strongly disagree” to the question around sustainable living, it might be the perceived meaning of the word here that needs to be changed in order to ensure there are no perceived barriers for students who want to live sustainably but think it is outside of their means. The answers provided in the quiz about sustainable living provides practical advice on how this can be achieved, but of course this information is accessible only after they have answered the question.

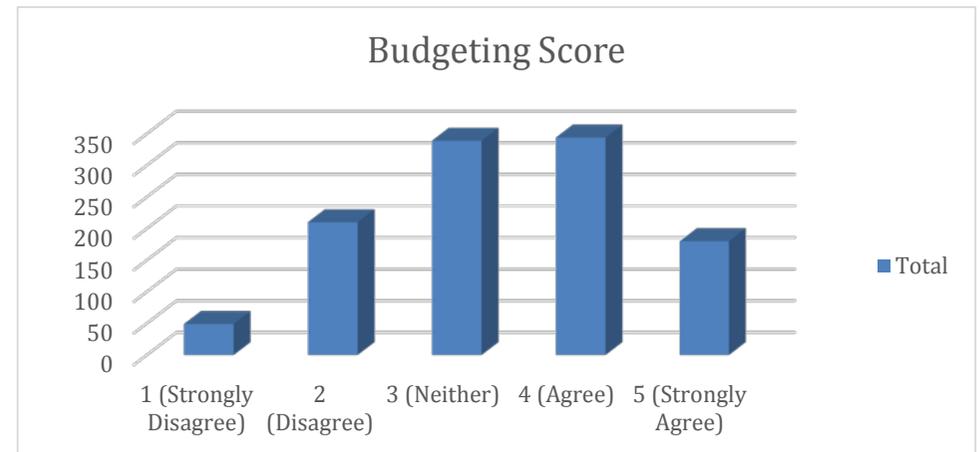
I need a part-time job to cover cost of living		Finance
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1 (Strongly Disagree)	185	16%
2 (Disagree)	198	18%
3 (Neither)	209	19%
4 (Agree)	235	21%
5 (Strongly Agree)	295	26%



I am good at budgeting		Finance
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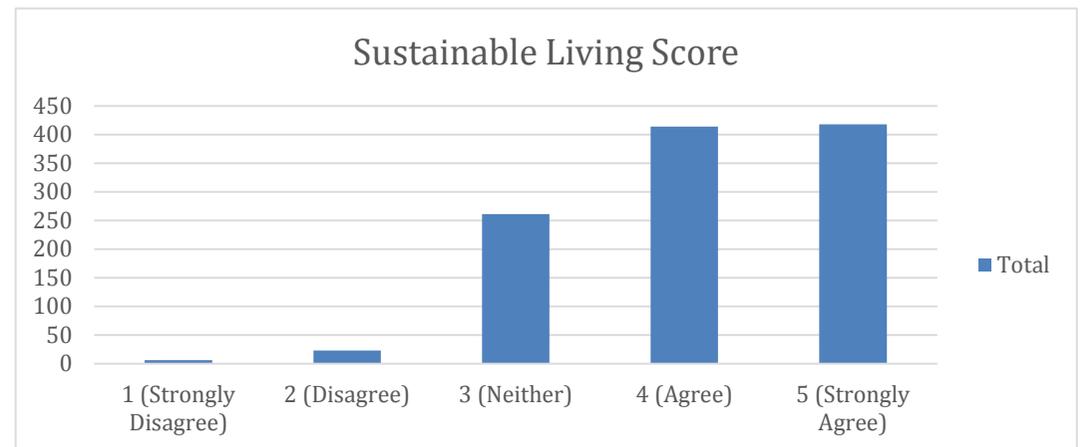
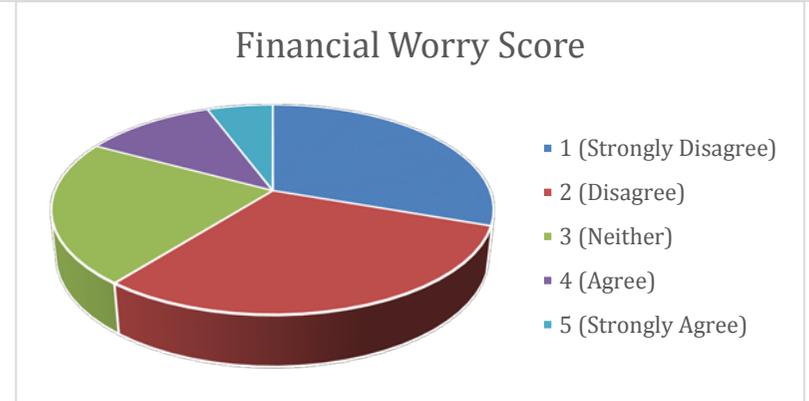
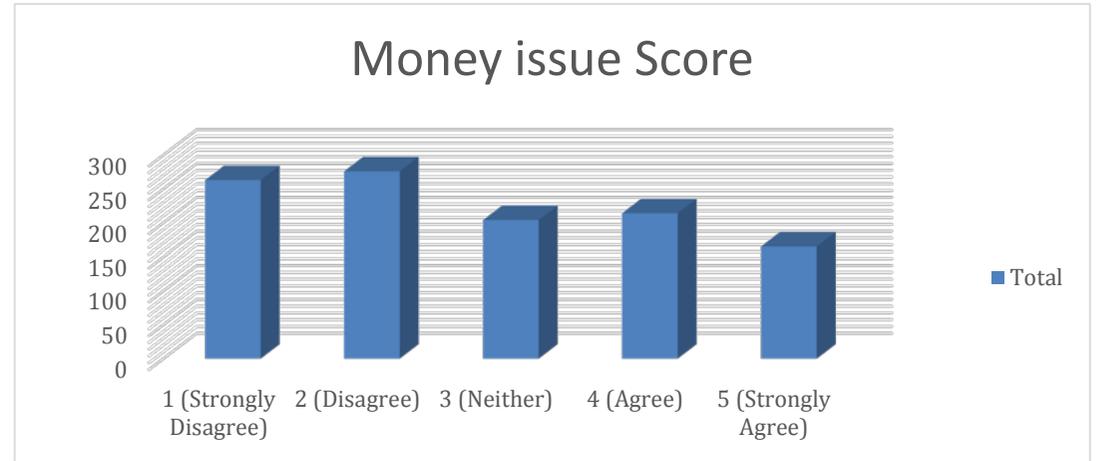
1 (Strongly Disagree)	49	4%
2 (Disagree)	210	19%
3 (Neither)	339	30%
4 (Agree)	344	31%
5 (Strongly Agree)	180	16%



Money is not an issue for me	Finance	
1 (Strongly Disagree)	340	30%
2 (Disagree)	341	30%
3 (Neither)	249	22%
4 (Agree)	128	11%
5 (Strongly Agree)	64	6%

I am worried about not having enough money to complete my studies	Finance	
1 (Strongly Disagree)	263	23%
2 (Disagree)	276	25%
3 (Neither)	204	18%
4 (Agree)	214	19%
5 (Strongly Agree)	165	15%
Grand Total	1122	

I believe it is important that I live a sustainable lifestyle that contributes to a sustainable campus, community and world	Finance	
1 (Strongly Disagree)	6	1%
2 (Disagree)	23	2%
3 (Neither)	261	23%
4 (Agree)	414	37%
5 (Strongly Agree)	418	37%



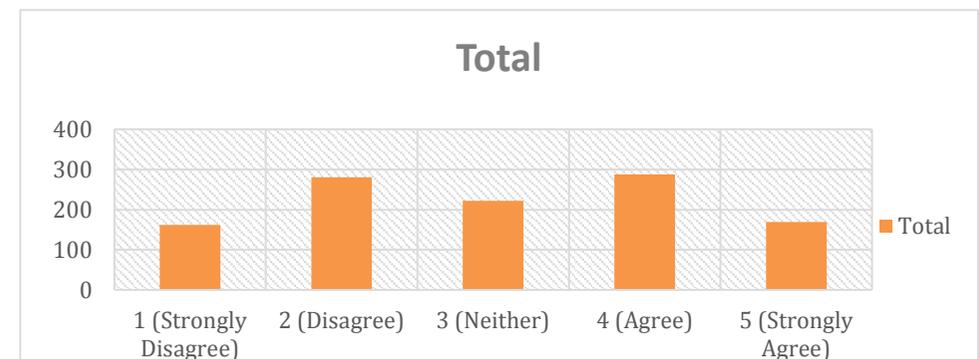
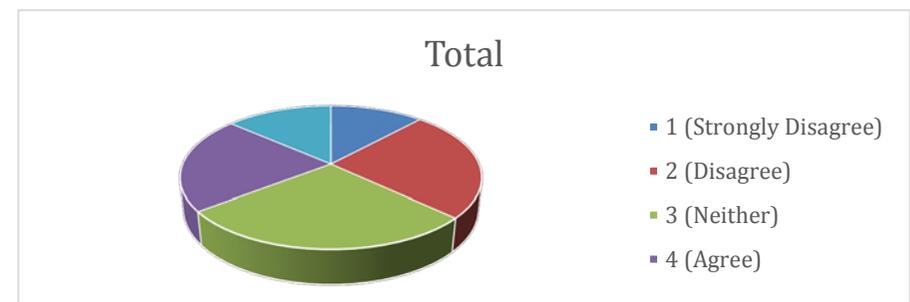
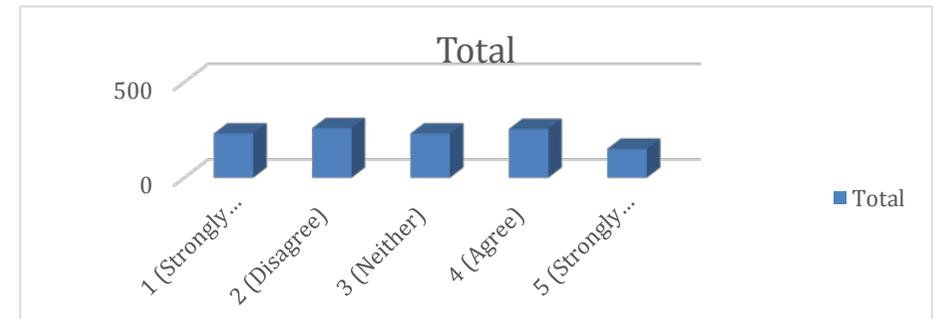
Confidence with People

The three questions in this section we used the Mini-SPIN questions which is used as a screening instrument for Seasonal Affective Disorder and an indicator of social anxiety. The questions are rated using a 5 point Likert scale, so worked well with the format of the Success Quiz. Scores of 6 or higher on the Mini – Spin indicate possible problems with social anxiety. By replacing the one with zero up to replacing the 5 with a four it was possible to create the individual scores. A very worrying statistic is that 55% of respondents scored more than 6. 4% (48 individuals) scored 12 which was the highest possible score. 18% scored from 9 to 11. What percentage of respondents from each college is represented in this 22%? Science has the highest percentage at 24%, followed by arts at 22%, Medicine at 19% Engineering 17% and both Shannon and Business had 15%. Of these 245 students 76% are first year undergraduates, 9% are second year + undergraduates, 6% are final year undergraduates, 4% are first year postgraduates and 1% are final year postgraduates.

I avoid activities in which I am the centre of attention	Confidence with people	
1 (Strongly Disagree)	134	12%
2 (Disagree)	280	25%
3 (Neither)	311	28%
4 (Agree)	244	22%
5 (Strongly Agree)	153	14%

Being embarrassed or looking stupid are among my worst fears	Confidence with people	
1 (Strongly Disagree)	162	14%
2 (Disagree)	281	25%
3 (Neither)	222	20%
4 (Agree)	288	26%
5 (Strongly Agree)	169	15%

Fear of embarrassment causes me to avoid doing things or speaking to people	Confidence with people	
1 (Strongly Disagree)	230	20%
2 (Disagree)	258	23%
3 (Neither)	230	20%
4 (Agree)	254	23%
5 (Strongly Agree)	150	13%



Engagement

Questions

I feel that volunteering and experience gained through extracurricular activities such as clubs, societies and the Students Union will help me greatly in the future.
I wish to avail of the peer to peer / mentoring supports available.
I wish to give back to society through charity work and volunteering.
I hope to join societies in college.
I want to continue a personal hobby or pastime in college.
I hope to join a sports club.
I want to continue a sport in college.
I am interested in the work of the Students' Union and would like to learn more about getting involved.

In this section, we wanted to see how engaged our students were or planned to get throughout their time in University. The vast majority of respondents expressed interest in either joining an extra-curricular activity in college or continuing on one during their time here. 79% of first year respondents said that they would get significant benefit, out of volunteering in some way, in the future.

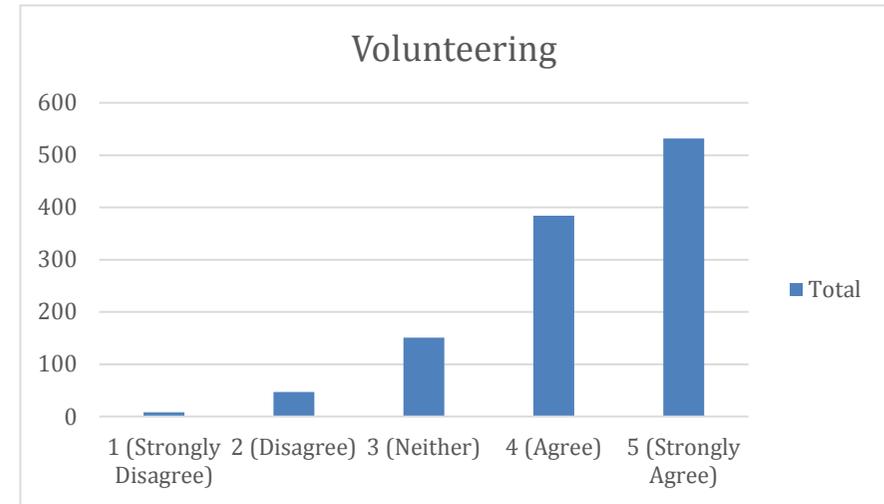
There were only a small number of respondents who stated they would not get any benefit out of volunteering activities in the future, with all of them also selecting “strongly disagree” or “disagree” to participating in a volunteering experience, with most also not agreeing with the other extra-curricular activities on offer. Business has the lowest percentage of respondents who did not want to volunteer/engage at 6% with Engineering coming out with the largest number of students in this cohort at 29%. Thankfully this is a low number (n=35) in comparison to first year students who indicated they saw value to their volunteering experience.

Overall students have strongly indicated at all degree levels that extra-curricular and volunteering activities are strikingly important to them with many of them identifying what they are interested before coming to NUI Galway. Societies (80% and continuing a hobby (77%) received the most positive response. Regarding continuing a sports (47%) and joining a club (54%) the highest percentage of respondents in these questions strongly agreed to this.

I feel that volunteering and experience gained through extracurricular activities such as clubs, societies and the Students' Union will help me greatly in the future

Engagement

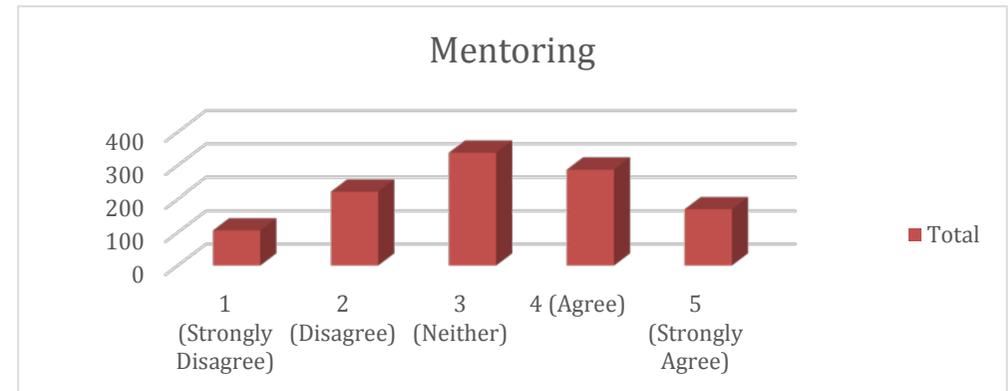
Response	Count	Percentage
1 (Strongly Disagree)	8	
2 (Disagree)	47	13%
3 (Neither)	151	16%
4 (Agree)	384	16%
5 (Strongly Agree)	532	21%



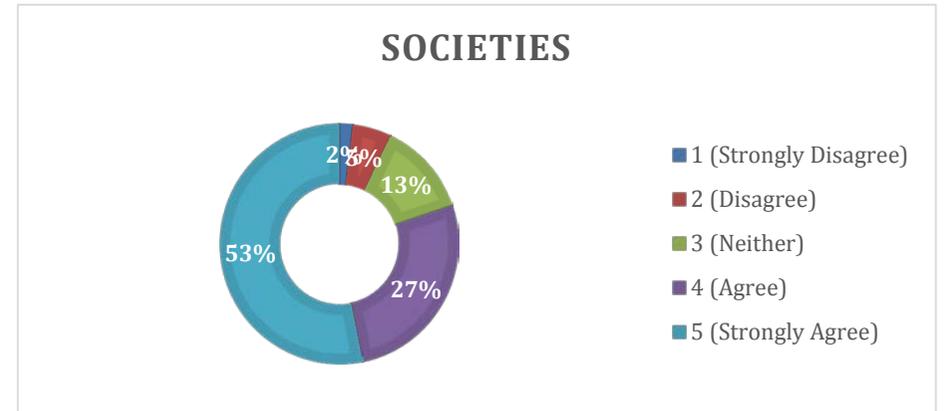
I wish to avail of the peer to peer/mentoring supports available

Engagement

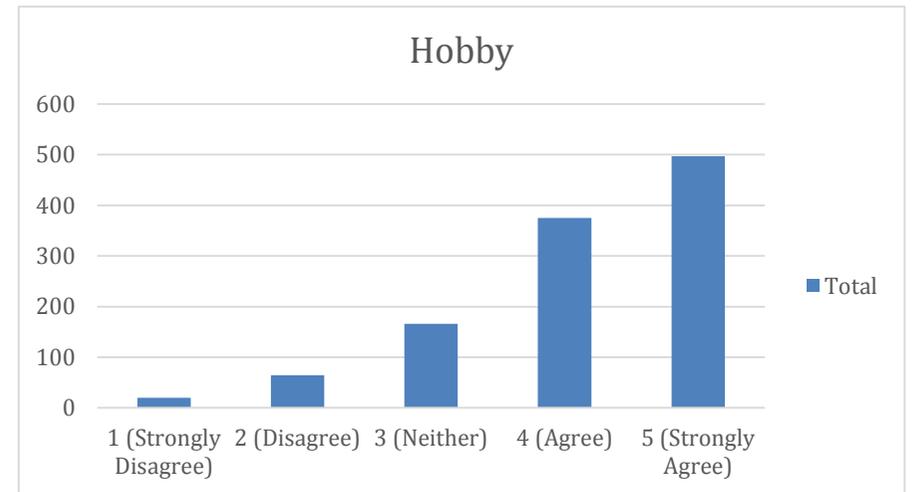
Response	Count	Percentage
1 (Strongly Disagree)	106	9%
2 (Disagree)	221	20%
3 (Neither)	338	30%
4 (Agree)	287	26%
5 (Strongly Agree)	170	15%



I hope to join societies in college	Engagement	
1 (Strongly Disagree)	21	2%
2 (Disagree)	59	5%
3 (Neither)	143	13%
4 (Agree)	303	27%
5 (Strongly Agree)	596	53%



I want to continue a personal hobby or pastime in college	Engagement	
1 (Strongly Disagree)	20	2%
2 (Disagree)	64	6%
3 (Neither)	166	15%
4 (Agree)	375	33%
5 (Strongly Agree)	497	44%



I hope to join a sports club Engagement

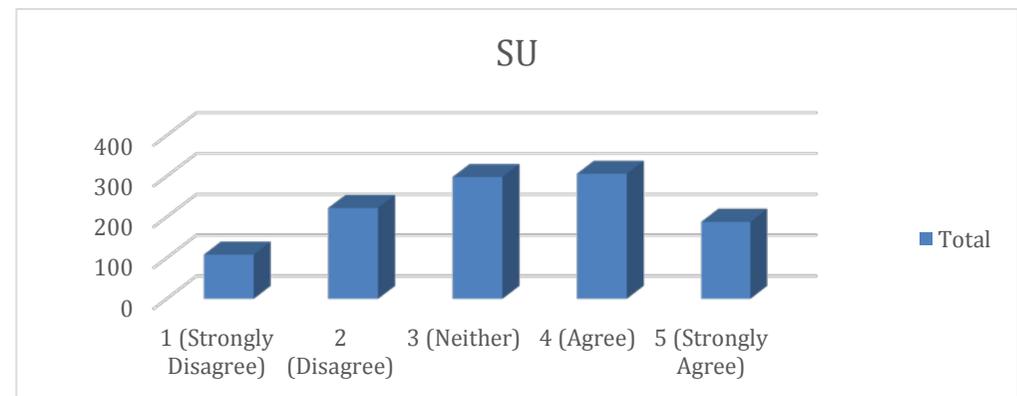
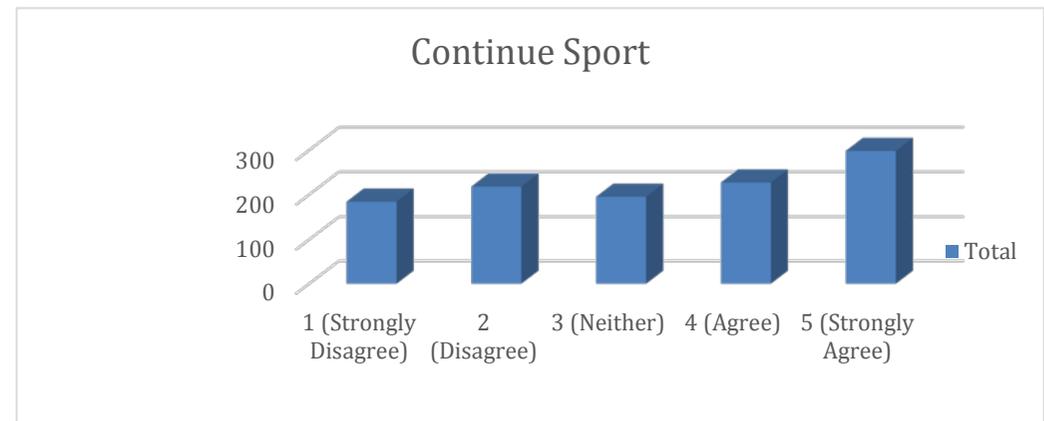
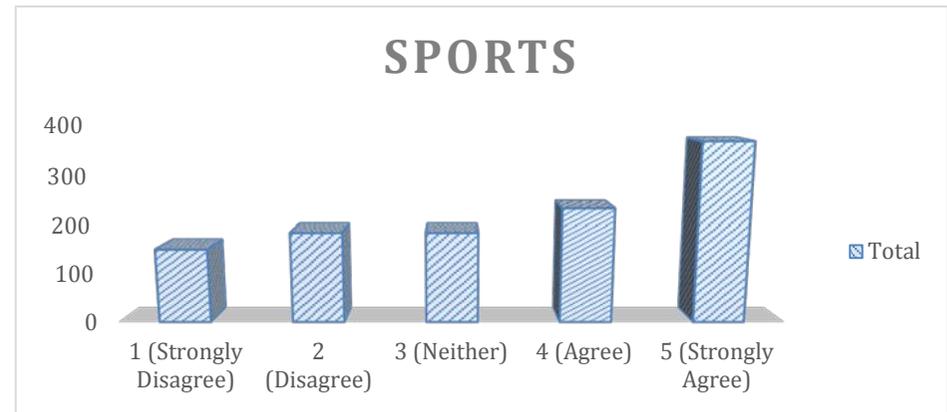
1 (Strongly Disagree)	151	13%
2 (Disagree)	185	16%
3 (Neither)	185	16%
4 (Agree)	234	21%
5 (Strongly Agree)	367	33%

I want to continue sport in college Engagement

1 (Strongly Disagree)	184	16%
2 (Disagree)	218	19%
3 (Neither)	195	17%
4 (Agree)	227	20%
5 (Strongly Agree)	298	27%

I am interested in the work of the Students' Union and would like to learn more Engagement

1 (Strongly Disagree)	108	10%
2 (Disagree)	222	20%
3 (Neither)	298	27%
4 (Agree)	306	27%
5 (Strongly Agree)	188	17%



Question: Support Services

Respondents were asked to identify support services they were interested in using, and one could assume that the 30% who were not either undergraduate or post graduates may already have availed of or were at least aware of the services and were interested in using them. Figure 4 show the number of respondents overall, figure 5 the number of respondents by college based on overall numbers who answered and perhaps the most useful information is in figure 6 which shows the number of respondents as a percentage of respondents in each college.

In figure 6 we see that the college of Arts, Social Sciences, & Celtic Studies has the highest interest in the Access Office, Accommodation office, ALIVE, Career development, Counselling, Disability Support Services, Financial Aid Fund, Health Unit, International Students Office, Societies, Sports, and Student Connect Mentorship. They rank lower in use of the Chaplaincy and Mature Students Office.

The college of Business, Public Policy & Law has the highest interest in the Mature Students Office, and a pronounced interest in the International Students Office, Career Development, Financial Aid Fund, and the Access Office. (only 5% of respondents were international students and 10% of Arts, Social Sciences, & Celtic Studies)

The College of Engineering & Informatics has a high interest in Sports Clubs, and a moderate to low interest in the Chaplaincy, the Disability Support Services, the ALIVE Volunteering Programme, and Counselling.

The College of Medicine, Nursing, & Health Science has a high interest in the Health Unit, Societies, and the ALIVE Volunteering Programme. It has a relatively lower interest in the Disability Support Service, and the Access Office.

The College of Science has a high interest in Societies, and moderate interest in Sports Clubs, Career Development and the Health Unit. Low interest in Mature Students Office, Chaplaincy, and Disability Support Services.

Shannon College of Hotel Mangement are well represented with the Societies, although approximately 30% less than the other colleges. They are less interested in the Chaplaincy, Mature Students office, Access Office.

Overall the top five services ranked by interest are Societies scoring over 80% except in Shannon with only 56%. Sports Clubs scored from 60% - 70% for all the colleges except Arts 49% and Shannon 40%

The charts in this question are automatically created by the system

✓ Respondents By Support Service

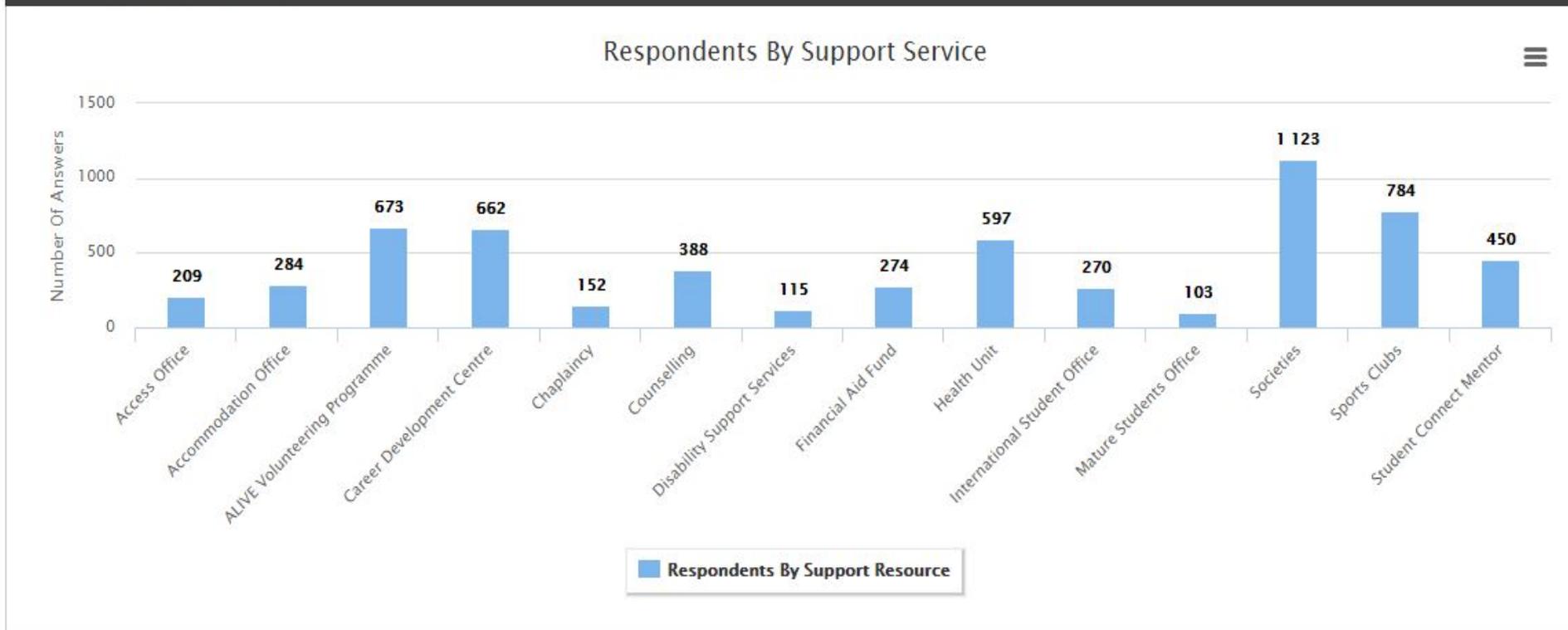


Figure 4

Respondents By Support Service By College

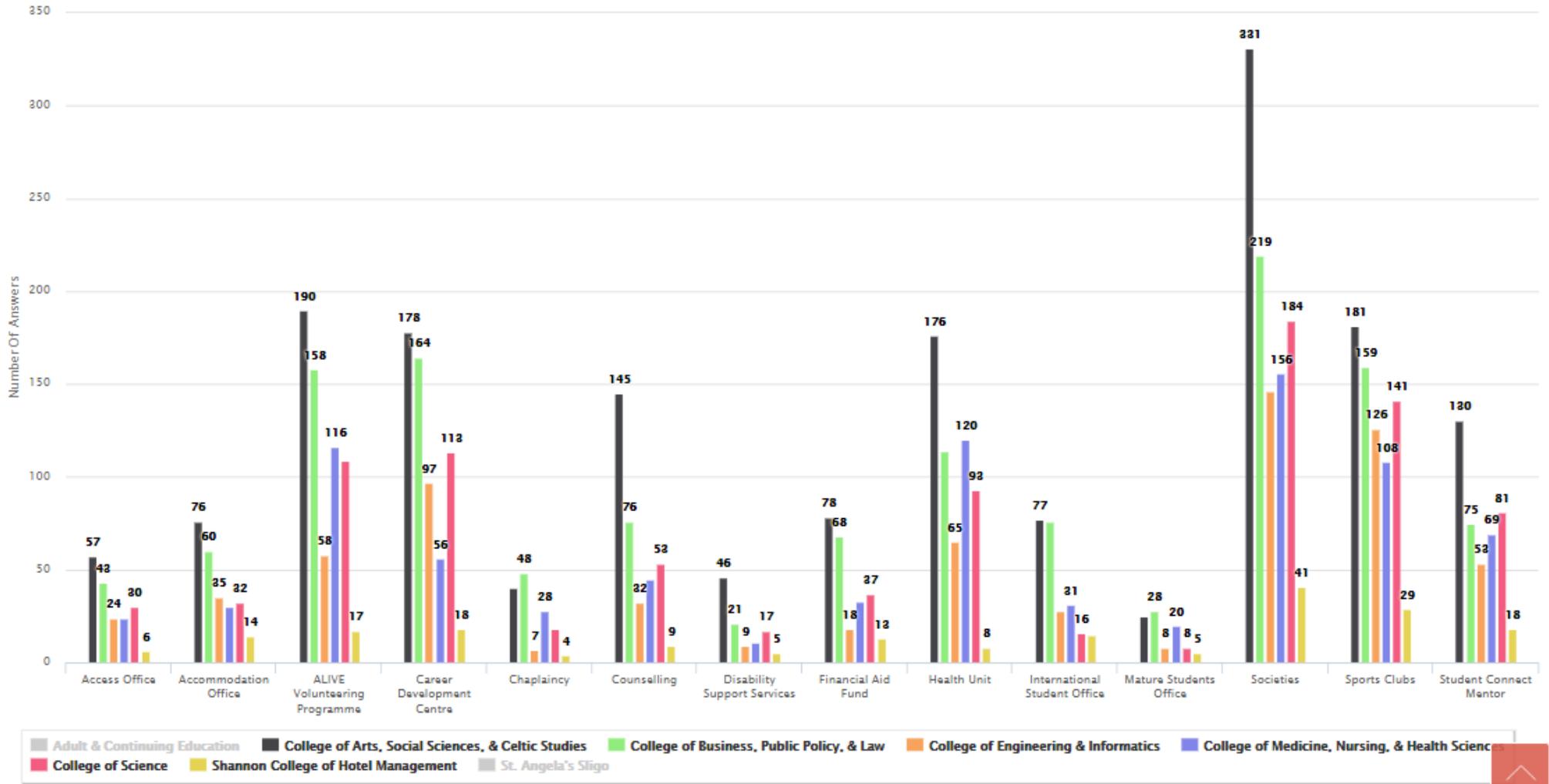


Figure 5

Respondents By Support Service Option By College Percentage

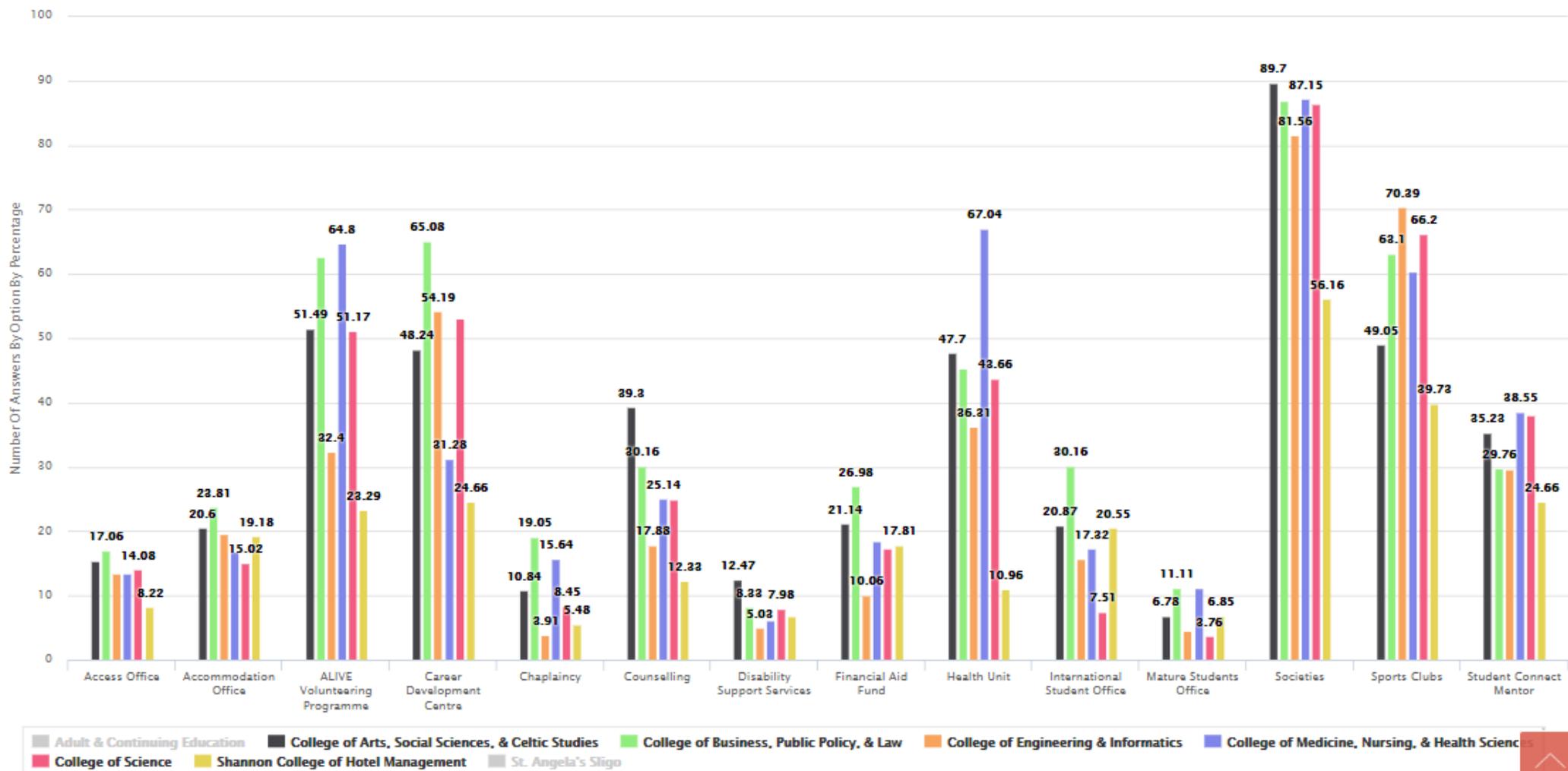


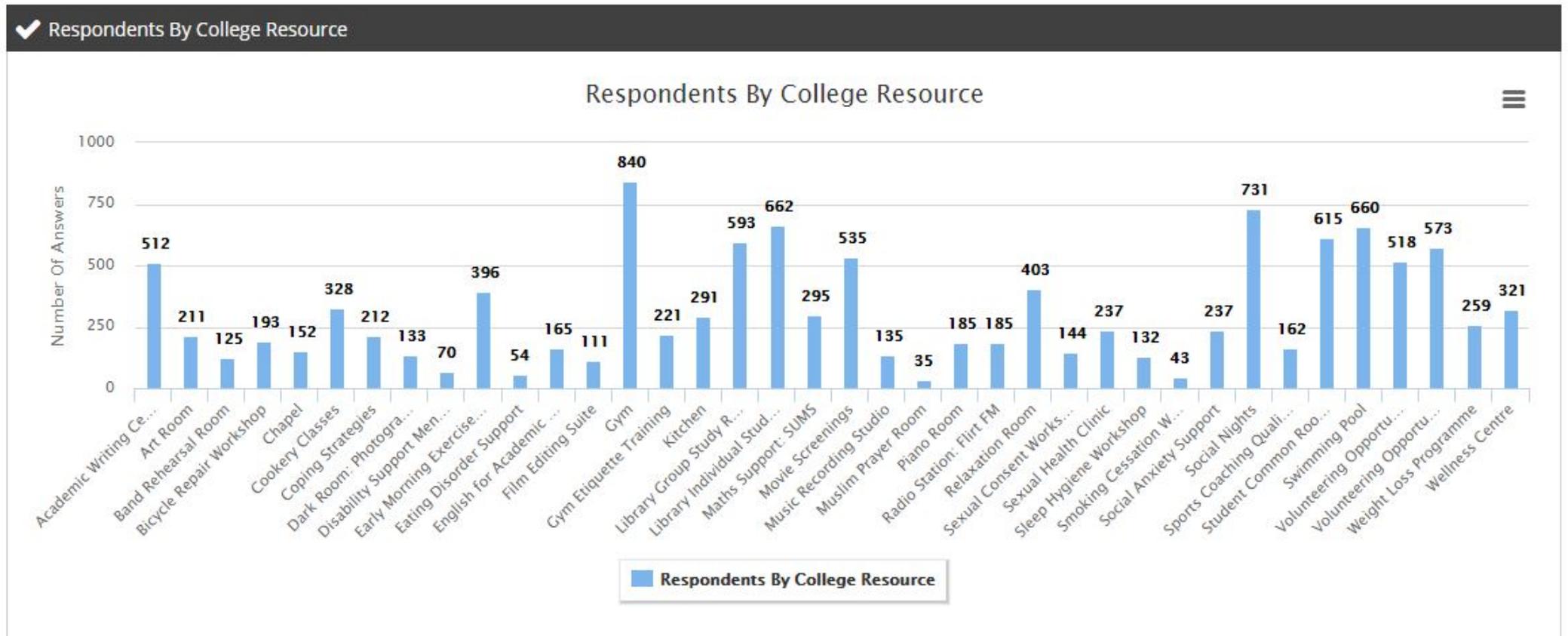
Figure 6

Support Service	Adult & Continuing Education	College of Arts, Social Sciences, & Celtic Studies	College of Business, Public Policy, & Law	College of Engineering & Informatics	College of Medicine, Nursing, & Health Sciences	College of Science	Shannon College of Hotel Management	St. Angela's Sligo
Access Office	50.00%	15.45%	17.06%	13.41%	13.41%	14.08%	8.22%	0%
Accommodation Office	12.50%	20.60%	23.81%	19.55%	16.76%	15.02%	19.18%	0%
ALIVE Volunteering Programme	25.00%	51.49%	62.70%	32.40%	64.80%	51.17%	23.29%	100.00%
Career Development Centre	75.00%	48.24%	65.08%	54.19%	31.28%	53.05%	24.66%	0%
Chaplaincy	12.50%	10.84%	19.05%	3.91%	15.64%	8.45%	5.48%	0%
Counselling	50.00%	39.30%	30.16%	17.88%	25.14%	24.88%	12.33%	50.00%
Disability Support Services	37.50%	12.47%	8.33%	5.03%	6.15%	7.98%	6.85%	0%
Financial Aid Fund	50.00%	21.14%	26.98%	10.06%	18.44%	17.37%	17.81%	0%
Health Unit	25.00%	47.70%	45.24%	36.31%	67.04%	43.66%	10.96%	0%
International Student Office	0%	20.87%	30.16%	15.64%	17.32%	7.51%	20.55%	0%
Mature Students Office	50.00%	6.78%	11.11%	4.47%	11.17%	3.76%	6.85%	0%
Societies	37.50%	89.70%	86.90%	81.56%	87.15%	86.38%	56.16%	100.00%
Sports Clubs	37.50%	49.05%	63.10%	70.39%	60.34%	66.20%	39.73%	0%
Student Connect Mentor	25.00%	35.23%	29.76%	29.61%	38.55%	38.03%	24.66%	0%

Resources Question

The respondents were asked to think about resources they would like to access, the following graphs show the overall interest, then broken down by college based on the number of respondents and by college based on the percentage each is of the overall respondents. The top five resources identified overall were a gym, social nights, library individual study rooms, swimming pool, and student common room. The College of Arts expressed more interest than the other colleges in academic writing, an art room, coping strategies, the disability service and social nights but least interest in the gym and Muslim prayer room.

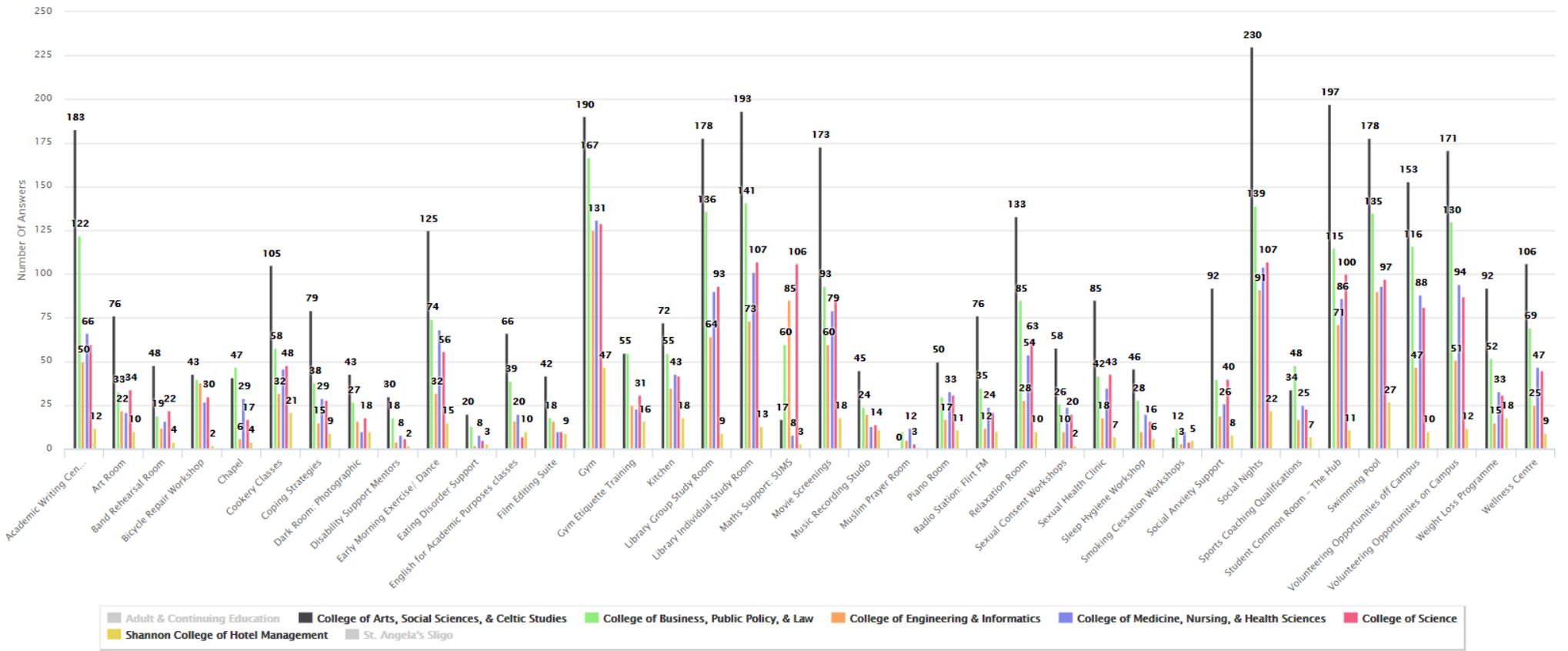
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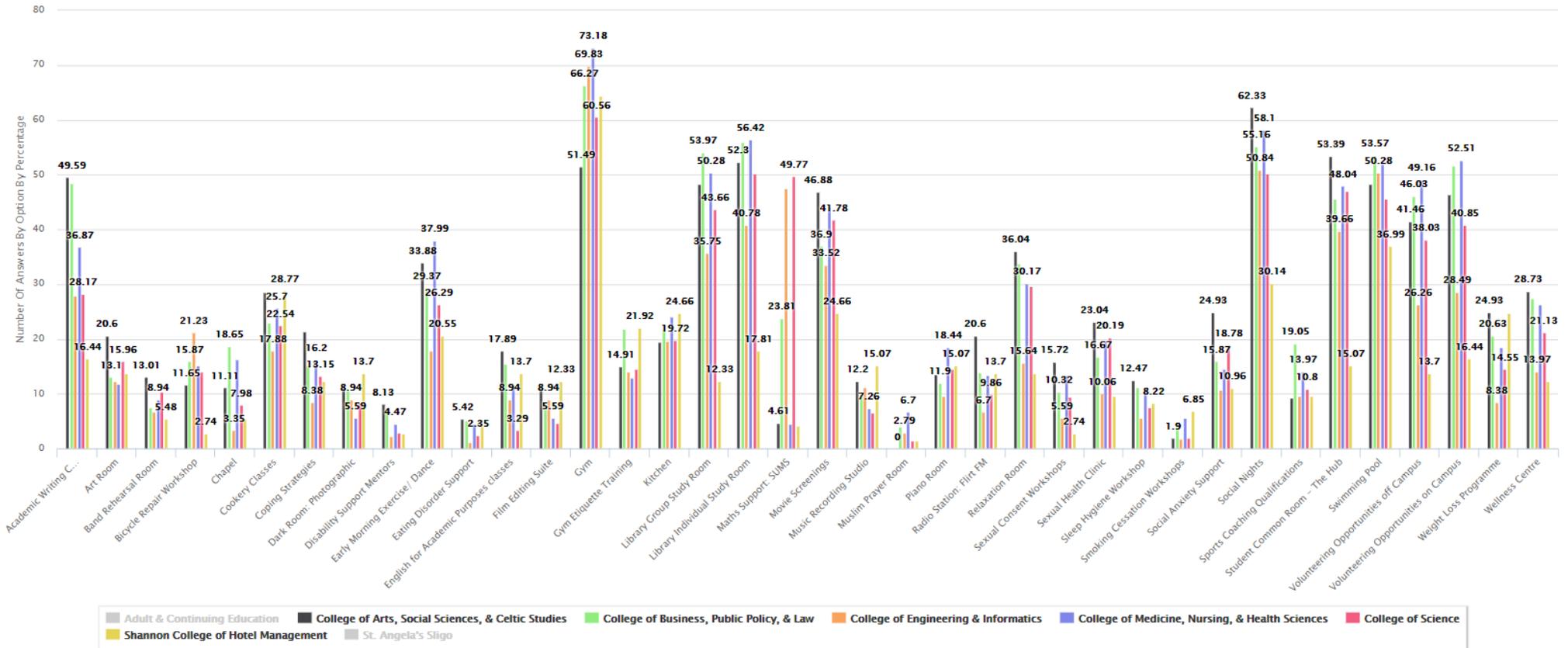
Resource	Number of Respondents	%
Library Group Study Room	594	46.59%
Volunteering Opportunities on Campus	574	45.02%
Movie Screenings	536	42.04%
Volunteering Opportunities off Campus	519	40.71%
Academic Writing Centre	513	40.24%
Relaxation Room	405	31.76%
Early Morning Exercise/ Dance	396	31.06%
Cookery Classes	329	25.80%
Wellness Centre	322	25.25%
Maths Support: SUMS	295	23.14%
Kitchen	291	22.82%
Weight Loss Programme	259	20.31%
Sexual Health Clinic	237	18.59%
Social Anxiety Support	237	18.59%
Gym Etiquette Training	221	17.33%

Art Room	213	16.71%
Coping Strategies	212	16.63%
Bicycle Repair Workshop	193	15.14%
Piano Room	185	14.51%
Radio Station: Flirt FM	185	14.51%
English for Academic Purposes classes	165	12.94%
Sports Coaching Qualifications	162	12.71%
Chapel	152	11.92%
Sexual Consent Workshops	144	11.29%
Music Recording Studio	135	10.59%
Dark Room: Photographic	133	10.43%
Sleep Hygiene Workshop	132	10.35%
Band Rehearsal Room	125	9.80%
Film Editing Suite	111	8.71%
Disability Support Mentors	70	5.49%
Eating Disorder Support	54	4.24%
Smoking Cessation Workshops	43	3.37%
Muslim Prayer Room	35	2.75%

Respondents By College Resource By College



Respondents By College Resource By College Percentage



Respondents By College Resource By College By Percentage

College Resource	College of Arts, Social Sciences, & Celtic Studies	College of Business, Public Policy, & Law	College of Engineering & Informatics	College of Medicine, Nursing, & Health Sciences	College of Science	Shannon College of Hotel Management
Academic Writing Centre	49.59%	48.41%	27.93%	36.87%	28.17%	16.44%
Art Room	20.60%	13.10%	12.29%	11.73%	15.96%	13.70%
Band Rehearsal Room	13.01%	7.54%	6.70%	8.94%	10.33%	5.48%
Bicycle Repair Workshop	11.65%	15.87%	21.23%	15.08%	14.08%	2.74%
Chapel	11.11%	18.65%	3.35%	16.20%	7.98%	5.48%
Cookery Classes	28.46%	23.02%	17.88%	25.70%	22.54%	28.77%
Coping Strategies	21.41%	15.08%	8.38%	16.20%	13.15%	12.33%
Dark Room: Photographic	11.65%	10.71%	8.94%	5.59%	8.45%	13.70%
Disability Support Mentors	8.13%	7.14%	2.23%	4.47%	2.82%	2.74%
Early Morning Exercise/ Dance	33.88%	29.37%	17.88%	37.99%	26.29%	20.55%
Eating Disorder Support	5.42%	5.16%	1.12%	4.47%	2.35%	4.11%
English for Academic Purposes classes	17.89%	15.48%	8.94%	11.17%	3.29%	13.70%
Film Editing Suite	11.38%	7.14%	8.94%	5.59%	4.69%	12.33%
Gym	51.49%	66.27%	69.83%	73.18%	60.56%	64.38%
Gym Etiquette Training	14.91%	21.83%	13.97%	12.85%	14.55%	21.92%
Kitchen	19.51%	21.83%	19.55%	24.02%	19.72%	24.66%
Library Group Study Room	48.24%	53.97%	35.75%	50.28%	43.66%	12.33%

College Resource	College of Arts, Social Sciences, & Celtic Studies	College of Business, Public Policy, & Law	College of Engineering & Informatics	College of Medicine, Nursing, & Health Sciences	College of Science	Shannon College of Hotel Management
Library Individual Study Room	52.30%	55.95%	40.78%	56.42%	50.23%	17.81%
Maths Support: SUMS	4.61%	23.81%	47.49%	4.47%	49.77%	4.11%
Movie Screenings	46.88%	36.90%	33.52%	44.13%	41.78%	24.66%
Music Recording Studio	12.20%	9.52%	11.17%	7.26%	6.57%	15.07%
Muslim Prayer Room	0%	3.97%	2.79%	6.70%	1.41%	1.37%
Piano Room	13.55%	11.90%	9.50%	18.44%	14.55%	15.07%
Radio Station: Flirt FM	20.60%	13.89%	6.70%	13.41%	9.86%	13.70%
Relaxation Room	36.04%	33.73%	15.64%	30.17%	29.58%	13.70%
Sexual Consent Workshops	15.72%	10.32%	5.59%	13.41%	9.39%	2.74%
Sexual Health Clinic	23.04%	16.67%	10.06%	19.55%	20.19%	9.59%
Sleep Hygiene Workshop	12.47%	11.11%	5.59%	11.17%	7.51%	8.22%
Smoking Cessation Workshops	1.90%	4.76%	1.68%	5.59%	1.88%	6.85%
Social Anxiety Support	24.93%	15.87%	10.61%	14.53%	18.78%	10.96%
Social Nights	62.33%	55.16%	50.84%	58.10%	50.23%	30.14%
Sports Coaching Qualifications	9.21%	19.05%	9.50%	13.97%	10.80%	9.59%
Student Common Room - The Hub	53.39%	45.63%	39.66%	48.04%	46.95%	15.07%
Swimming Pool	48.24%	53.57%	50.28%	51.96%	45.54%	36.99%
Volunteering Opportunities off Campus	41.46%	46.03%	26.26%	49.16%	38.03%	13.70%

College Resource	College of Arts, Social Sciences, & Celtic Studies	College of Business, Public Policy, & Law	College of Engineering & Informatics	College of Medicine, Nursing, & Health Sciences	College of Science	Shannon College of Hotel Management
Volunteering Opportunities on Campus	46.34%	51.59%	28.49%	52.51%	40.85%	16.44%
Weight Loss Programme	24.93%	20.63%	8.38%	18.44%	14.55%	24.66%
Wellness Centre	28.73%	27.38%	13.97%	26.26%	21.13%	12.33%

Non Academic Skills

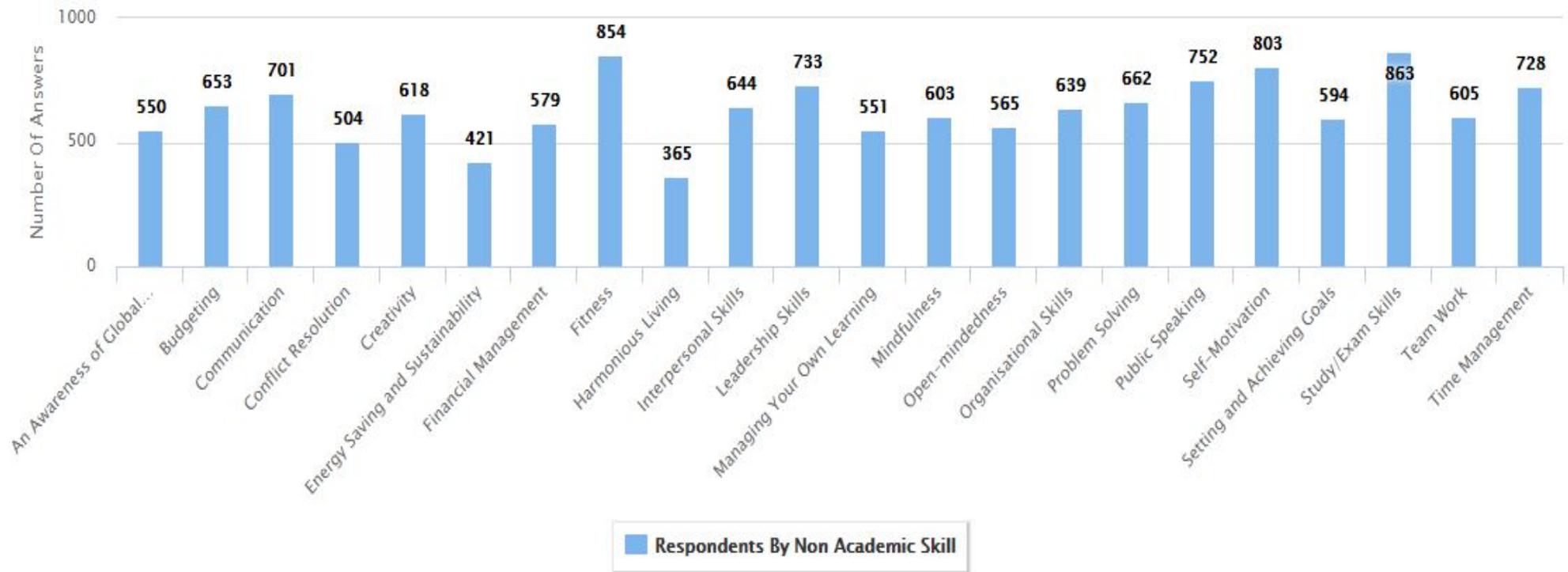
Respondents were asked to identify skills they would like to learn outside their academic work. It is positive that study/exam skills and fitness both scored the highest with self-motivation and public speaking and leadership skills completing the top five. Even harmonious living, a great skill when sharing a house for the first time, generated interest in 29% of respondents. Business students were most interested in leadership, global issues and public speaking. Arts and Science were most interested in self-motivation, Arts students topped the interest in budgeting, mindfulness and creativity. Medical students topped the poll only in fitness and science only in time management. Engineering and business topped the poll in problem solving.

The charts in this question are automatically created by the system

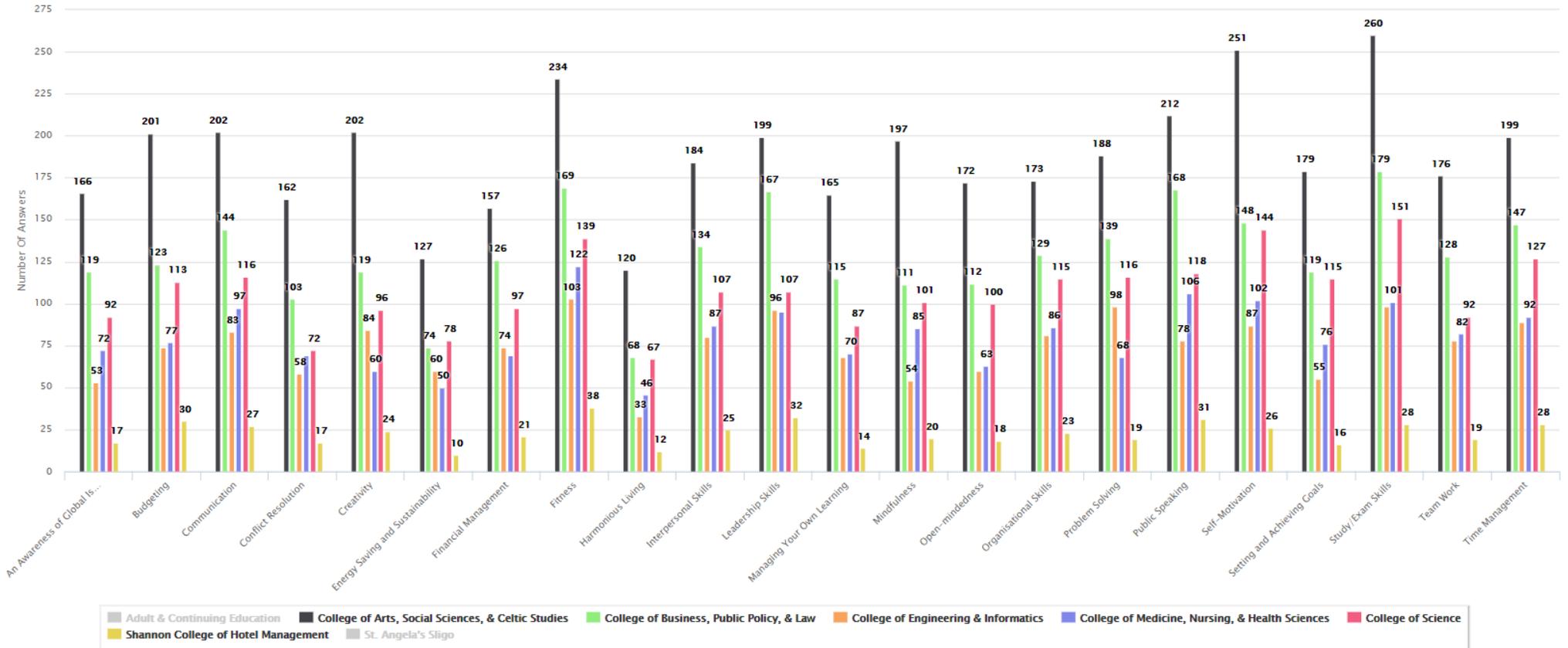
Non Academic Skill	Number Of Respondents	% of total respondents
Study/Exam Skills	865	68%
Fitness	856	67%
Self-Motivation	805	63%
Public Speaking	753	59%
Leadership Skills	734	58%
Time Management	729	57%
Communication	703	55%
Problem Solving	663	52%
Budgeting	654	51%
Interpersonal Skills	645	51%

Organisational Skills	640	50%
Creativity	620	49%
Team Work	607	48%
Mindfulness	604	47%
Setting and Achieving Goals	595	47%
Financial Management	580	45%
Open-mindedness	567	44%
Managing Your Own Learning	552	43%
An Awareness of Global Issues	551	43%
Conflict Resolution	505	40%
Energy Saving and Sustainability	422	33%
Harmonious Living	366	29%

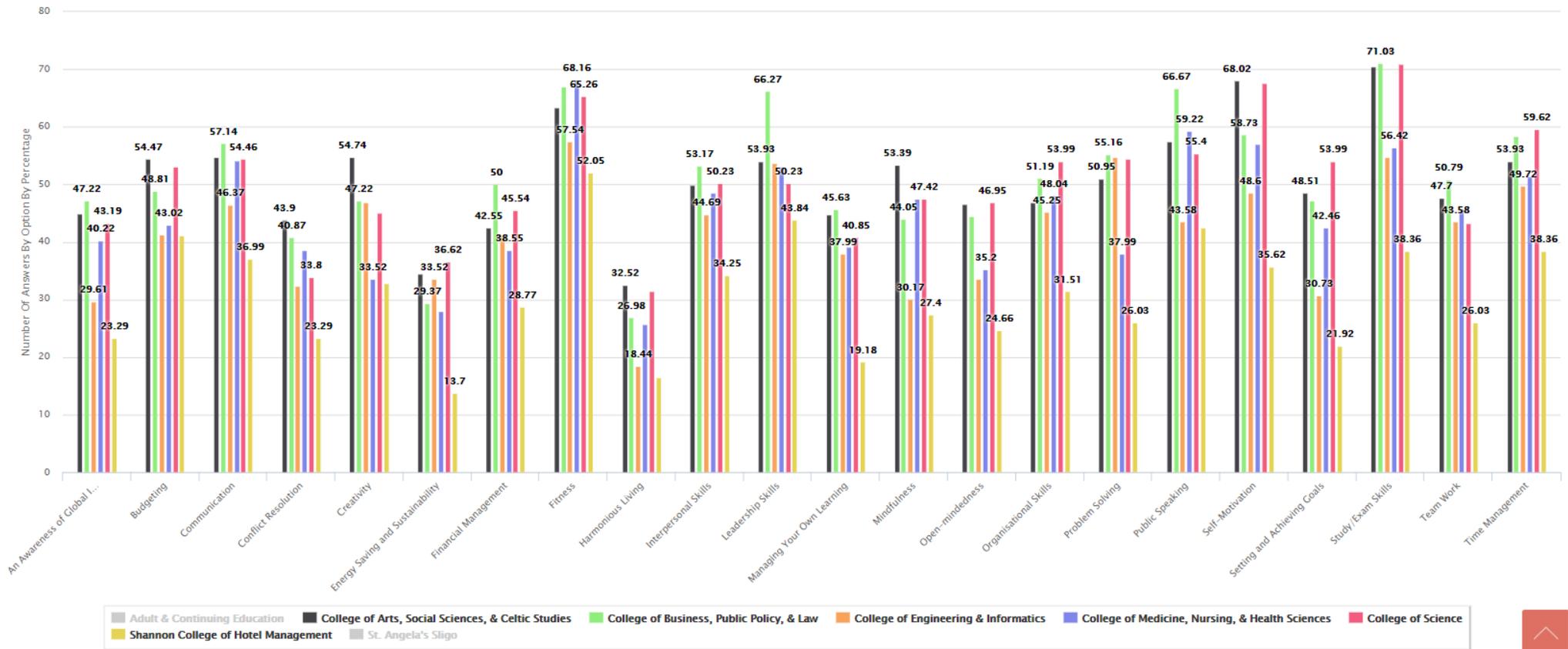
Respondents By Non Academic Skill



Respondents By Non Academic Skill By College



Respondents By Non Academic Skill By College Percentage



Respondents By Non Academic Skill By College By Percentage

Support Service	College of Arts, Social Sciences, & Celtic Studies	College of Business, Public Policy, & Law	College of Engineering & Informatics	College of Medicine, Nursing, & Health Sciences	College of Science	Shannon College of Hotel Management
An Awareness of Global Issues	44.99%	47.22%	29.61%	40.22%	43.19%	23.29%
Budgeting	54.47%	48.81%	41.34%	43.02%	53.05%	41.10%
Communication	54.74%	57.14%	46.37%	54.19%	54.46%	36.99%

Support Service	College of Arts, Social Sciences, & Celtic Studies	College of Business, Public Policy, & Law	College of Engineering & Informatics	College of Medicine, Nursing, & Health Sciences	College of Science	Shannon College of Hotel Management
Conflict Resolution	43.90%	40.87%	32.40%	38.55%	33.80%	23.29%
Creativity	54.74%	47.22%	46.93%	33.52%	45.07%	32.88%
Energy Saving and Sustainability	34.42%	29.37%	33.52%	27.93%	36.62%	13.70%
Financial Management	42.55%	50.00%	41.34%	38.55%	45.54%	28.77%
Fitness	63.41%	67.06%	57.54%	68.16%	65.26%	52.05%
Harmonious Living	32.52%	26.98%	18.44%	25.70%	31.46%	16.44%
Interpersonal Skills	49.86%	53.17%	44.69%	48.60%	50.23%	34.25%
Leadership Skills	53.93%	66.27%	53.63%	53.07%	50.23%	43.84%
Managing Your Own Learning	44.72%	45.63%	37.99%	39.11%	40.85%	19.18%
Mindfulness	53.39%	44.05%	30.17%	47.49%	47.42%	27.40%
Open-mindedness	46.61%	44.44%	33.52%	35.20%	46.95%	24.66%
Organisational Skills	46.88%	51.19%	45.25%	48.04%	53.99%	31.51%
Problem Solving	50.95%	55.16%	54.75%	37.99%	54.46%	26.03%
Public Speaking	57.45%	66.67%	43.58%	59.22%	55.40%	42.47%
Self-Motivation	68.02%	58.73%	48.60%	56.98%	67.61%	35.62%
Setting and Achieving Goals	48.51%	47.22%	30.73%	42.46%	53.99%	21.92%

Support Service	College of Arts, Social Sciences, & Celtic Studies	College of Business, Public Policy, & Law	College of Engineering & Informatics	College of Medicine, Nursing, & Health Sciences	College of Science	Shannon College of Hotel Management
Study/Exam Skills	70.46%	71.03%	54.75%	56.42%	70.89%	38.36%
Team Work	47.70%	50.79%	43.58%	45.81%	43.19%	26.03%
Time Management	53.93%	58.33%	49.72%	51.40%	59.62%	38.36%

Alcohol Audit

In the following section you will see a snap shot of the respondent's relationship with alcohol. They also scored from 0-40. See appendix 1 for the feedback they got and the link to the Galway version of drink meter used by the western drug and alcohol task force. The participants scored the following: 67% 0-7, 26% 8-14, 26% 8-15, 4% 16-189, 3% 20-40. The following charts break the answers down by college as well and by % of respondents per college. These scores are less than some other comparable studies, so may indicate that respondents (despite assurances that this information would not be linked back to them) were under estimating their drinking patterns. It may also reflect the type of student who voluntarily completed the quiz, and does make a case for the quiz being mandatory for all incoming first years. There is an indication in the results that students in later years tend to moderate their drinking and riskier behaviour was slightly more prevalent among the incoming first years. An interesting exercise for any colleges interested is to see how their cohort of student fare in comparison with other colleges, and this can be clearly seen in the charts with respondents ranked by percentage of respondent per college rather than just respondents per college.

These 10 questions are the WHO Alcohol Audit.

The charts in this question are automatically created by the system

Scores are ranked 0 – 40

0–7 AUDIT scores suggest that your use of alcohol is not impacting on your health or wellbeing.

8 + Audit scores indicates hazardous and harmful alcohol use, as well as possible alcohol dependence.

8-15 AUDIT scores in the range of 8–15 represent a medium level of alcohol problems.

16 – 19 AUDIT scores represent a high level of alcohol problems.

20 – 40 AUDIT scores clearly warrant further diagnostic evaluation for alcohol dependence.

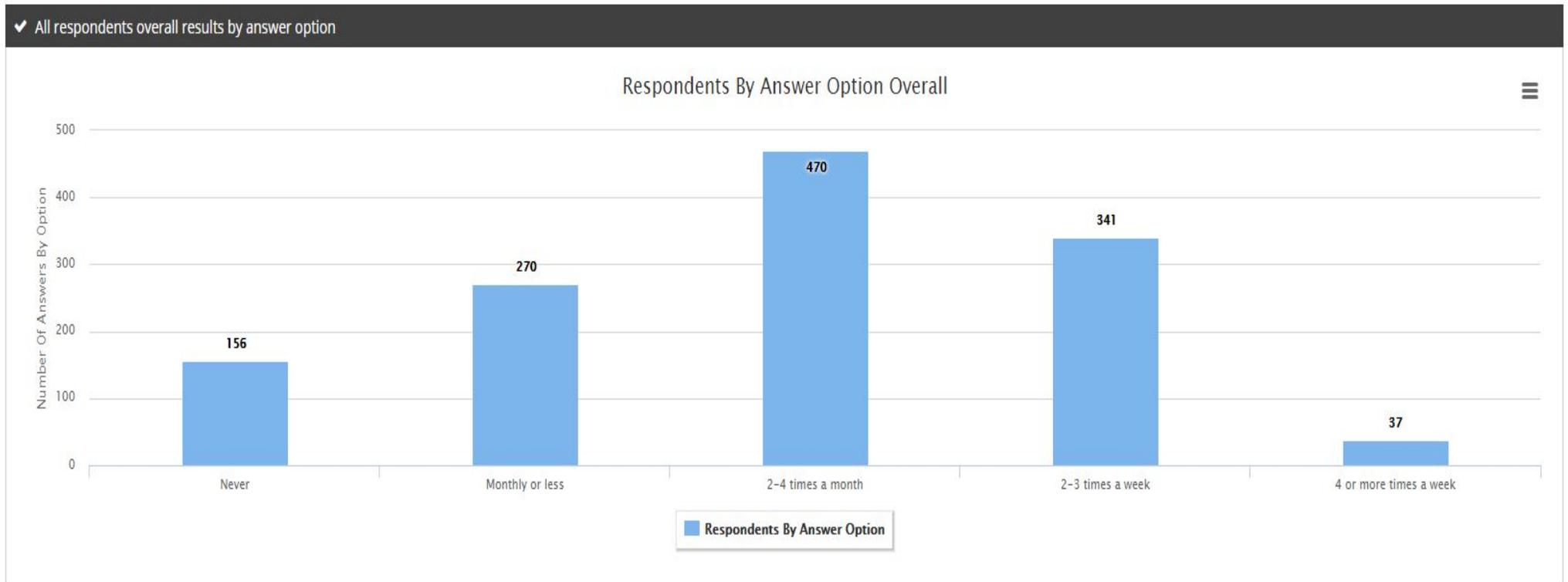
Please note that this questionnaire is not meant to provide and official diagnosis of alcohol abuse, dependency or alcoholism.

If you find that you have a question about your own drinking or that of a loved one, either now or in the future, please discuss with your physician, healthcare professional.

Alcohol Survey Question
How often do you have a drink containing alcohol?

Number Of Respondents - 1274

All respondents overall results by answer option

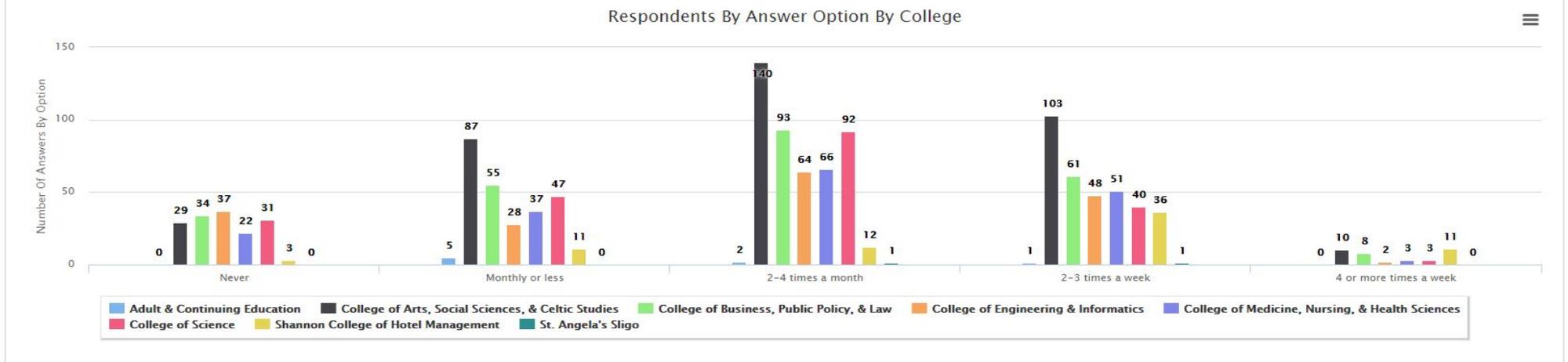


✓ All respondents overall results by answer option

Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week
156	270	470	341	37

All respondents overall results by answer option and college

✓ All respondents overall results by answer option and college



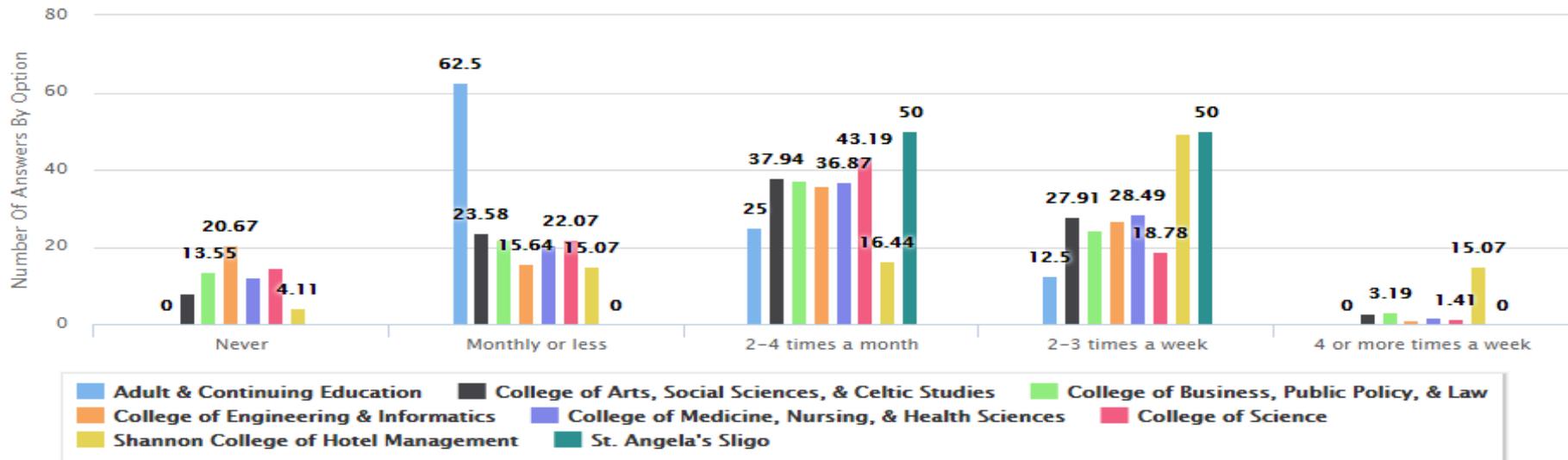
✓ All respondents overall results by college

College	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week
Adult & Continuing Education	0	5	2	1	0
College of Arts, Social Sciences, & Celtic Studies	29	87	140	103	10
College of Business, Public Policy, & Law	34	55	93	61	8
College of Engineering & Informatics	37	28	64	48	2
College of Medicine, Nursing, & Health Sciences	22	37	66	51	3
College of Science	31	47	92	40	3
Shannon College of Hotel Management	3	11	12	36	11
St. Angela's Sligo	0	0	1	1	0
Total	156	270	470	341	37



✓ All respondents overall results by answer option and college percentage

Respondents By Answer Option By College Percentage



✓ All respondents overall results by college

College	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week
Adult & Continuing Education	0%	62.5%	25%	12.5%	0%
College of Arts, Social Sciences, & Celtic Studies	7.86%	23.58%	37.94%	27.91%	2.71%
College of Business, Public Policy, & Law	13.55%	21.91%	37.05%	24.3%	3.19%
College of Engineering & Informatics	20.67%	15.64%	35.75%	26.82%	1.12%
College of Medicine, Nursing, & Health Sciences	12.29%	20.67%	36.87%	28.49%	1.68%
College of Science	14.55%	22.07%	43.19%	18.78%	1.41%
Shannon College of Hotel Management	4.11%	15.07%	16.44%	49.32%	15.07%
St. Angela's Sligo	0%	0%	50%	50%	0%

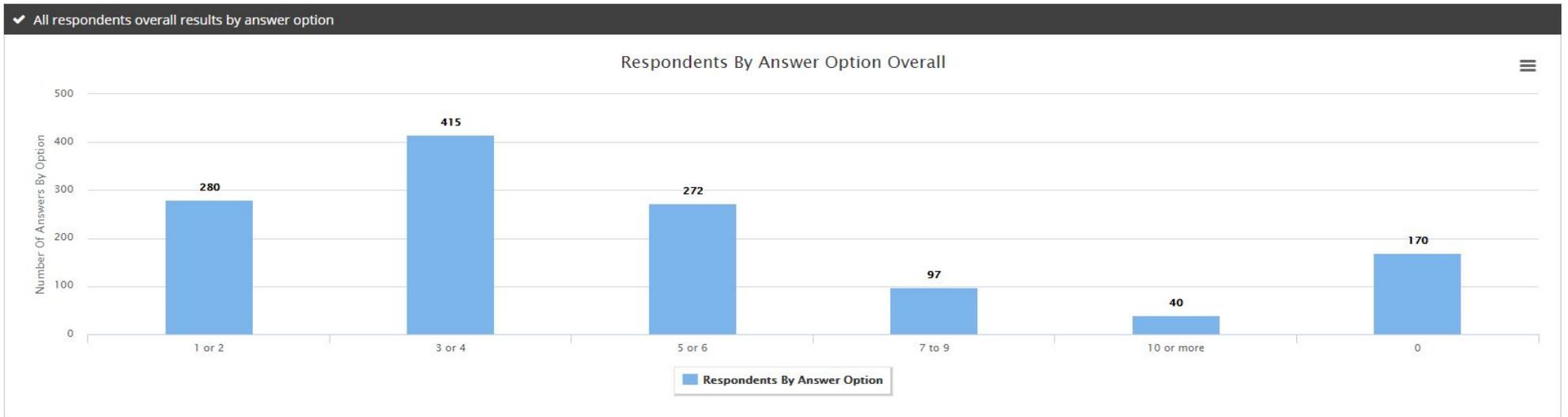


Question 2

How many drinks containing alcohol do you have on a typical day when you are drinking?

Number Of Respondents - 1274

All respondents overall results by answer option



✓ All respondents overall results by answer option

1 or 2	3 or 4	5 or 6	7 to 9	10 or more	0
280	415	272	97	40	170

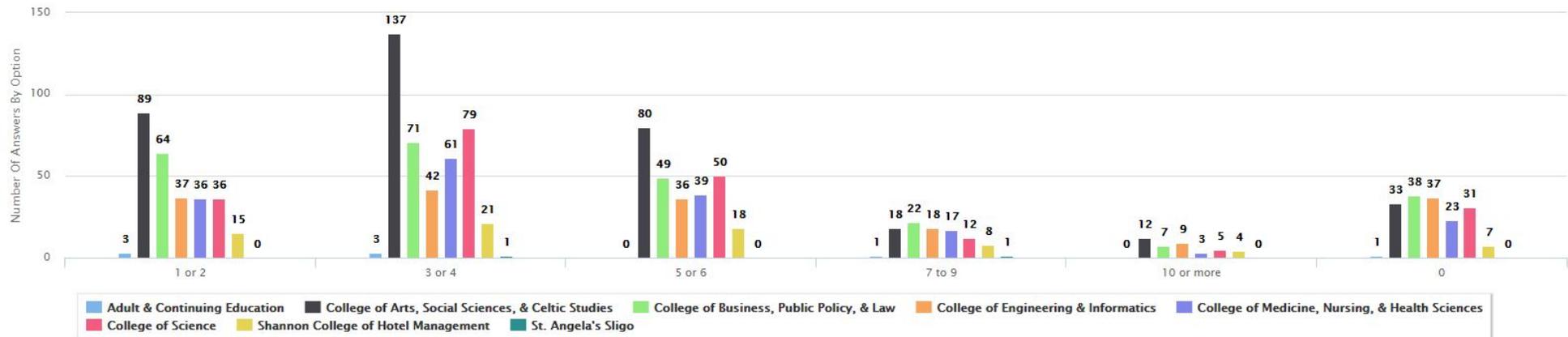
✓ All respondents overall results by answer option

1 or 2	3 or 4	5 or 6	7 to 9	10 or more	0
280	415	272	97	40	170

All respondents overall results by answer option and college

✓ All respondents overall results by answer option and college

Respondents By Answer Option By College

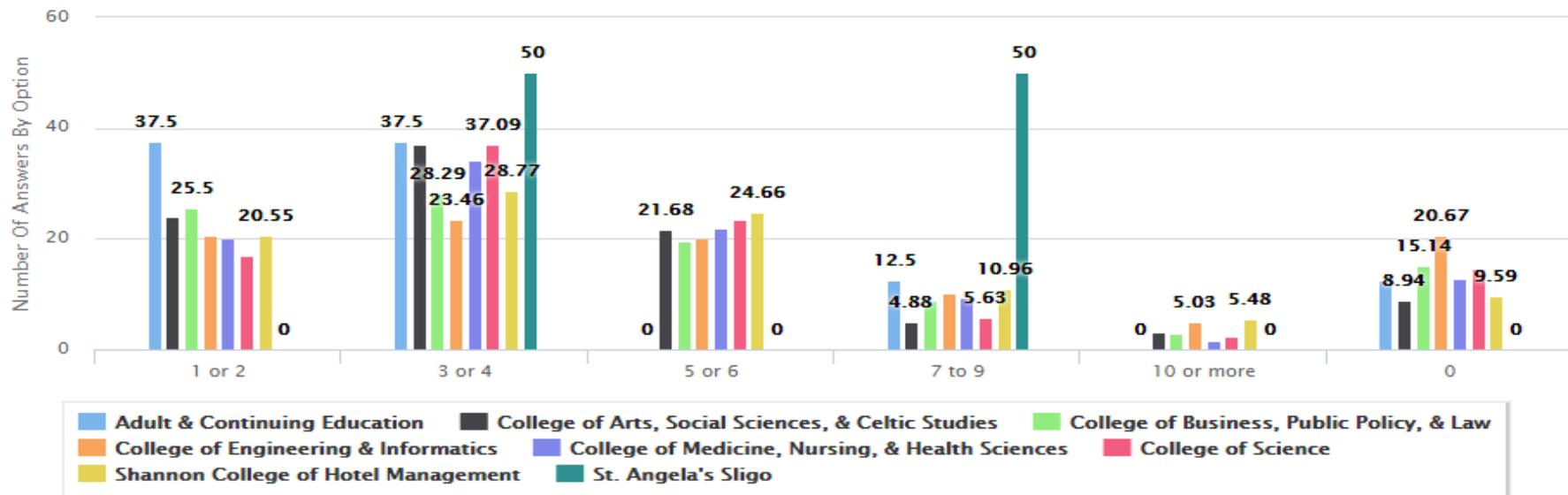


✓ All respondents overall results by college

College	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	0
Adult & Continuing Education	3	3	0	1	0	1
College of Arts, Social Sciences, & Celtic Studies	89	137	80	18	12	33
College of Business, Public Policy, & Law	64	71	49	22	7	38
College of Engineering & Informatics	37	42	36	18	9	37
College of Medicine, Nursing, & Health Sciences	36	61	39	17	3	23
College of Science	36	79	50	12	5	31
Shannon College of Hotel Management	15	21	18	8	4	7
St. Angela's Sligo	0	1	0	1	0	0
Total	280	415	272	97	40	170

✓ All respondents overall results by answer option and college percentage

Respondents By Answer Option By College Percentage



✓ All respondents overall results by college

College	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	0
Adult & Continuing Education	37.5%	37.5%	0%	12.5%	0%	12.5%
College of Arts, Social Sciences, & Celtic Studies	24.12%	37.13%	21.68%	4.88%	3.25%	8.94%
College of Business, Public Policy, & Law	25.5%	28.29%	19.52%	8.76%	2.79%	15.14%
College of Engineering & Informatics	20.67%	23.46%	20.11%	10.06%	5.03%	20.67%
College of Medicine, Nursing, & Health Sciences	20.11%	34.08%	21.79%	9.5%	1.68%	12.85%
College of Science	16.9%	37.09%	23.47%	5.63%	2.35%	14.55%
Shannon College of Hotel Management	20.55%	28.77%	24.66%	10.96%	5.48%	9.59%
St. Angela's Sligo	0%	50%	0%	50%	0%	0%

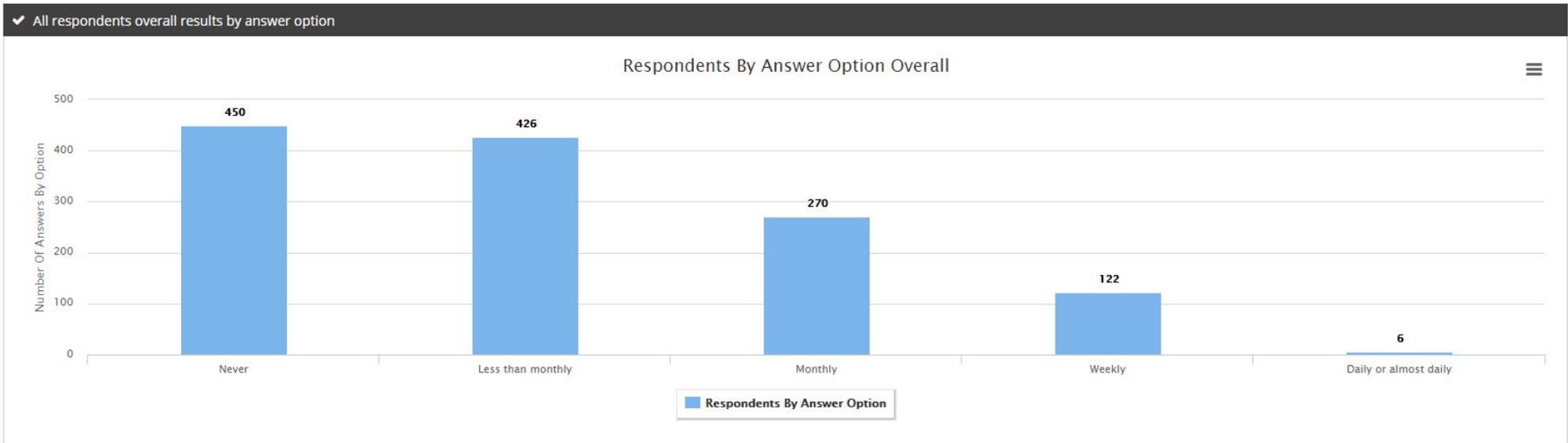


Question Three

How often do you have six or more drinks on one occasion?

Number Of Respondents - 1274

All respondents overall results by answer option

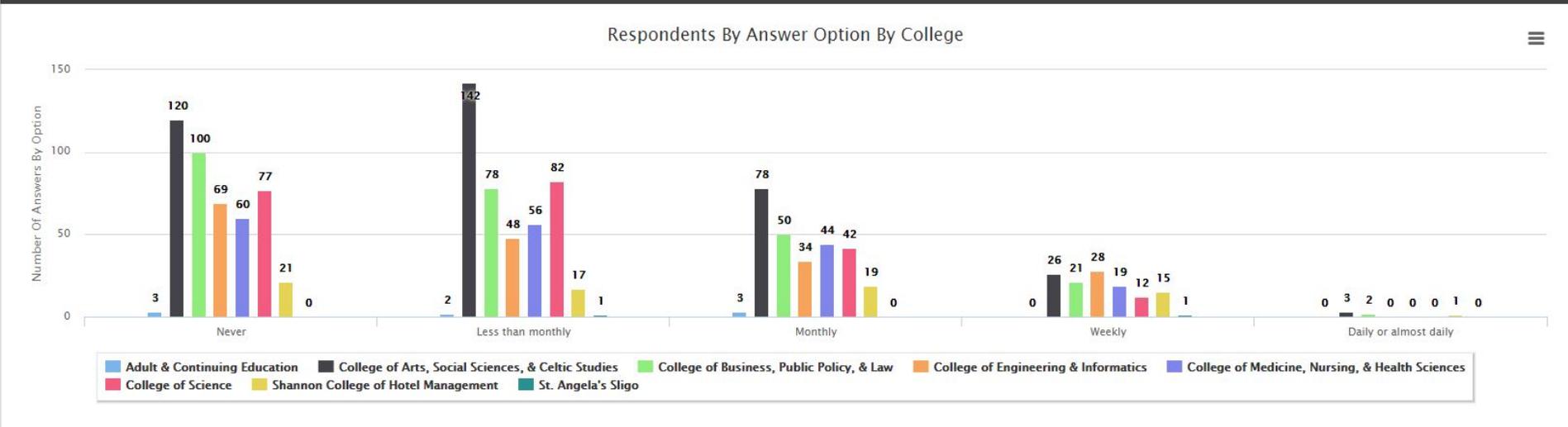


✓ All respondents overall results by answer option

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
450	426	270	122	6

All respondents overall results by answer option and college

✓ All respondents overall results by answer option and college

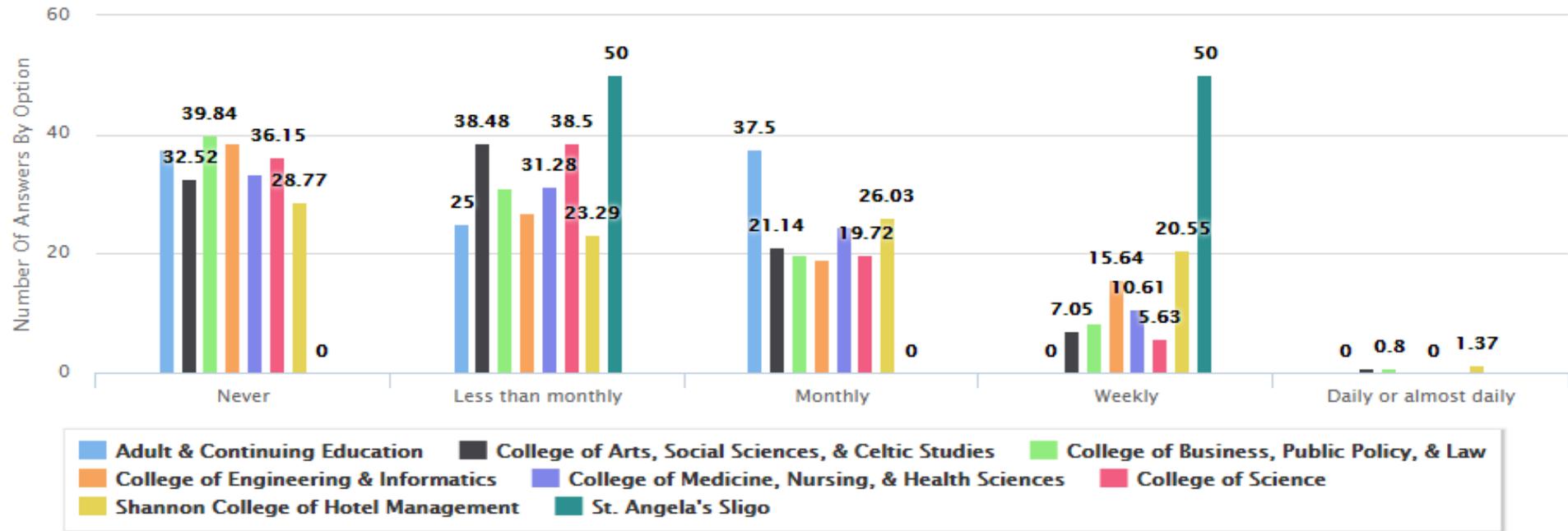


✓ All respondents overall results by college

College	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
Adult & Continuing Education	3	2	3	0	0
College of Arts, Social Sciences, & Celtic Studies	120	142	78	26	3
College of Business, Public Policy, & Law	100	78	50	21	2
College of Engineering & Informatics	69	48	34	28	0
College of Medicine, Nursing, & Health Sciences	60	56	44	19	0
College of Science	77	82	42	12	0
Shannon College of Hotel Management	21	17	19	15	1
St. Angela's Sligo	0	1	0	1	0
Total	450	426	270	122	6

✓ All respondents overall results by answer option and college percentage

Respondents By Answer Option By College Percentage



✓ All respondents overall results by college

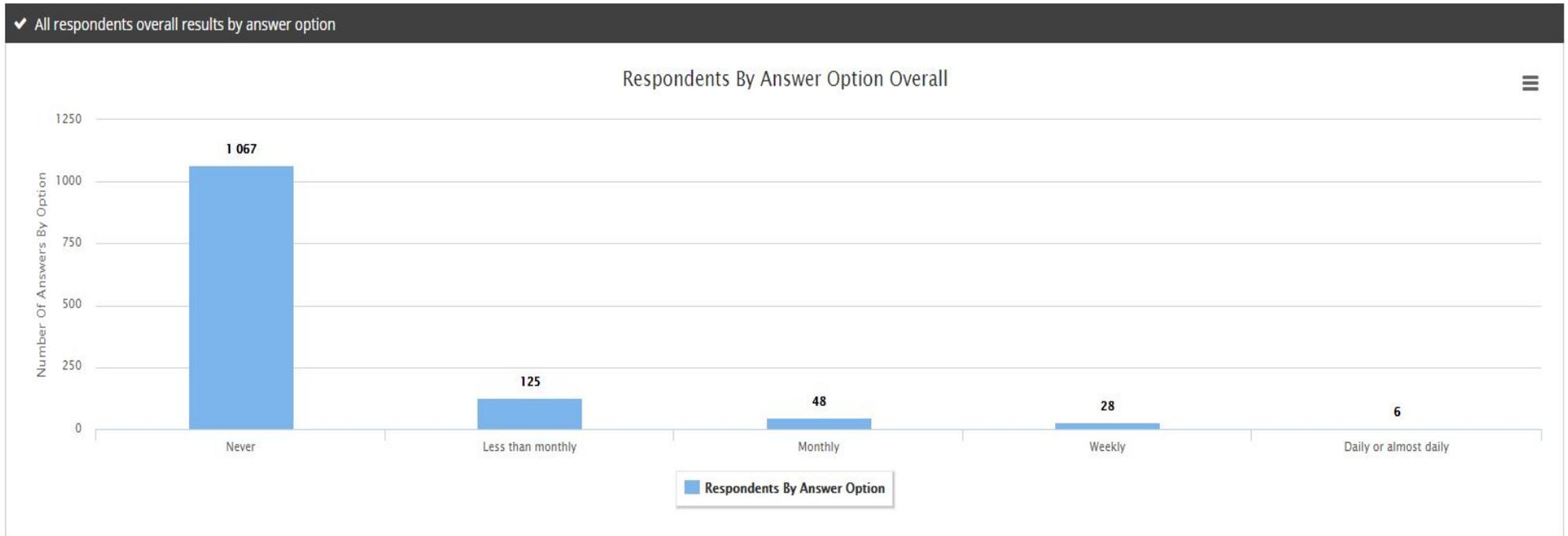
College	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
Adult & Continuing Education	37.5%	25%	37.5%	0%	0%
College of Arts, Social Sciences, & Celtic Studies	32.52%	38.48%	21.14%	7.05%	0.8100000000000001%
College of Business, Public Policy, & Law	39.84%	31.08%	19.92%	8.369999999999999%	0.8%
College of Engineering & Informatics	38.55%	26.82%	18.99%	15.64%	0%
College of Medicine, Nursing, & Health Sciences	33.52%	31.28%	24.58%	10.61%	0%
College of Science	36.15%	38.5%	19.72%	5.63%	0%

Question 4

Question - How often during the last year have you found that you were not able to stop drinking once you had started?

Number Of Respondents - 1274

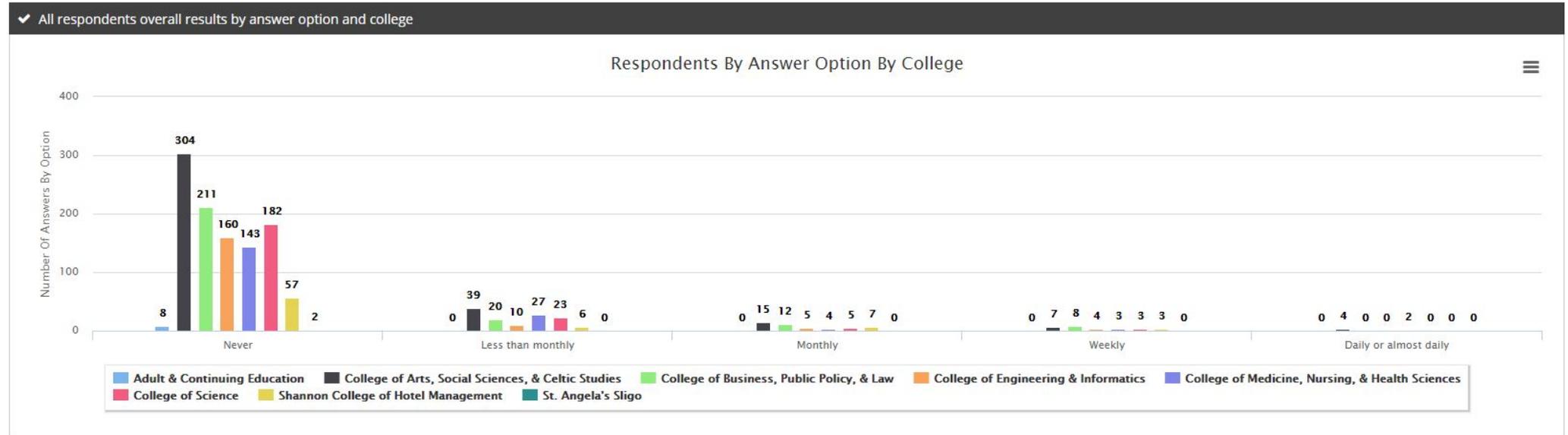
All respondents overall results by answer option



✓ All respondents overall results by answer option

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
1067	125	48	28	6

All respondents overall results by answer option and college

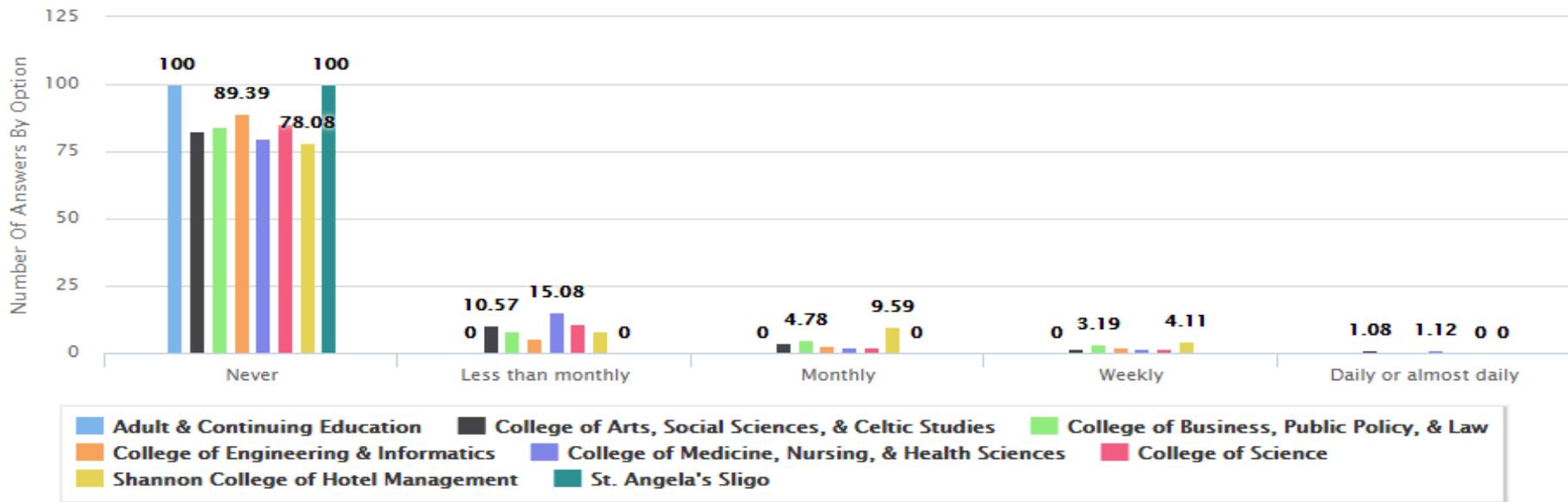


✓ All respondents overall results by college

College	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
Adult & Continuing Education	8	0	0	0	0
College of Arts, Social Sciences, & Celtic Studies	304	39	15	7	4
College of Business, Public Policy, & Law	211	20	12	8	0
College of Engineering & Informatics	160	10	5	4	0
College of Medicine, Nursing, & Health Sciences	143	27	4	3	2
College of Science	182	23	5	3	0
Shannon College of Hotel Management	57	6	7	3	0
St. Angela's Sligo	2	0	0	0	0
Total	1067	125	48	28	6

✓ All respondents overall results by answer option and college percentage

Respondents By Answer Option By College Percentage



✓ All respondents overall results by college

College	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
Adult & Continuing Education	100%	0%	0%	0%	0%
College of Arts, Social Sciences, & Celtic Studies	82.38%	10.57%	4.07%	1.9%	1.08%
College of Business, Public Policy, & Law	84.06%	7.97%	4.78%	3.19%	0%
College of Engineering & Informatics	89.39%	5.59%	2.79%	2.23%	0%
College of Medicine, Nursing, & Health Sciences	79.89%	15.08%	2.23%	1.68%	1.12%
College of Science	85.45%	10.8%	2.35%	1.41%	0%
Shannon College of Hotel Management	78.08%	8.220000000000001%	9.59%	4.11%	0%
St. Angela's Sligo	100%	0%	0%	0%	0%

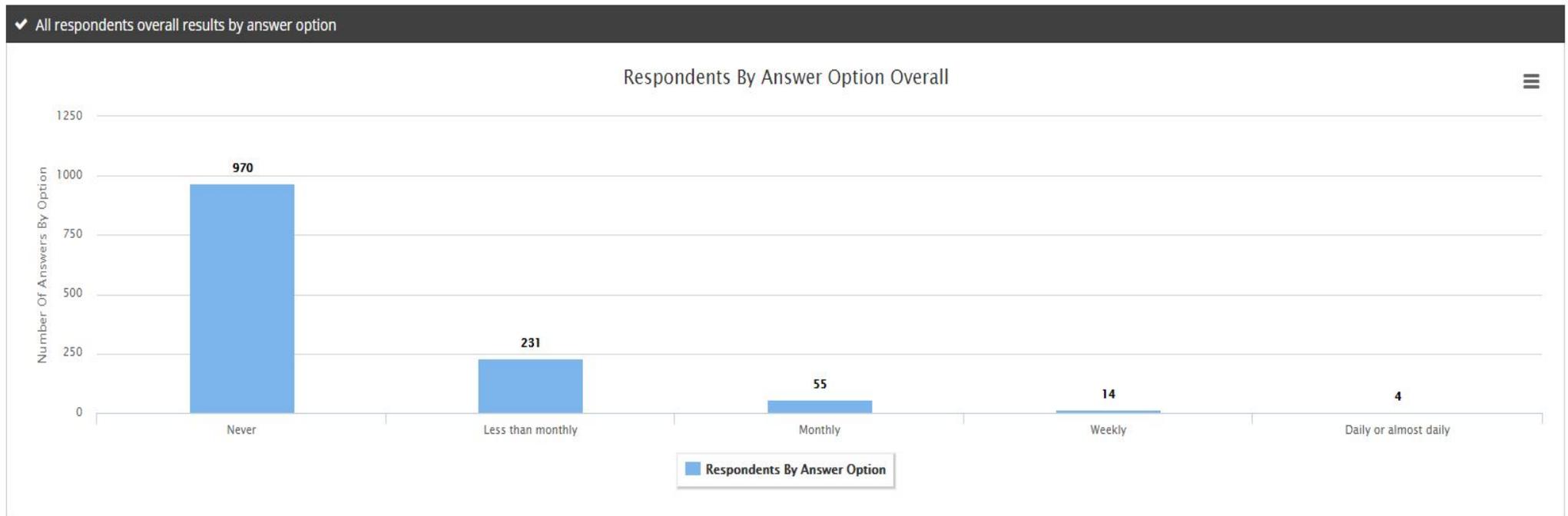


Question 5

Question - How often during the last year have you failed to do what was normally expected of you because of drinking?

Number Of Respondents - 1274

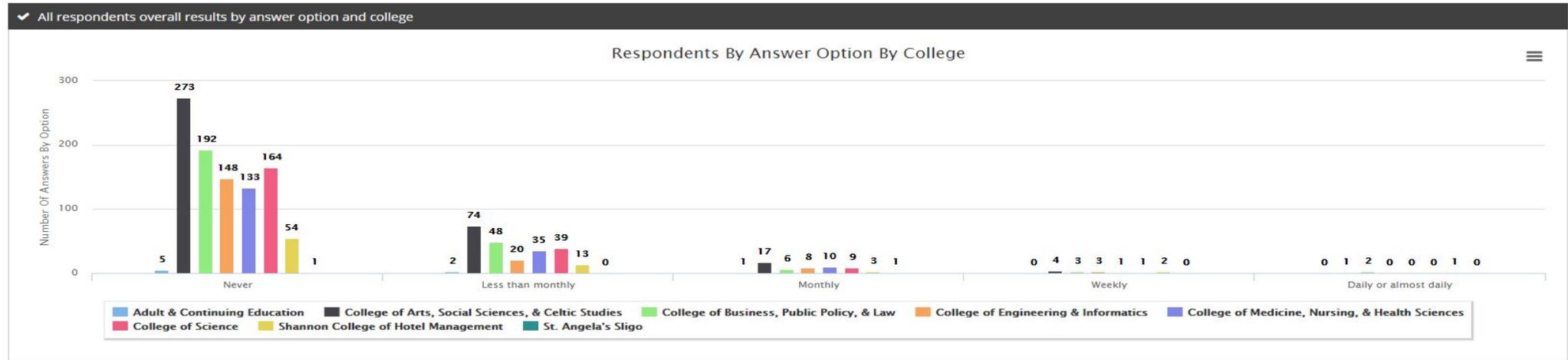
All respondents overall results by answer option



✓ All respondents overall results by answer option

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
970	231	55	14	4

All respondents overall results by answer option and college

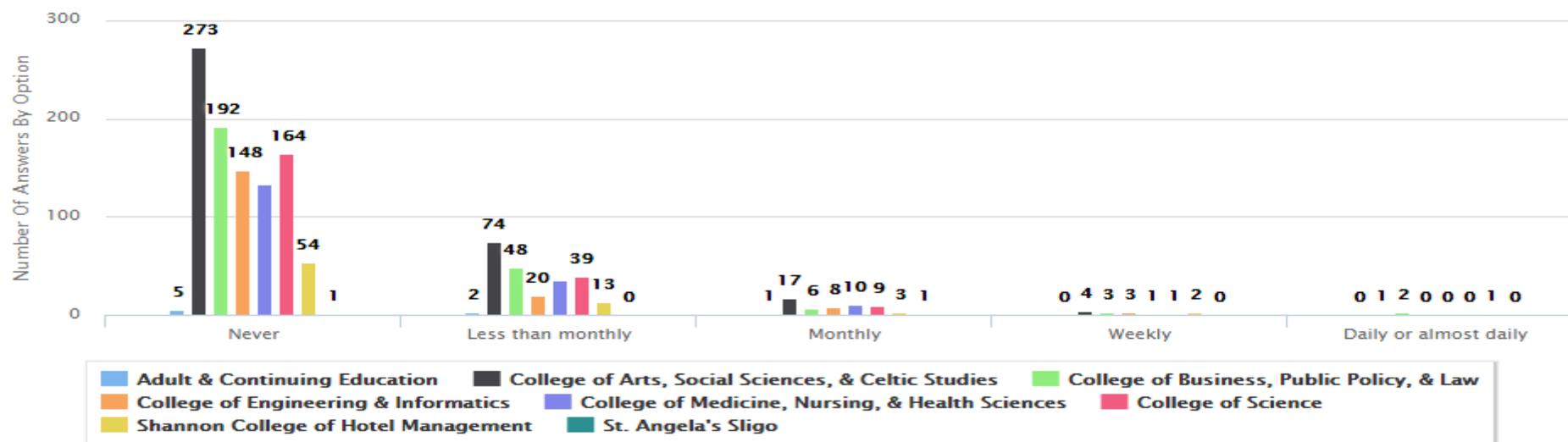


✓ All respondents overall results by college

College	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
Adult & Continuing Education	5	2	1	0	0
College of Arts, Social Sciences, & Celtic Studies	273	74	17	4	1
College of Business, Public Policy, & Law	192	48	6	3	2
College of Engineering & Informatics	148	20	8	3	0
College of Medicine, Nursing, & Health Sciences	133	35	10	1	0
College of Science	164	39	9	1	0
Shannon College of Hotel Management	54	13	3	2	1
St. Angela's Sligo	1	0	1	0	0
Total	970	231	55	14	4

✓ All respondents overall results by answer option and college

Respondents By Answer Option By College



✓ All respondents overall results by college

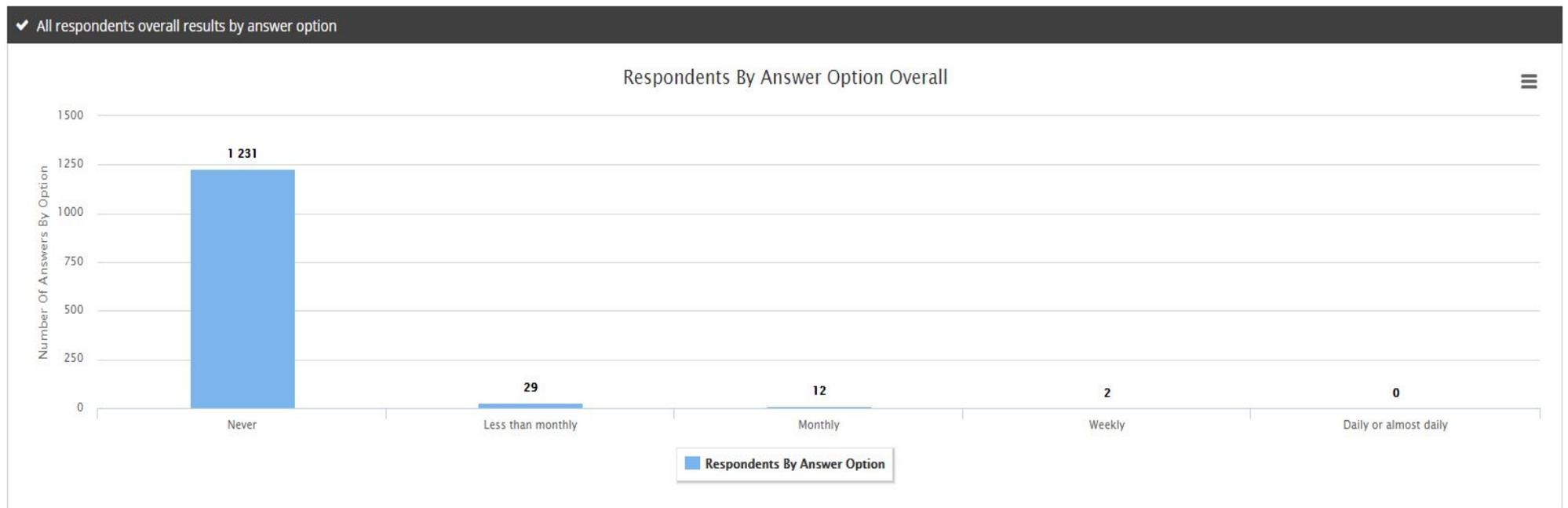
College	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
Adult & Continuing Education	5	2	1	0	0
College of Arts, Social Sciences, & Celtic Studies	273	74	17	4	1
College of Business, Public Policy, & Law	192	48	6	3	2
College of Engineering & Informatics	148	20	8	3	0
College of Medicine, Nursing, & Health Sciences	133	35	10	1	0
College of Science	164	39	9	1	0
Shannon College of Hotel Management	54	13	3	2	1
St. Angela's Sligo	1	0	1	0	0
Total	970	231	55	14	4

Question Six

Question - How often during the last year have you needed a first drink in the morning to get yourself going after a heavy night of drinking?

Number Of Respondents - 1274

All respondents overall results by answer option

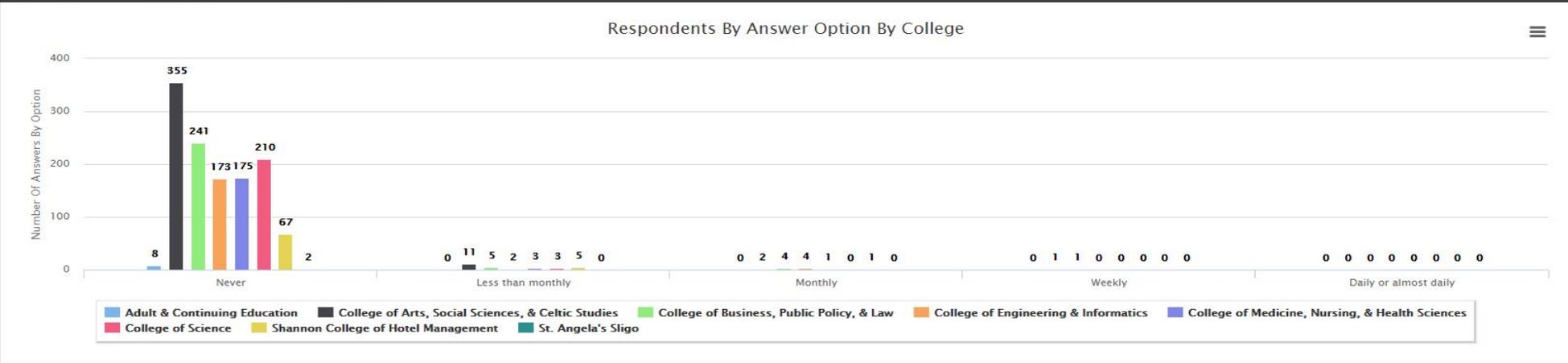


✓ All respondents overall results by answer option

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
1231	29	12	2	0

All respondents overall results by answer option and college

✓ All respondents overall results by answer option and college

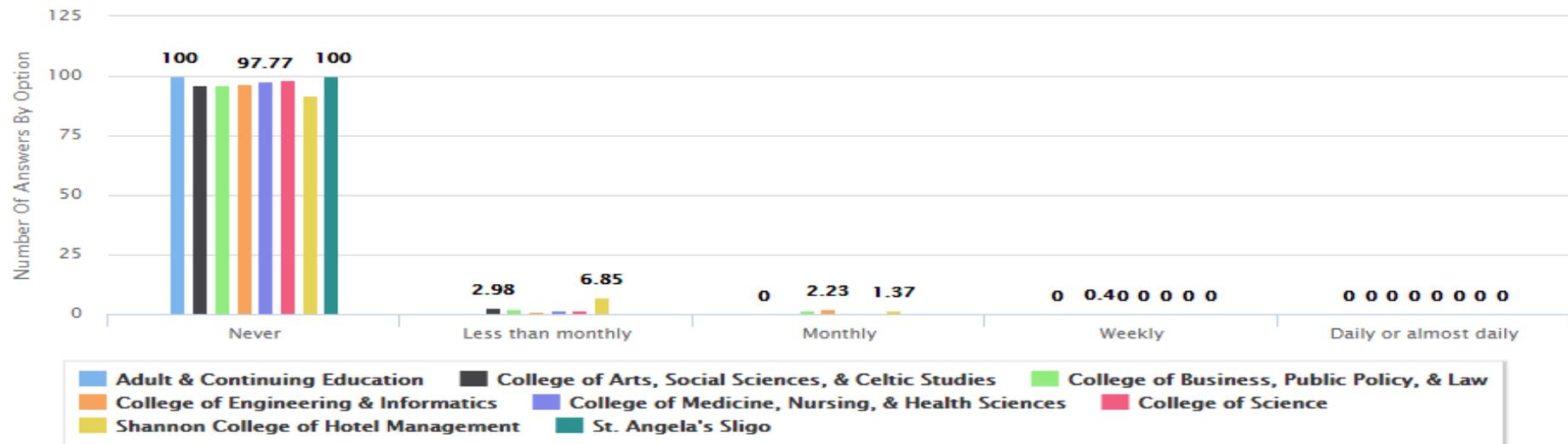


✓ All respondents overall results by college

College	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
Adult & Continuing Education	8	0	0	0	0
College of Arts, Social Sciences, & Celtic Studies	355	11	2	1	0
College of Business, Public Policy, & Law	241	5	4	1	0
College of Engineering & Informatics	173	2	4	0	0
College of Medicine, Nursing, & Health Sciences	175	3	1	0	0
College of Science	210	3	0	0	0
Shannon College of Hotel Management	67	5	1	0	0
St. Angela's Sligo	2	0	0	0	0
Total	1231	29	12	2	0

✓ All respondents overall results by answer option and college percentage

Respondents By Answer Option By College Percentage



✓ All respondents overall results by college

College	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
Adult & Continuing Education	100%	0%	0%	0%	0%
College of Arts, Social Sciences, & Celtic Studies	96.20999999999999%	2.98%	0.54%	0.27%	0%
College of Business, Public Policy, & Law	96.02%	1.99%	1.59%	0.4%	0%
College of Engineering & Informatics	96.65000000000001%	1.12%	2.23%	0%	0%
College of Medicine, Nursing, & Health Sciences	97.77%	1.68%	0.5600000000000001%	0%	0%
College of Science	98.59%	1.41%	0%	0%	0%
Shannon College of Hotel Management	91.78%	6.85%	1.37%	0%	0%
St. Angela's Sligo	100%	0%	0%	0%	0%

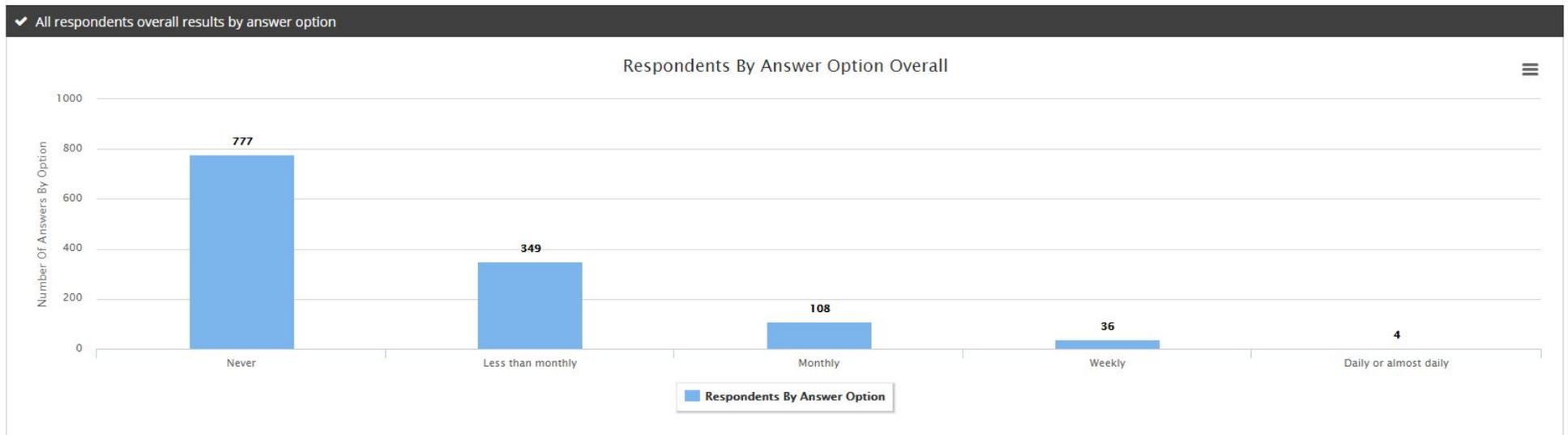


Question 7

Question - How often during the last year have you had a feeling of guilt or remorse after drinking?

Number Of Respondents - 1274

All respondents overall results by answer option

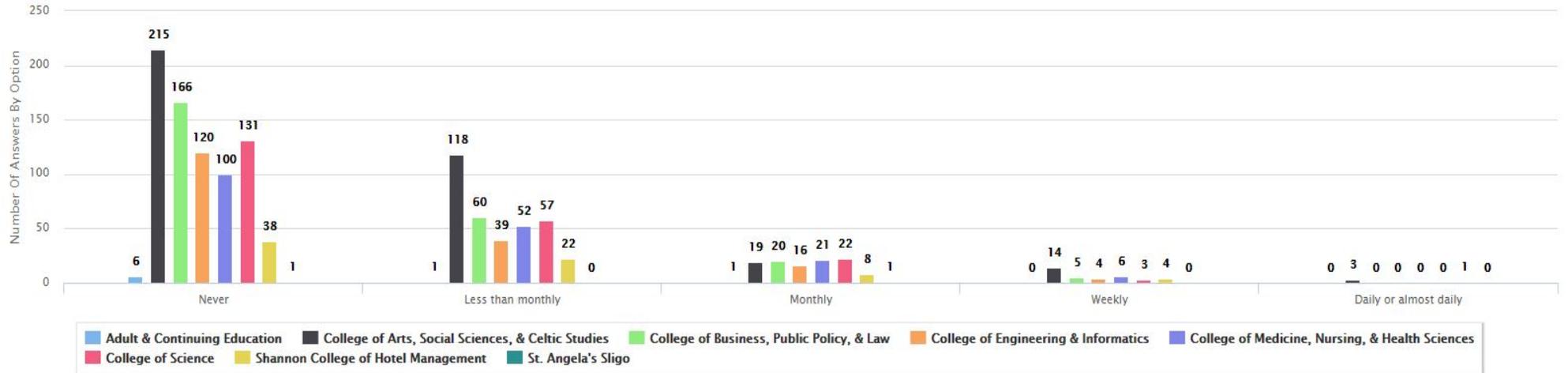


✓ All respondents overall results by answer option

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
777	349	108	36	4

✓ All respondents overall results by answer option and college

Respondents By Answer Option By College

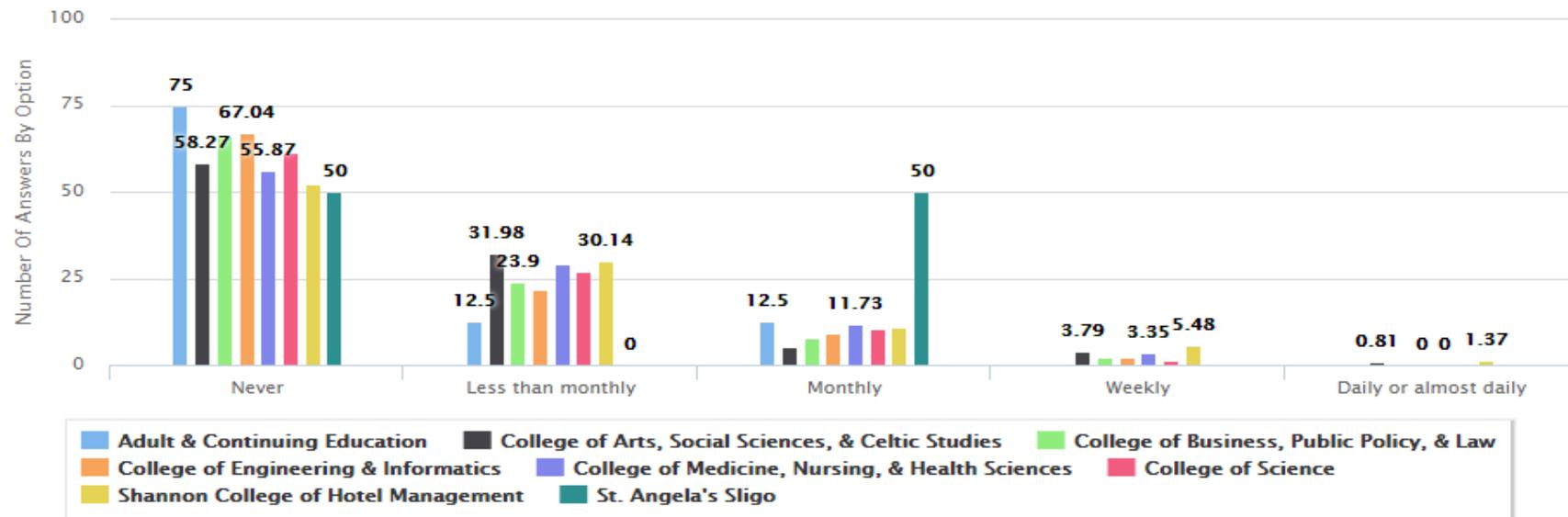


✓ All respondents overall results by college

College	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
Adult & Continuing Education	6	1	1	0	0
College of Arts, Social Sciences, & Celtic Studies	215	118	19	14	3
College of Business, Public Policy, & Law	166	60	20	5	0
College of Engineering & Informatics	120	39	16	4	0
College of Medicine, Nursing, & Health Sciences	100	52	21	6	0
College of Science	131	57	22	3	0
Shannon College of Hotel Management	38	22	8	4	1
St. Angela's Sligo	1	0	1	0	0
Total	777	349	108	36	4

✓ All respondents overall results by answer option and college percentage

Respondents By Answer Option By College Percentage



✓ All respondents overall results by college

College	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
Adult & Continuing Education	75%	12.5%	12.5%	0%	0%
College of Arts, Social Sciences, & Celtic Studies	58.27%	31.98%	5.15%	3.79%	0.8100000000000001%
College of Business, Public Policy, & Law	66.14%	23.9%	7.97%	1.99%	0%
College of Engineering & Informatics	67.04000000000001%	21.79%	8.94%	2.23%	0%
College of Medicine, Nursing, & Health Sciences	55.87%	29.05%	11.73%	3.35%	0%
College of Science	61.5%	26.76%	10.33%	1.41%	0%
Shannon College of Hotel Management	52.05%	30.14%	10.96%	5.48%	1.37%
St. Angela's Sligo	50%	0%	50%	0%	0%

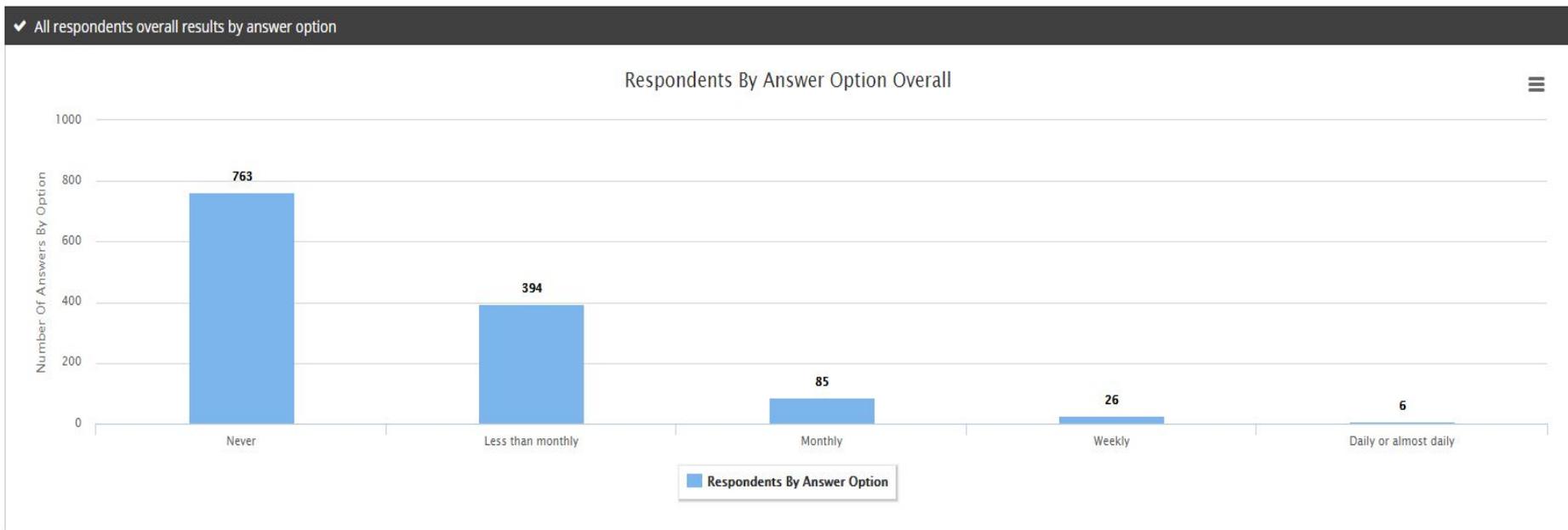


Question 8

Question - How often during the last year have you been unable to remember what happened the night before because of your drinking?

Number Of Respondents - 1274

All respondents overall results by answer option

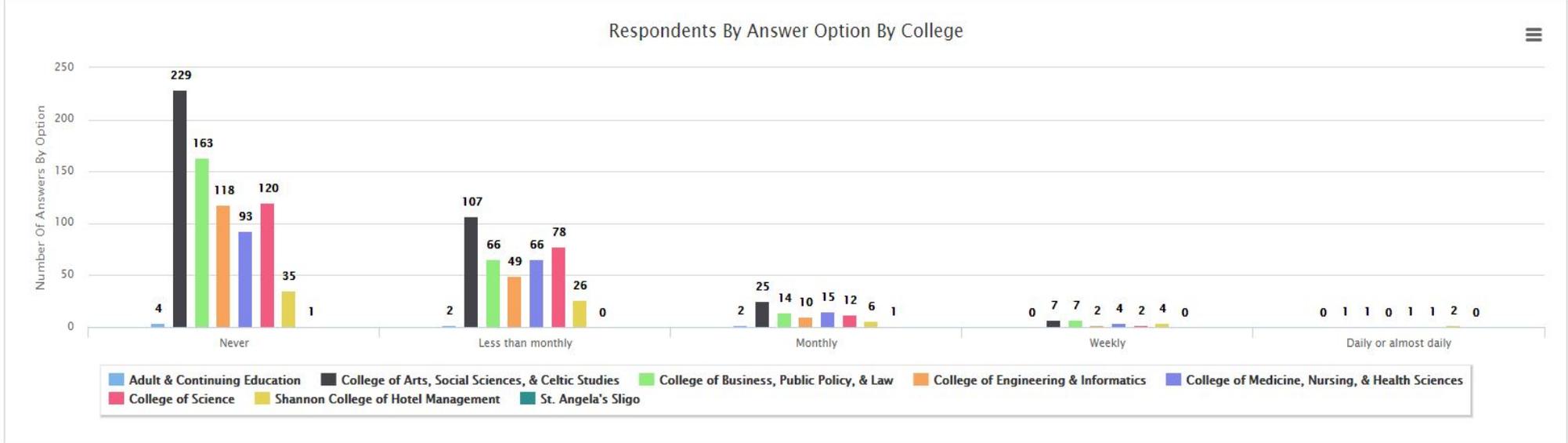


✓ All respondents overall results by answer option

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
763	394	85	26	6

All respondents overall results by answer option and college

✓ All respondents overall results by answer option and college

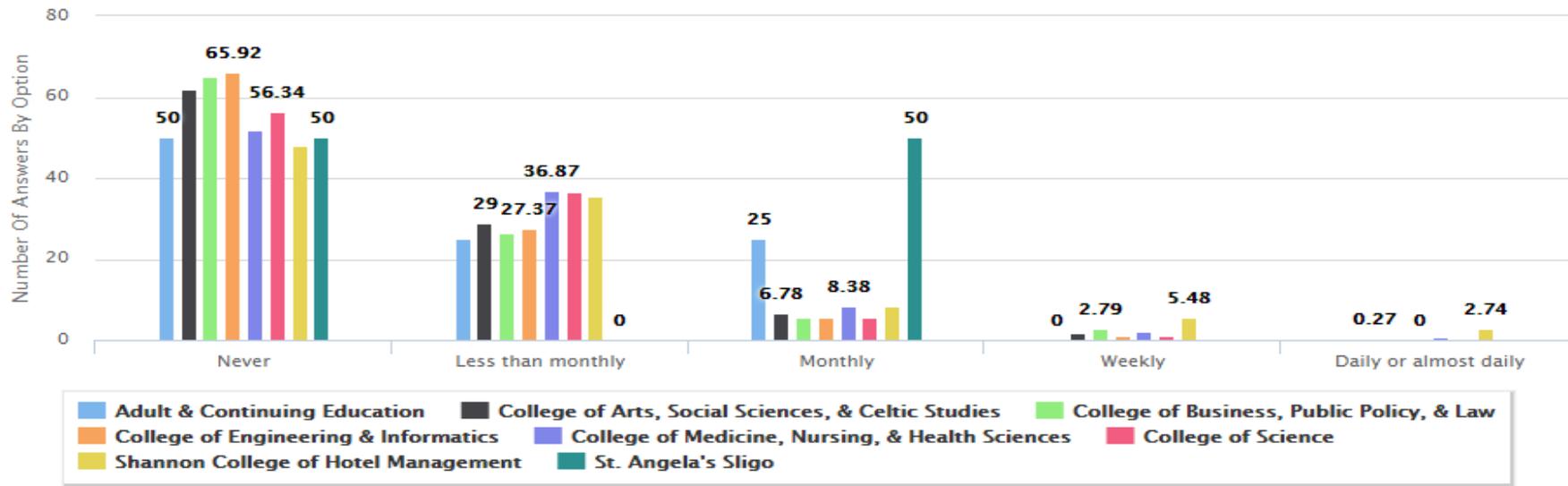


✓ All respondents overall results by college

College	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
Adult & Continuing Education	4	2	2	0	0
College of Arts, Social Sciences, & Celtic Studies	229	107	25	7	1
College of Business, Public Policy, & Law	163	66	14	7	1
College of Engineering & Informatics	118	49	10	2	0
College of Medicine, Nursing, & Health Sciences	93	66	15	4	1
College of Science	120	78	12	2	1
Shannon College of Hotel Management	35	26	6	4	2
St. Angela's Sligo	1	0	1	0	0
Total	763	394	85	26	6

✓ All respondents overall results by answer option and college percentage

Respondents By Answer Option By College Percentage



✓ All respondents overall results by college

College	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
Adult & Continuing Education	50%	25%	25%	0%	0%
College of Arts, Social Sciences, & Celtic Studies	62.06%	29%	6.78%	1.9%	0.27%
College of Business, Public Policy, & Law	64.94%	26.29%	5.58%	2.79%	0.4%
College of Engineering & Informatics	65.92%	27.37%	5.59%	1.12%	0%
College of Medicine, Nursing, & Health Sciences	51.96%	36.87%	8.3800000000000001%	2.23%	0.56000000000000001%
College of Science	56.34%	36.62%	5.63%	0.9399999999999999%	0.47%
Shannon College of Hotel Management	47.95%	35.62%	8.2200000000000001%	5.48%	2.74%
St. Angela's Sligo	50%	0%	50%	0%	0%

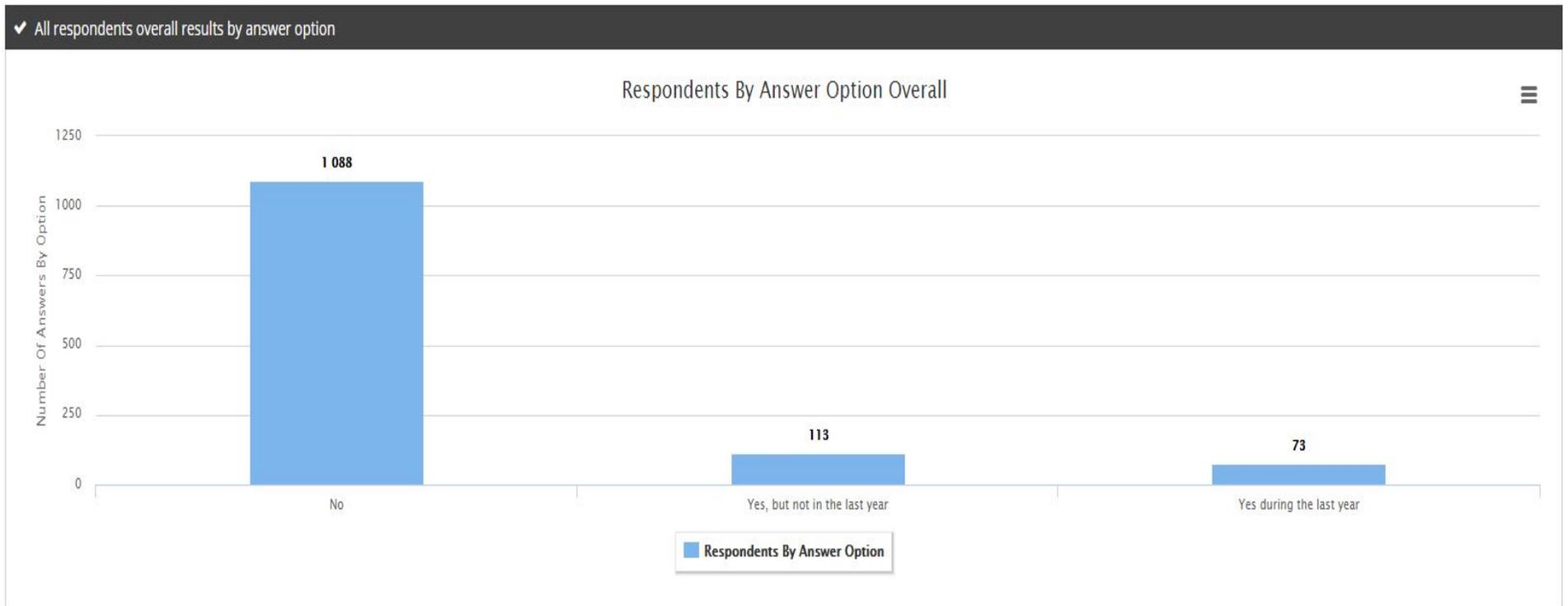


Question 9

Question - Have you or someone else been injured because of your drinking?

Number Of Respondents - 1274

All respondents overall results by answer option



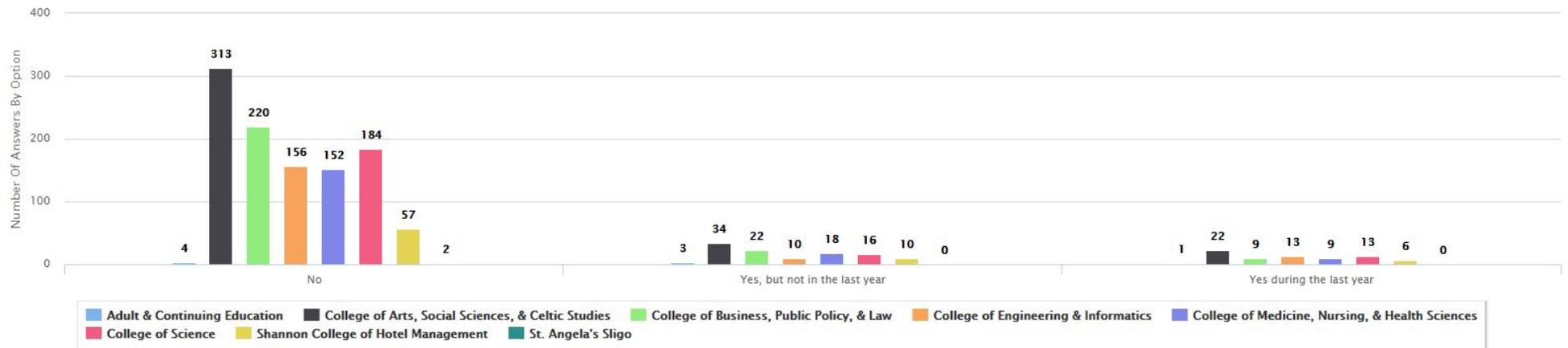
✓ All respondents overall results by answer option

No	Yes, but not in the last year	Yes during the last year
1088	113	73

All respondents overall results by answer option and college

✓ All respondents overall results by answer option and college

Respondents By Answer Option By College

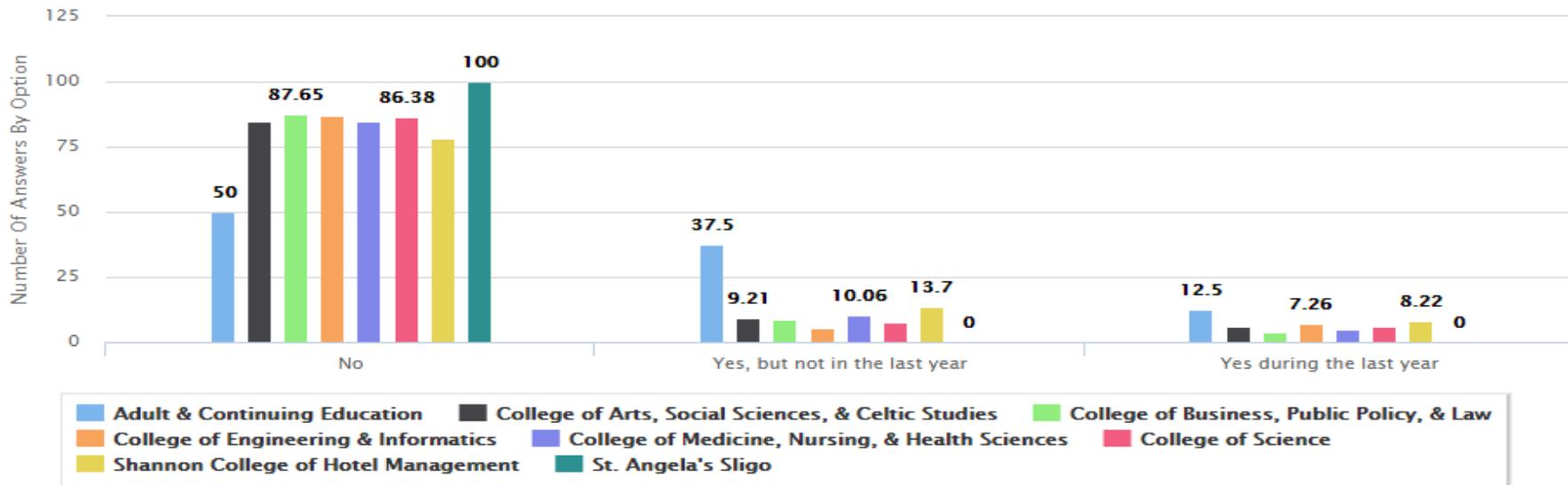


✓ All respondents overall results by college

College	No	Yes, but not in the last year	Yes during the last year
Adult & Continuing Education	4	3	1
College of Arts, Social Sciences, & Celtic Studies	313	34	22
College of Business, Public Policy, & Law	220	22	9
College of Engineering & Informatics	156	10	13
College of Medicine, Nursing, & Health Sciences	152	18	9
College of Science	184	16	13
Shannon College of Hotel Management	57	10	6
St. Angela's Sligo	2	0	0
Total	1088	113	73

✓ All respondents overall results by answer option and college percentage

Respondents By Answer Option By College Percentage



✓ All respondents overall results by college

College	No	Yes, but not in the last year	Yes during the last year
Adult & Continuing Education	50%	37.5%	12.5%
College of Arts, Social Sciences, & Celtic Studies	84.81999999999999%	9.210000000000001%	5.96%
College of Business, Public Policy, & Law	87.65000000000001%	8.76%	3.59%
College of Engineering & Informatics	87.15000000000001%	5.59%	7.26%
College of Medicine, Nursing, & Health Sciences	84.92%	10.06%	5.03%
College of Science	86.38%	7.51%	6.1%
Shannon College of Hotel Management	78.08%	13.7%	8.220000000000001%
St. Angela's Sligo	100%	0%	0%

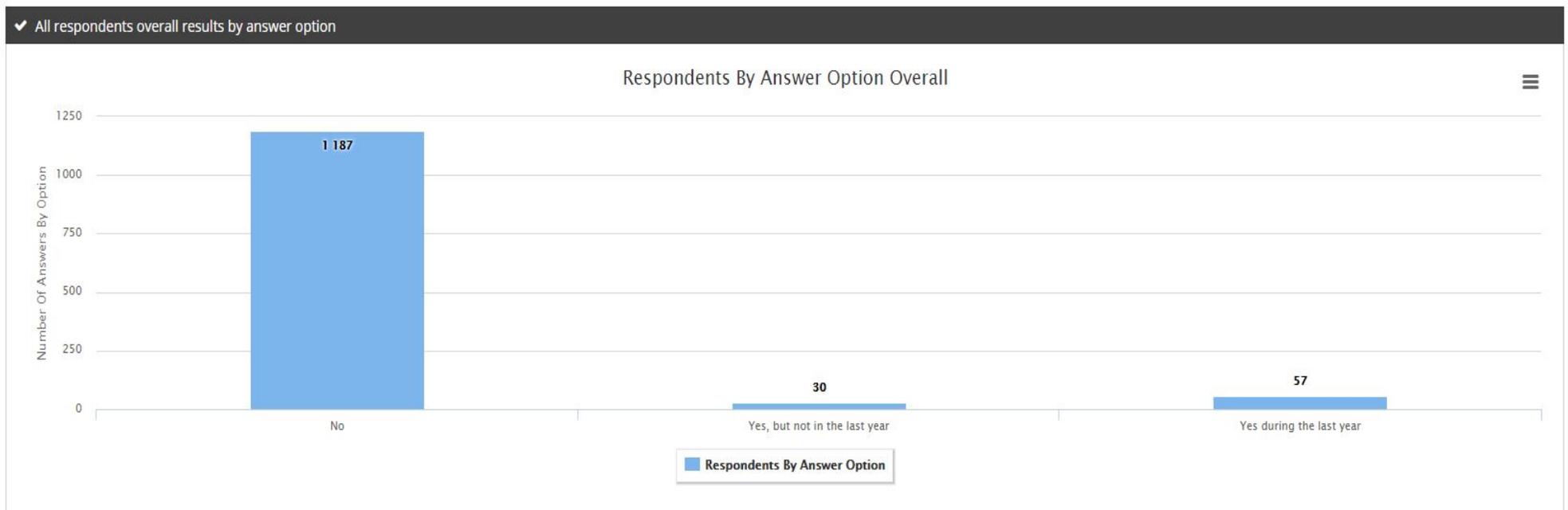


Question Ten

Question - Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down?

Number Of Respondents - 1274

All respondents overall results by answer option



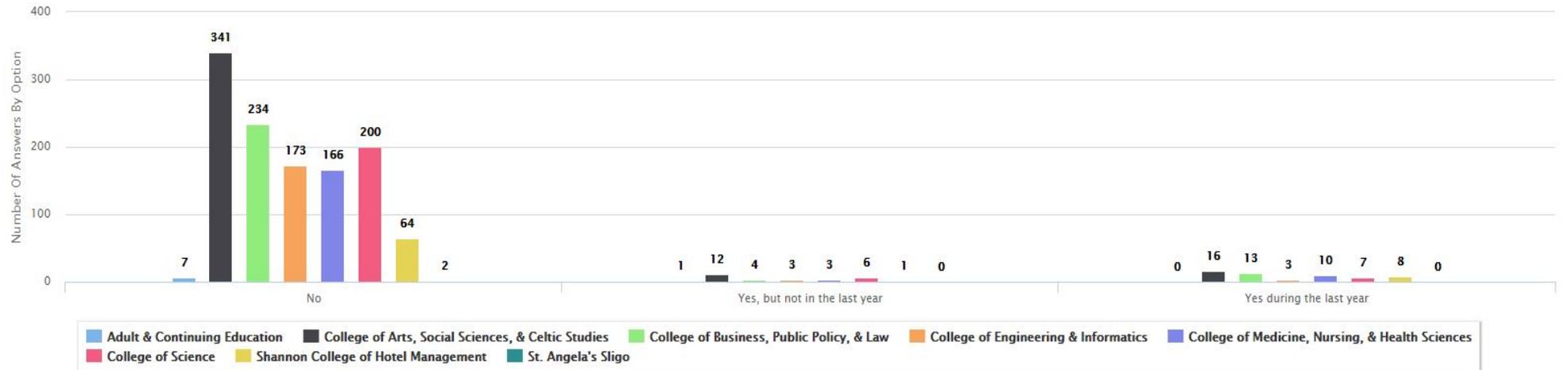
✓ All respondents overall results by answer option

No	Yes, but not in the last year	Yes during the last year
1187	30	57

All respondents overall results by answer option and college

✓ All respondents overall results by answer option and college

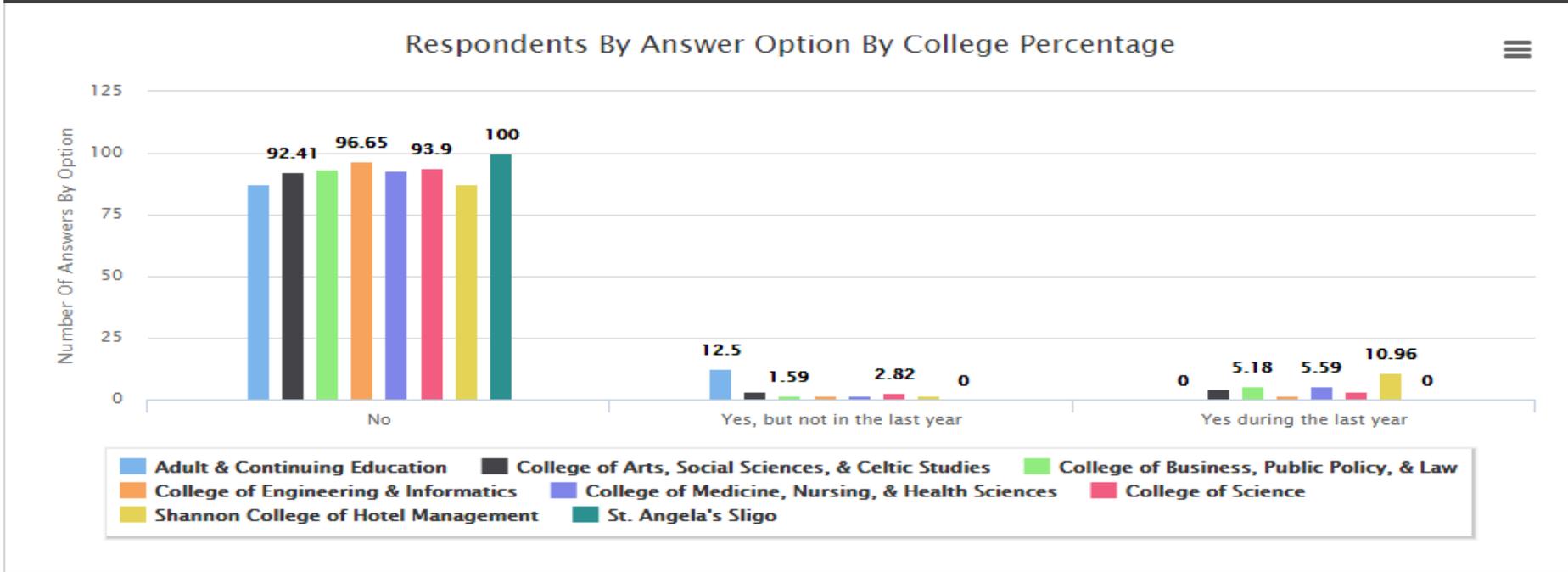
Respondents By Answer Option By College



✓ All respondents overall results by college

College	No	Yes, but not in the last year	Yes during the last year
Adult & Continuing Education	7	1	0
College of Arts, Social Sciences, & Celtic Studies	341	12	16
College of Business, Public Policy, & Law	234	4	13
College of Engineering & Informatics	173	3	3
College of Medicine, Nursing, & Health Sciences	166	3	10
College of Science	200	6	7
Shannon College of Hotel Management	64	1	8
St. Angela's Sligo	2	0	0
Total	1187	30	57

✓ All respondents overall results by answer option and college percentage



✓ All respondents overall results by college

College	No	Yes, but not in the last year	Yes during the last year
Adult & Continuing Education	87.5%	12.5%	0%
College of Arts, Social Sciences, & Celtic Studies	92.41%	3.25%	4.34%
College of Business, Public Policy, & Law	93.23%	1.59%	5.18%
College of Engineering & Informatics	96.65000000000001%	1.68%	1.68%
College of Medicine, Nursing, & Health Sciences	92.73999999999999%	1.68%	5.59%
College of Science	93.90000000000001%	2.82%	3.29%
Shannon College of Hotel Management	87.67%	1.37%	10.96%
St. Angela's Sligo	100%	0%	0%



Appendix 1

This is what the participants saw when they looked at www.nuigalway.ie/successquiz. The quiz was designed by landC digital and funded by the Student Projects fund. It had to be custom designed as there was no off the shelf survey tool which was capable of providing answers based on multiple categories and scores which could be fully integrated. The advantage with using the same developers, that created or were developing the societies, clubs and yourspace websites, was that a fully functioning integrated system was possible. This year as part of further developments we would aim to allow students to receive additional information based on their choices in questions 39 – 41 where they identify services, resources and skills they are interested in acquiring, including populating their personalised calendars in their YourSpace dashboard with information on extra-curricular learning opportunities available and an ability to set personal goals and reflect on their progress. Currently in YourSpace students can update their contact information and choose how they are contacted, join clubs, societies and a wide range of other extra-curricular opportunities, they have a personal calendar that is populated by events organised by the groups they have chosen to join, either via days such as Societies and clubs day or in the dashboard itself. They can also add their own events and timetables to the calendar. In YourSpace they can also apply for the ALIVE and Employability Award and monitor their progress and download certs. Further developments currently in the planning stage will allow groups to be created and additional communication tools to facilitate peer to peer learning and support via the class rep and a variety of mentoring systems.

Kickstart your college life, support your success, and map your journey!

Welcome to the [Success Quiz](#), designed to help with your move to NUI Galway. Take a few minutes to complete the Quiz, get your University Lifestyle Scores and you will be able to enjoy an interactive analysis of how prepared you feel you are to enter University life. We want to help you get the most out of college, see where you are doing well and where you can make improvements. The quiz will rate your baseline scores and give you helpful links and tips to support services. As part of the quiz you have the opportunity to let us know what services, supports and facilities you may need and to be added to any relevant mailing list so you will always have up to date information to hand. Complete the Quiz to be on your way to a stress free introduction to University Life.

Step One: Take the [Success Quiz here](#), answer all the questions honestly.

Step Two: Press Submit.

Step Three: Check out your results.

How do I get my results?

- You will get your results immediately
- Your results will also be e-mailed to you and if you have entered your correct ID (your CAO ID will become your student ID, this is an 8 digit number)
- Your results will be posted to your personal yourspace.nuigalway.ie account

What is yourspace?

Yourspace is your personal extracurricular account, the gateway to your student life where you can:

- Update your contact information
- See texts sent to you from the various groups you join
- Join societies and sports clubs
- Add yourself to various services/ supports contact lists
- Avail of extra curricular opportunities
- Check out available services
- Set your personal goals
- Work towards various university awards including your ALIVE Cert for volunteering
- Unsubscribe from any lists including societies and sports club

Login into yourspace at www.yourspace.nuigalway.ie with your ID and student password.

Complete by Sept 11th and be in with the chance to win;

- One Year Kingfisher Gym Membership
- €100 on your SU Card
- 2 Afters Tickets to a Society Ball of Your Choice; Science, Nov 8th. Law, Nov 15th. Commerce, Jan 24th. Eng & Nursing, Jan 31st. Arts, Feb 7th.
- 4 tickets to the Musical Society's production of 'The Producers' in the Black Box, Feb 18th

- 4 Tickets to the Socs Big Gig in the Bailey Allen Hall: *UV Silent Disco Party Sept 28th*
- 4 tickets to Socs Fright Fest in the Bailey Allen Hall, Oct 31st.
- 6 Yoga Classes from Lotus Society
- 2 tickets to any DramSoc Production
- NUI Galway Hoodie from the SU Shop.



The Success Quiz is generously funded by the NUI Galway Student Project Fund.

Answer All The Questions

* First Name

* Last Name

* Email (If you do not have your college e-mail yet use a personal e-mail)

* Confirm Email

* Are You An NUI Galway Student

* Student ID Number/ CAO Number

* Confirm Student ID Number/ CAO Number

* Select The NUI Galway College You Are Studying In.

* Select The One Which Best Describes You

Are You In Receipt Of A Grant

Move slider to the number that most represents you

1 = Not like me

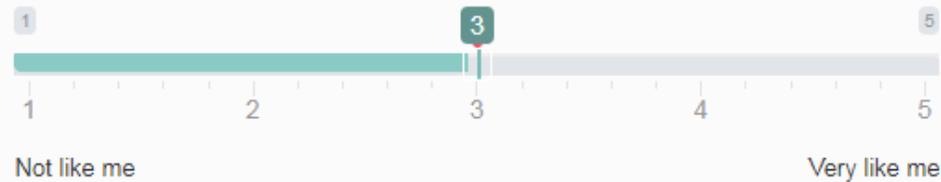
2 = Slightly like me

3 = Somewhat like me

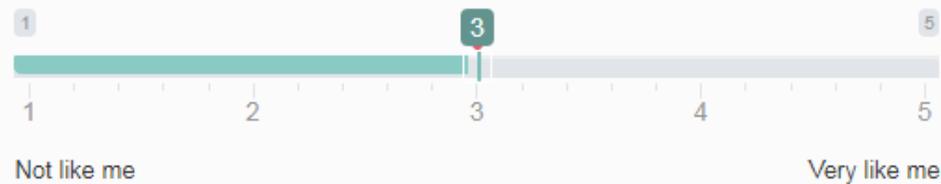
4 = Quite like me

5 = Very like me

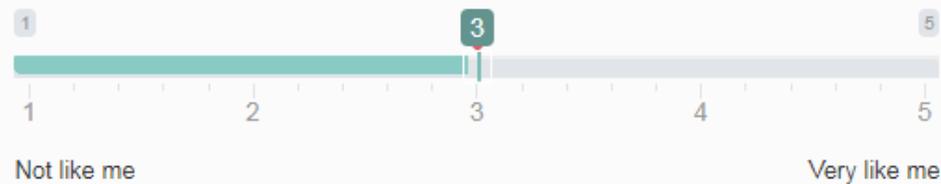
1 I feel I will adjust well to college life.



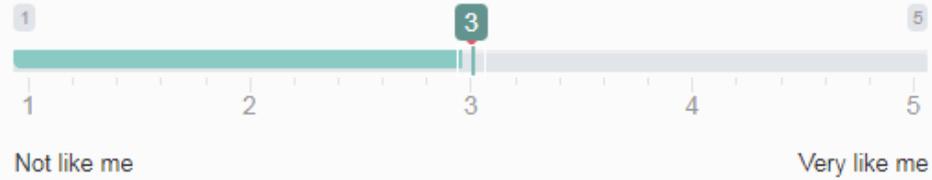
2 I have no career ideas yet.



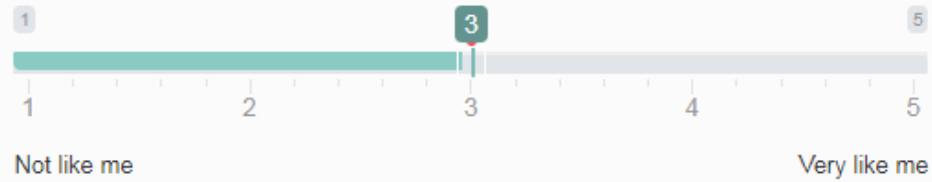
3 I am currently or have in the recent past suffered low mood/depression.



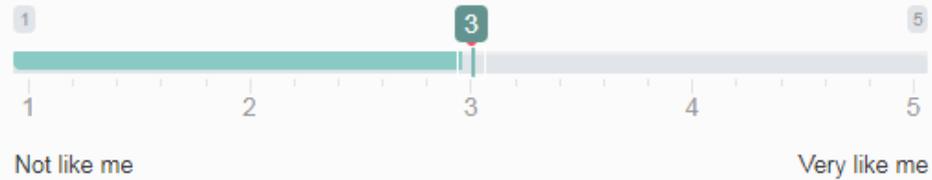
4 I need a part-time job to cover the cost of living.



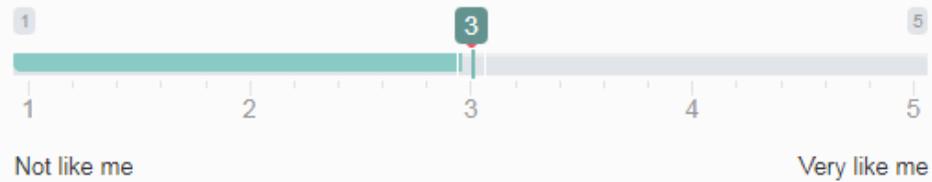
5 I have a pre-existing health issue that I am concerned about.



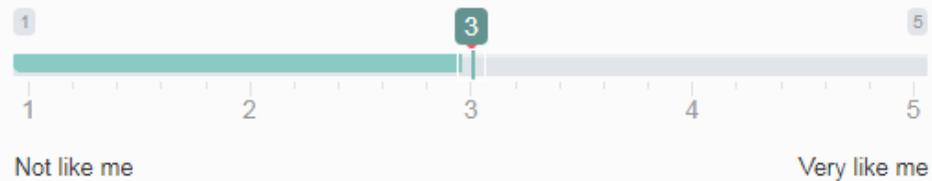
6 I am looking forward to my new independent lifestyle.



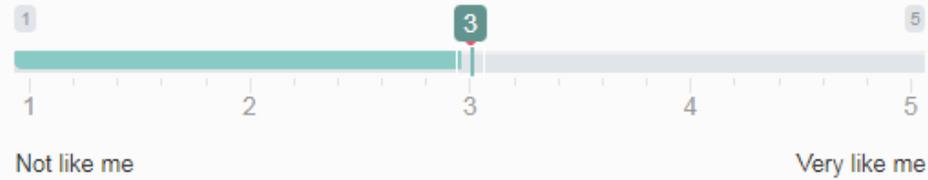
7 Being embarrassed or looking stupid are among my worst fears.



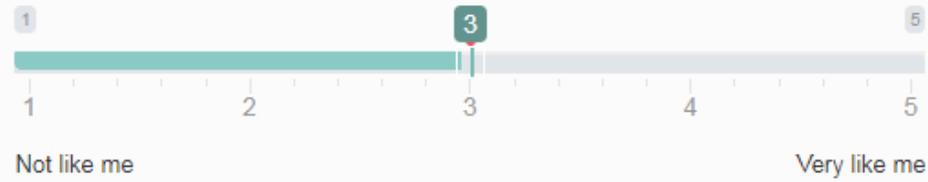
8 I hope to join a sports club.



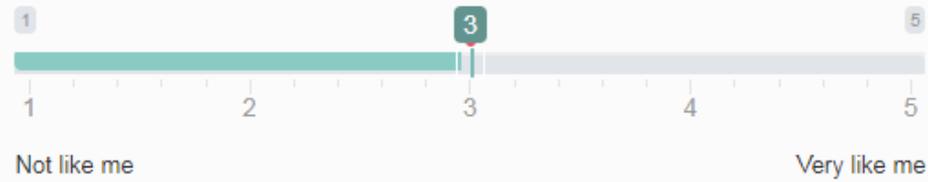
9 I understand the possible career options open to me with my course.



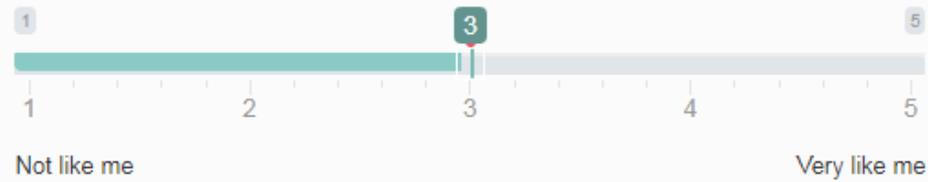
10 I wish to avail of the peer to peer / mentoring supports available.



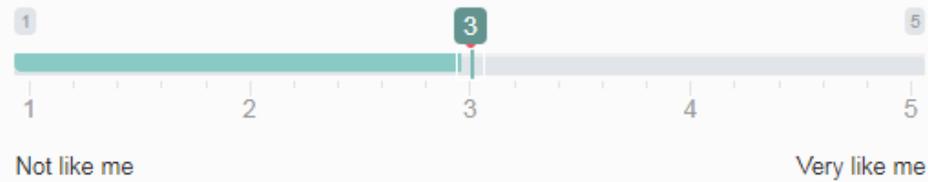
11 I feel fit and healthy.



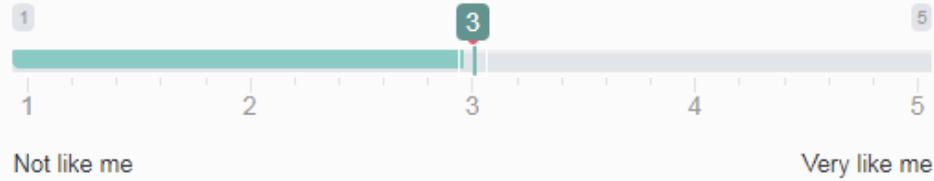
12 I feel anxious about settling into college.



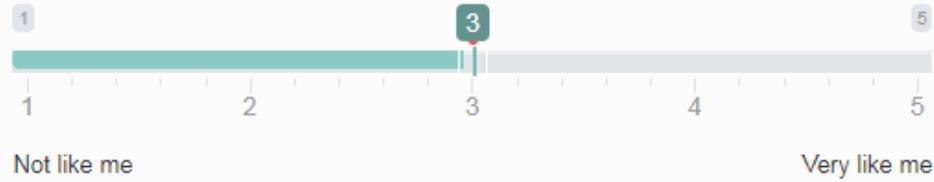
13 I feel supported by my family.



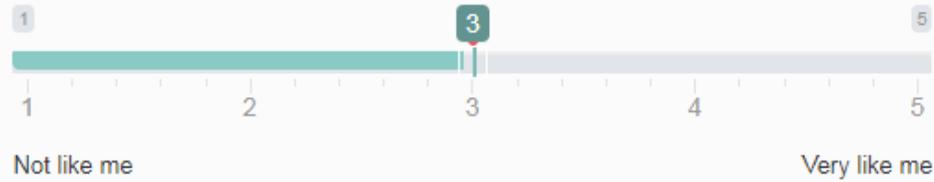
14 I eat a healthy, balanced diet.



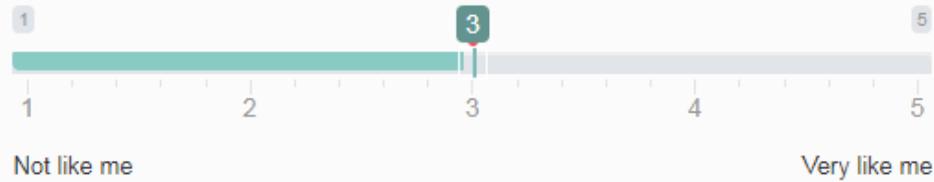
15 I am good at budgeting.



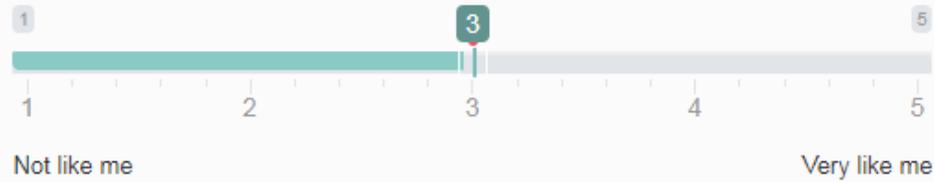
16 I worry about my general health.



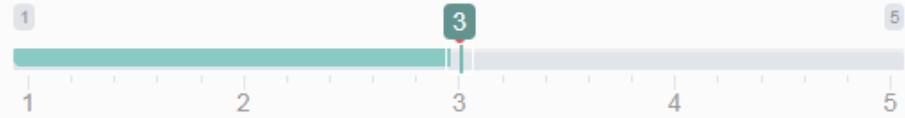
17 I would like to know things I can do to make myself more employable.



18 I take regular exercise.



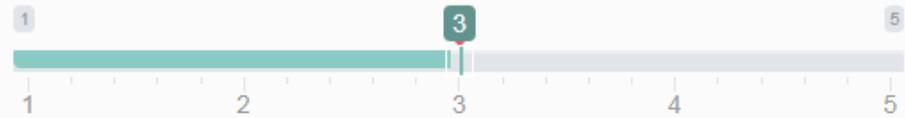
19 I hope to join societies in college.



Not like me

Very like me

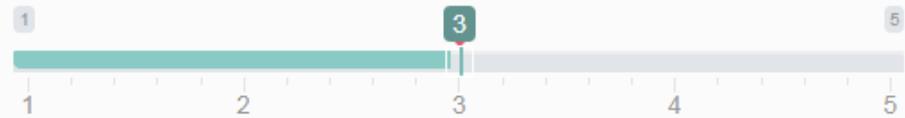
20 I don't know how I will find the time to do all the things I need and want to do in my day.



Not like me

Very like me

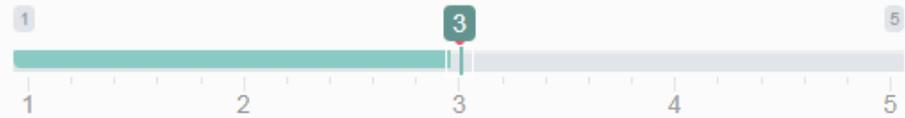
21 I often feel stressed or anxious.



Not like me

Very like me

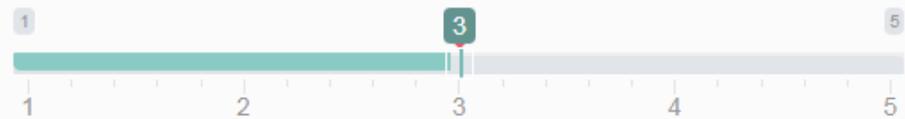
22 I am worried about not having enough money to complete my studies



Not like me

Very like me

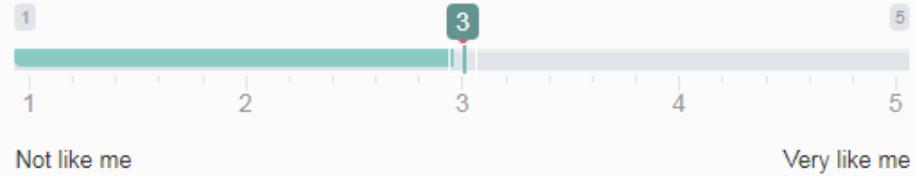
23 I understand the importance of being informed about sexual consent.



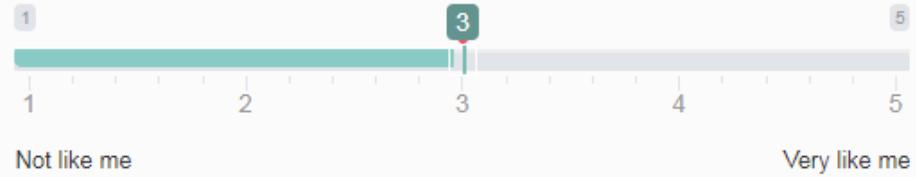
Not like me

Very like me

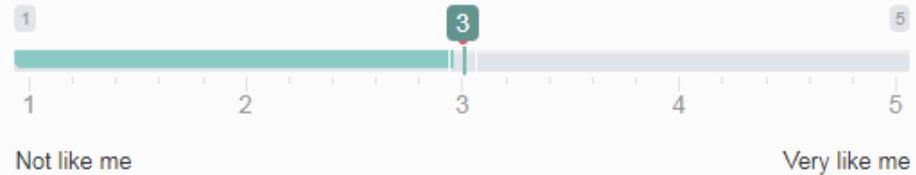
24 I feel I have nobody to talk to about my worries.



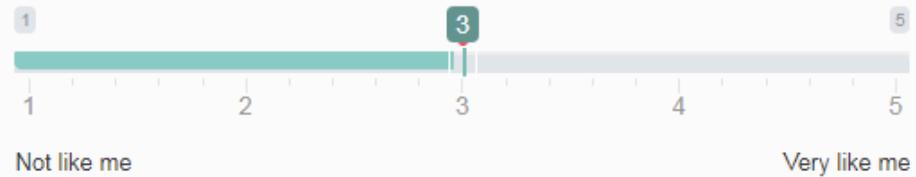
25 Fear of embarrassment causes me to avoid doing things or speaking to people.



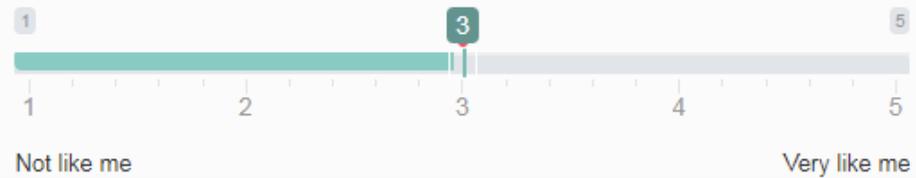
26 I have no energy and I am tired all the time.



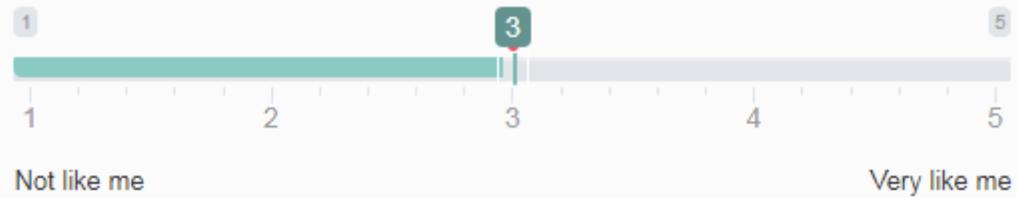
27 I am interested in the work of the Students' Union and would like to learn more about getting involved.



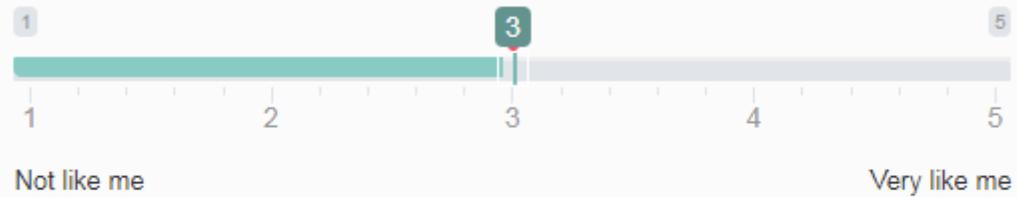
28 I have experienced a mental health issue for more than one year.



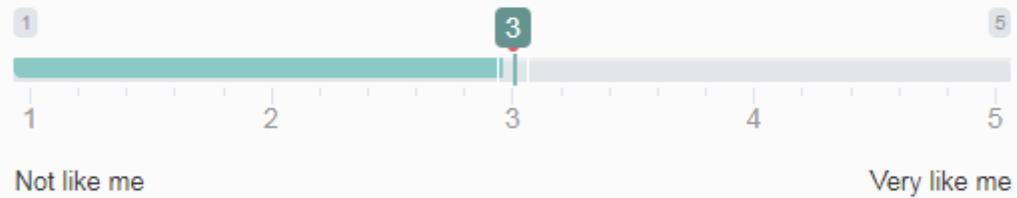
29 I'm happy with my course choice.



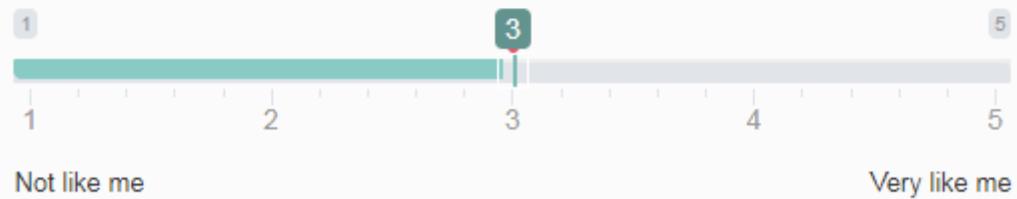
30 I want to continue a personal hobby or pastime in college.



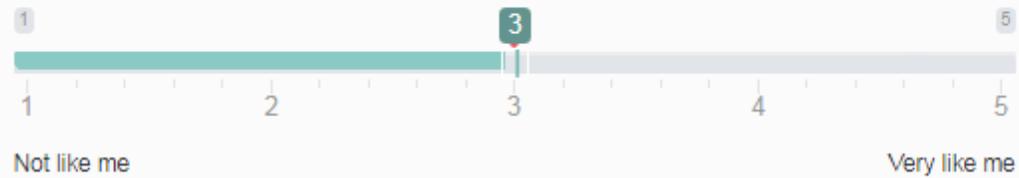
31 Money is not an issue for me.



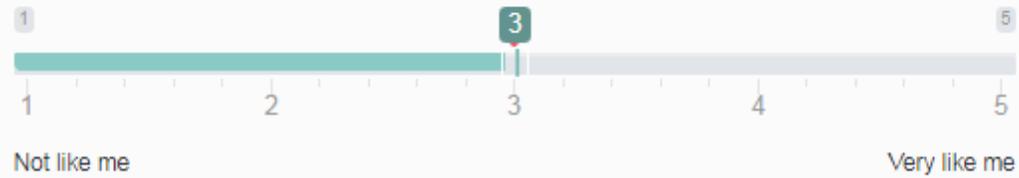
32 I feel that volunteering and experience gained through extracurricular activities such as clubs, societies and the Students Union will help me greatly in the future.



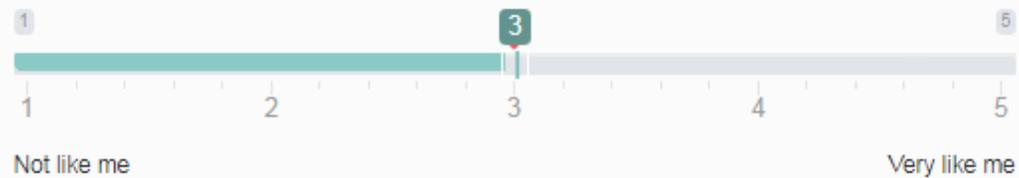
33 I avoid activities in which I am the centre of attention



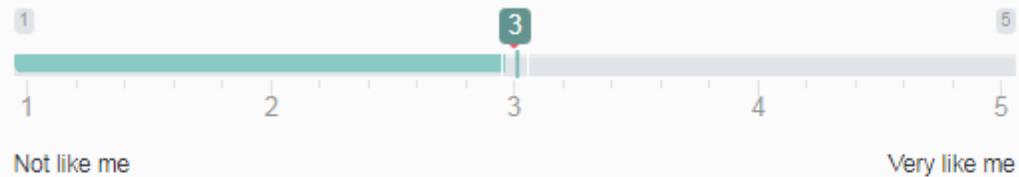
34 I wish to give back to society through charity work and volunteering.



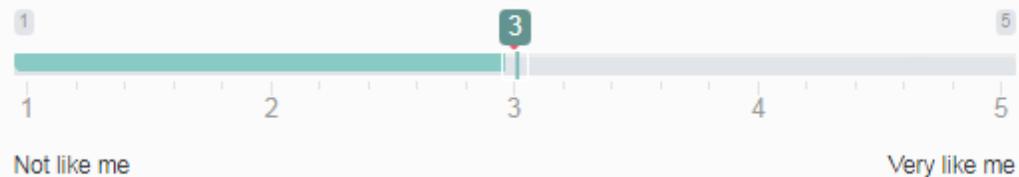
35 I feel confident and informed about my sexual health needs.



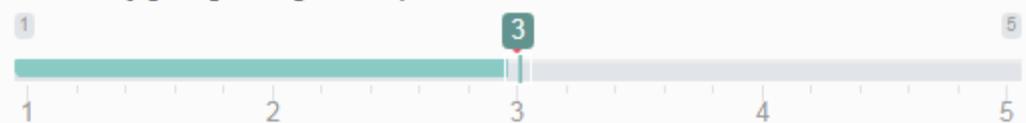
36 I believe it is important that I live a sustainable lifestyle that contributes to a sustainable campus, community and world.



37 I want to continue a sport in college.



38 I usually get a good night's sleep.



Not like me

Very like me

39 Tick any of the NUI Galway support services below that you think you may use this coming year.

Check All

Access Office

Accommodation Office

ALIVE Volunteering Programme

Career Development Centre

Chaplaincy

Counselling

Disability Support Services

Financial Aid Fund

Health Unit

International Student Office

Mature Students Office

Societies

Sports Clubs

Student Connect Mentor

40 Which of the following resources/facilities/training, if any, would you use?

Check All

- | | |
|--|--|
| <input type="checkbox"/> Academic Writing Centre | <input type="checkbox"/> Art Room |
| <input type="checkbox"/> Band Rehearsal Room | <input type="checkbox"/> Bicycle Repair Workshop |
| <input type="checkbox"/> Chapel | <input type="checkbox"/> Cookery Classes |
| <input type="checkbox"/> Coping Strategies | <input type="checkbox"/> Dark Room: Photographic |
| <input type="checkbox"/> Disability Support Mentors | <input type="checkbox"/> Early Morning Exercise/ Dance |
| <input type="checkbox"/> Eating Disorder Support | <input type="checkbox"/> English for Academic Purposes classes |
| <input type="checkbox"/> Film Editing Suite | <input type="checkbox"/> Gym |
| <input type="checkbox"/> Gym Etiquette Training | <input type="checkbox"/> Kitchen |
| <input type="checkbox"/> Library Group Study Room | <input type="checkbox"/> Library Individual Study Room |
| <input type="checkbox"/> Maths Support: SUMS | <input type="checkbox"/> Movie Screenings |
| <input type="checkbox"/> Music Recording Studio | <input type="checkbox"/> Muslim Prayer Room |
| <input type="checkbox"/> Piano Room | <input type="checkbox"/> Radio Station: Flirt FM |
| <input type="checkbox"/> Relaxation Room | <input type="checkbox"/> Sexual Consent Workshops |
| <input type="checkbox"/> Sexual Health Clinic | <input type="checkbox"/> Sleep Hygiene Workshop |
| <input type="checkbox"/> Smoking Cessation Workshops | <input type="checkbox"/> Social Anxiety Support |
| <input type="checkbox"/> Social Nights | <input type="checkbox"/> Sports Coaching Qualifications |
| <input type="checkbox"/> Student Common Room - The Hub | <input type="checkbox"/> Swimming Pool |
| <input type="checkbox"/> Volunteering Opportunities off Campus | <input type="checkbox"/> Volunteering Opportunities on Campus |
| <input type="checkbox"/> Weight Loss Programme | <input type="checkbox"/> Wellness Centre |

41 Tick any of the skills below you wish to learn outside of your academics.

Check All

- | | |
|--|---|
| <input type="checkbox"/> An Awareness of Global Issues | <input type="checkbox"/> Budgeting |
| <input type="checkbox"/> Communication | <input type="checkbox"/> Conflict Resolution |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Energy Saving and Sustainability |
| <input type="checkbox"/> Financial Management | <input type="checkbox"/> Fitness |
| <input type="checkbox"/> Harmonious Living | <input type="checkbox"/> Interpersonal Skills |
| <input type="checkbox"/> Leadership Skills | <input type="checkbox"/> Managing Your Own Learning |
| <input type="checkbox"/> Mindfulness | <input type="checkbox"/> Open-mindedness |
| <input type="checkbox"/> Organisational Skills | <input type="checkbox"/> Problem Solving |
| <input type="checkbox"/> Public Speaking | <input type="checkbox"/> Self-Motivation |
| <input type="checkbox"/> Setting and Achieving Goals | <input type="checkbox"/> Study/Exam Skills |
| <input type="checkbox"/> Team Work | <input type="checkbox"/> Time Management |

Please tick if you want to be added to a mailing list or contacted by any of the services/supports/facilities listed above.

The Alcohol Use Disorders Identification Test (AUDIT)

The **AUDIT** is the World Health Organisation test to measure your drinking habits and screen for excessive drinking and alcohol use disorders.

Please answer this section honestly, your answers in this section on alcohol are confidential and will be stored separately and not associated with your name and ID.

When answering the questions remember a standard drink contains 10 grams of pure alcohol and is equivalent to

- A half pint of beer
- About 150ml of wine (small glass)
- A pub measure of spirits (35ml)



1 How often do you have a drink containing alcohol?

2 How many drinks containing alcohol do you have on a typical day when you are drinking?

3 How often do you have six or more drinks on one occasion?

4 How often during the last year have you found that you were not able to stop drinking once you had started?

5 How often during the last year have you failed to do what was normally expected of you because of drinking?

6 How often during the last year have you needed a first drink in the morning to get yourself going after a heavy night of drinking?

7 How often during the last year have you had a feeling of guilt or remorse after drinking?

8 How often during the last year have you been unable to remember what happened the night before because of your drinking?

9 Have you or someone else been injured because of your drinking?

10 Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down?

Appendix 2

Answers the participants receive (60% score)., They can score between 20% and 100% in each section, The first paragraph reflects the score and is tailored based on their individual score the additional information is available irrespective of scores. The Alcohol Audit gives each participant their individual score from 0 – 40 and the participants are guaranteed that their alcohol score will not be linked to their name.

Adjustment score: 60%

You seem to be settling well into third level. If you have any worries about college life, don't be afraid to ask for advice from one of your fellow students, especially if they have been in third-level for longer than yourself. For academic advice, you can approach lecturers about any help you may need. Check out NUI Galway's student advice and support services below. If you or a friend identifies as LGBT, check out some resource links below that offer great advice and support both for settling in and general college life. You can also ask for any guidance on general college life from NUI Galway's [student information desk](#) in Áras Uí Chathail. Remember, adjustment can take time, so taking small steps of improvement can create a massive difference.

To get involved:

- Join a society (Societies Day September 6th)
- Join a sports club (Sports Clubs Day September 6th)
- Consider doing volunteering (Volunteer Fair September 12th)
- Get involved with The Student Union (SU Freshers September 13th)
- Collect phone numbers of 1st years in your mentoring group, CÉIM and PAL group and call one. They are probably feeling the same
- Make an effort to talk to the person sitting beside you in class.

Supports and resources:

- [NUI Galway Societies](#)
- [NUI Galway Sports Clubs](#)
- [ALIVE \(Volunteering\)](#)
- [NUI Galway Students Union](#)
- [NUI Galway Campus Life](#)
- [NUI Galway Chaplaincy](#)
- [Student Counselling](#)
- [Disability Support Service](#) (If you have a disability you must [register](#) to avail of the services)
- [Student Connect](#)
- [Accommodation & Welfare](#)
- [Health & Wellbeing](#)
- [HSE #littlethings](#)
- [Mentor Programme](#) and [CÉIM Academic Peer Learning Programme](#)
- [Participate Programme](#) (online programme for social anxiety)
- [Students Union LGBT page](#)
- For NUI Galway's LGBT society check out: [GIG \(Gay In Galway\) Soc Facebook](#)
- [Shout Out LGBT Youth](#)

- For more information on Trans Resources: Teni.ie
- For quick information on LGBT Issues: [LGBT Helpline](#)

To adjust well:

- Be patient - research shows that most students don't settle in until second semester and even into second year
- Work on the parts of the adjustment you find challenging and seek support if necessary
- Think of previous times you had to adjust to new circumstances - what worked or helped you

Course Choice and Career score: 60%

At this point it seems like you feel confident that the course choice is right for you, but you might have a few questions so it can be a good idea to explore career options with your course - check out the Career Development Centre [website](#).

Understanding your career options and having a good sense of your reason for choosing your course can help to keep you motivated and engaged.

To optimise your potential it is also good to start to develop your employability skills through both your course and extracurricular activity (Clubs, Societies volunteering).

It's worthwhile to:

- To get know your year academic advisor and to talk to them if you have any concerns
- Find out what graduates of your course have done in previous years
- Familiarise yourself with NUI Galway policies and procedures related to your course which can be found in your [first year handbook](#).
- Look at occupational roles the course qualifies you for
- Ask a company or graduate if you could shadow them for a day or two
- Contact the Career Development Centre
- Contact the Discipline or College Office

Resources:

- [NUI Galway Career Development Centre](#)
- [Grad Ireland](#)
- [Qualifax - the National Learners' Database](#)
- [NUI Galway First Year Information](#)
- [ALIVE Certificate](#)
- [Societies Leadership Award](#)
- [Administrations And Services](#)
- [Fee's Office](#)

Finance score: 60%

Finance does not seem to be a major issue for you at present. Although it looks like you are managing to keep most things under control at the moment, taking care of money when in college tends to be quite a stressful task. Don't hesitate to look for guidance because developing the ability to manage your budget will allow you to focus on other aspects of life in college. Check out the tips below on how to live a sustainable lifestyle which is good for you, your finances and the planet

If you ever feel the need of one-to-one financial counselling you can book an appointment at the Student Services desk upstairs in Aras ui Cathaill for a chat with Dave on Tuesdays or Wednesdays.

Consider:

- Write out a weekly budget detailing your income and expenditure
- List ways to save money
- Learn to cook for yourself
- Avail of student [discounts](#)
- Be aware of [financial assistance](#) to you (e.g. [NUI Galway Financial assistance Financial Aid Fund](#), and [student grants](#))
- Getting a part-time job
- **Resources:**
- Learn [how to manage your money](#)
- Check out [five steps to reduce the stress of administering your cash](#)
- Draw up a [personal budget](#)
- See some [tips for saving as a student](#)
- Improve your [CV to impress](#) potential employers
- Follow [The Financial Diet Youtube Channel](#) and [Blog](#) for handy tips

If you have financial concerns contact:

- [NUI Galway Student Financial Assistance](#)
- [NUI Galway Students' Union](#)
- [Chaplaincy](#)
- [Career Development Centre](#) (for help with your CV and job hunt)

Sustainable Living (Savings for you and saving the planet)

Saving Energy, recycling and upcycling by reusing items in a new way, shopping in second hand shops (lots in Galway), eating what you buy (not just leaving it in the fridge) are not just good for your saving money but also vital for the planet.

What is Sustainability?

Sustainability meets the needs of the current generation without compromising the ability of future generations to meet their own needs. This involves a balance between environment, society and economy and leads to an improved quality of life.

Find out More

Take the [One Planet Living Challenge](#) and see how important it is for our wellbeing now and for future generations to embrace sustainability! Check out www.nuigalway.ie/sustainability to find out more about how you can help create a sustainable campus, community and world.

Actions:

Eat organic, locally-grown food

Saol Café in the ILAS building NUI Galway North Campus is the first community-based social enterprise café to exist on a higher education campus in Ireland. It serves locally sourced organic nutritious food.

Sult (College Bar) is committed to only using recyclable products, check out their new healthy Bia Box.

Switch off appliances when not in use

NUI Galway was awarded the ISO50001 standard in 2012, recognising efficient energy use. The campus is making great strides in reducing its overall energy use. Leaving your gadgets on standby will raise your electricity bill so switch them off and turn off lights when you leave a room.

Use a refillable water bottle

One plastic bottle will take more than 450 years to break down. There are dozens of drinking water fountains throughout the campus.

Spend time in Nature

Its free and so good for you. NUI Galway is the most biodiverse campus in Ireland There is a Green Campus Map that pinpoints green initiatives. The Organic Garden, Botany and CCAFS Societies have their own organic garden on Distillery Road.

Walk or cycle to campus

74% students and 35% staff travel to campus using sustainable modes such as walking, cycling and public transport. Walking and Cycling are also a great free way to keep fit. If you have a bicycle the [BikeGang Society](#) in their An Mheitheal Rothair workshop on Earl's Island will help you keep it great shape.

Reduce and Recycle waste

45% of the total waste generated on campus is recycled each month. In your accommodation you will have 3 bins for recycling: Grey: general waste, Green: clean recyclables, Brown: Food, so no excuse not to recycle and there are bottle banks on campus near Áras Uí Chathail.

Buy Fairtrade and sustainable products

Fairtrade is about better prices, decent working conditions and fair terms of trade for farmers and workers. Fairtrade coffee is available throughout the campus

Health score: 60%

It seems like you are looking after your health at the moment. You are on the right track, so make sure to keep taking care of both your physical and mental health as they are essential to achieving a good life quality. That way you'll be able to prevent stress and disease, reduce anxiety and increase your energy levels while also improving your mood. If there is anything still worrying you, do seek support from either friends/family or a healthcare professional so that you can make sure everything's well and that your transition into college life goes smoothly.

- Things you can do:
- Participate in regular recreational [exercise](#)
- [Eat healthily](#), don't skip breakfast and if you don't already why not learn to cook.
- Plan study, leaving clear start and finish times
- Reduce outside hours working, if overstretched
- Discuss any health concerns with the Health Centre
- Address issues of stress/anxiety with the support of the Counselling Service
- Look to the [Health and Wellbeing Section of Student Services Site](#)
- Walking or cycling to college can provide regular exercise

- [Little things](#) can help:
 - Having coffee with a friend
 - Keeping a gratitude journal
 - Going for a walk
- Resources:
 - Join a [club](#)
 - Join an active [society](#)
 - Find out if you are [getting enough sleep](#)
 - Download this Water Drink Reminder [app](#)
 - Check a list of [store cupboard essentials](#)
 - Improve your time management with the [Pomodoro Technique](#)
 - Learn [9 simple ways to manage anxiety](#)
 - Get a sense of what [Mindfulness](#) is and how it can help you to concentrate and relax
 - See what are the most common [insecurities about sex](#).
 - Find out about the [Smart Consent](#) initiative at NUI Galway (3)
 - [Bicycle Workshop](#) (An Mheitheal Rothar & Bike Gang Society)

If you have any concerns do make sure to contact:

- [NUI Galway Health Unit](#) (1)
- [NUI Galway Counselling Service](#) (2)
- [NUI Galway Chaplaincy](#)
- [NUI Galway Sport and Recreation](#)
- [NUI Galway Campus Life](#)
- [Participate Programme](#) (online programme for social anxiety)

(1) If you have concerns about your health, contact the **Student Health Unit** for guidance.

Out of Hours Service (Please note there is a charge for this) Monday-Thursday (After 6pm) contact emergency number: 087-2623997. If you have questions about contraceptives or sexually transmitted diseases there will be a new sexual health clinic in September for details see the [website](#).

(2) In order to get an appointment with the **Counselling Service** during term time you need to go to the drop in service which is open every weekday in term time from 2.00pm to 4.00pm

Best to arrive early as they operate a first come first served system and it gets very busy during term times. In order to get an appointment outside term time please email counselling@nuigalway.ie or phone 091-492484.

(3) The Smart Consent workshop is being provided during Orientation Week in all of the colleges on the main NUI Galway campus. This is a fun, interactive 1 hour session to find out how knowing more about sexual consent can enhance your experiences. You are not asked to give any personal information or share personal experiences. We also provide 2 hour workshops at various points during the year. For more information see our webpage or email smartconsent@nuigalway.ie.

Engagement score: 60%

You seem to be engaging and learning all about that the college has to offer. Extracurricular activities and getting involved can really help you gain valuable experience and skills such as communication, time management and teamwork. These activities can make you more employable in the future and might even help you find a career path. They can help in making new friends and bring you to loads of fun activities, events and other amazing opportunities. If you ever feel the need of support there is a lot available so do look for help, for example [the Student Counselling Service](#) and the [Chaplains](#). Adjusting is harder if you are shy about meeting new people or approaching lecturers but [the Participate](#) online programme is proven to help. Whatever your choices are be sure you are achieving a life balance and not overextending yourself.

You can also meet Niall, the [Community Connector](#) in NUI Galway, who works with students in a relaxed, friendly and non-directive manner, to help and support them in pursuing social interests both on, and off campus. The role is non-clinical and purely student focused, it is very much a collaborative process that can be undertaken in a more laid-back manner, while at the same time remaining professional and strictly confidential. Niall also organises meetups for different events, activities, gigs, etc. going on both around campus as well as in Galway city.

To get involved:

- Join a Society (Societies Day September 6th)
- Join a Sports Club (Clubs Day September 6th)
- Consider doing volunteering (Volunteer Fair September 12th)
- Get involved with the Students' Union (SU Freshers Fair September 13th)
- Get advice from your Mentor, CÉIM Leader or PAL Leader
- Make a point of talking to people in your class, remember everyone is starting something new and you have the chance to make a new friend or brighten someone's day.

Supports and resources:

- [NUI Galway Societies](#)
- [NUI Galway Clubs](#)
- [NUI Galway Students Union](#)
- [NUI Galway Campus Life](#)
- [NUI Galway Chaplaincy](#)
- [ALIVE](#)
- [NUI Galway Counselling Service](#)
- [Student Connect](#)
- [Mentor Programme and CÉIM Academic Peer Learning Programme](#)
- [Participate Programme](#)
- [Student Calendar](#)
- [What's Happening Guide](#)
- [YourSpace](#) (login to join clubs, societies and ALIVE Cert)

Confidence with People score: (60%)

Being self-conscious or shy when meeting people can be a challenge for a lot of people. Your score indicates this might sometimes be challenge for you, at least in certain situations.

The good news is ...

This is a really common issue – you are not alone!

You can access **immediately** an online programme ([Participate](#)) that is proven to help

There actually are a lot of friendly people and activities available in NUI Galway, as and when you are ready to connect with them, step by step

First thing to do:

Check out [Participate](#) – you can learn about shyness and social anxiety, get instant feedback on how socially anxious you are, and learn the steps you can take to overcome it and have a successful time in college.

Second thing to do:

As you work through the online programme, you will feel increasingly more able to engage with the some of the gazillion people, events, societies, clubs etc around the place. It may be hard to believe at times, but here's the truth – even if you have struggled with this for a long time, you can learn new ways to approach social situations that will help you to succeed in overcoming shyness!

So, step by step, you will be able to check out opportunities to connect with people and practise your new skills there.

You can also meet Niall, the [Community Connector](#) in NUI Galway, who works with students in a relaxed, friendly and non-directive manner, to help and support them in pursuing social interests both on, and off campus. The role is non-clinical and purely student focused, it is very much a collaborative process that can be undertaken in a more laid-back manner, while at the same time remaining professional and strictly confidential. Niall also organising meetups for different events, activities, gigs, etc. going on both around campus, as well as within Galway city.

You can also call to the Hub, in Áras na Mac Léinn, and speak to the people at the info desk for more info on the Community Connector and other services and for info on how to get involved in campus life and what events are happening.

To get involved, check out the Engagement section of your quiz feedback for opportunities and resources etc.

Other supports and resources:

If this is a problem to the extent that you think it might be useful to talk to someone or check out wider issues, then you could try

- [Student Counselling](#)
- [Disability Service](#) (If you have a disability you must **register** to avail of the services)
- [Student Connect](#)
- [HSE #littlethings](#)

The Alcohol Use Disorders Identification Test (AUDIT)

The **AUDIT** is the World Health Organisation test to measure your drinking habits and screen for excessive drinking and alcohol use disorders.

Please answer this section honestly, your answers in this section on alcohol are confidential and will be stored separately and not associated with your name and ID.

When answering the questions remember a standard drink contains 10 grams of pure alcohol and is equivalent to

- A half pint of beer
- About 150ml of wine (small glass)
- A pub measure of spirits (35ml)



1 standard drink contains 10g of pure alcohol

1 How often do you have a drink containing alcohol?

Answer: Never

2 How many drinks containing alcohol do you have on a typical day when you are drinking?

Answer: 1 or 2

3 How often do you have six or more drinks on one occasion?

Answer: Never

4 How often during the last year have you found that you were not able to stop drinking once you had started?

Answer: Never

5 How often during the last year have you failed to do what was normally expected of you because of drinking?

Answer: Never

6 How often during the last year have you needed a first drink in the morning to get yourself going after a heavy night of drinking?

Answer: Never

7 How often during the last year have you had a feeling of guilt or remorse after drinking?

Answer: Never

8 How often during the last year have you been unable to remember what happened the night before because of your drinking?

Answer: Never

9 Have you or someone else been injured because of your drinking?

Answer: Yes, but not in the last year

10 Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down?

Answer: No

Your score is : 2

Scores are ranked 0 – 40

0–7 AUDIT scores suggest that your use of alcohol is not impacting on your health or wellbeing.

8 + Audit scores indicates hazardous and harmful alcohol use, as well as possible alcohol dependence.

8-15 AUDIT scores in the range of 8–15 represent a medium level of alcohol problems.

16 – 19 AUDIT scores represent a high level of alcohol problems.

20 – 40 AUDIT scores clearly warrant further diagnostic evaluation for alcohol dependence.

Please note that this questionnaire is not meant to provide an official diagnosis of alcohol abuse, dependency or alcoholism.

If you find that you have a question about your own drinking or that of a loved one, either now or in the future, please discuss with your physician, healthcare professional.

To find out more about your drinking take this test: www.drinksmeter.com/v2.5/ie

The drinks meter app provides you with instant feedback on your drinking. It compares your drinking against the Drinks Meter community to give unbiased, anonymous feedback and very useful advice.

In NUI Galway we are committed to creating an environment which reduces alcohol related harm and are part of the [REACT](#) initiative

Supports:

NUI Galway Health Unit, Áras na Mac Léinn

NUI Galway Counselling Service, Distillery Road

[Western Area Drug Service Co. Galway](#)

Services provided: Under 18 alcohol counselling, Advice, Information, Support, One to one drug counselling — all ages.

Address:

Western Area Drug Service

64 Dominick Street

Galway

Telephone: 091 480044, e-mail info@wrdatf.ie

Need help? [Call HSE Alcohol Helpline 1800 459 459](#)

Other useful websites:

spunout.ie

drinkhelp.ie

onetoomany.co

alcoholireland.ie

www.askaboutalcohol.ie

How much is too much?

Health, social and academic problems can occur when people drink too much. The National Health Service advises that above 11 standard drinks a week for women and 17 standard drinks a week for men is considered risky.

It is also important that drinks are spread out over the week and not “saved” for one big night out or binge. It is never safe to drive after drinking any alcohol.

A number of people drink because they want to feel the euphoric or stimulant effects alcohol, and most believe that the more they drink, the greater these effects will be.

However, there is a point, called the “point of diminishing returns,” at which no matter how much you drink, you won't feel any better. In fact, you can begin to feel dysphonic or depressed. And if you drink enough, you risk alcohol poisoning, coma, or even death.

If you drink often, you may have a decreased response to alcohol, or you may feel you need to drink more to feel the same effects as you did before. Your reaction to alcohol and tolerance level will most likely be different from your friends due to behavioural, genetic, and personal differences.

Misperceptions about tolerance include the common belief that people who can “hold their liquor” are not being affected by alcohol. There are actually two main types of tolerance: “metabolic” and “functional” tolerance.

Functional tolerance is the result of drinking behaviour and indicates that the person's body and brain have become adapted to the presence of alcohol. With a high functional tolerance, a person would need to drink more to feel the same effects they used to feel when they drank less. The increase in overall drinking can result in a greater risk of developing alcohol dependence.

Metabolic tolerance is genetic and is also influenced by behaviour. A person with a high metabolic tolerance may feel more stimulated by alcohol intoxication, and their liver may produce more of the enzyme (dehydrogenase) that breaks down alcohol and eliminates it from the body. A person with a high metabolic tolerance would need to drink more frequently and in greater amounts to raise their BAC to feel the effects of alcohol. However, the increased production of dehydrogenase can be damaging to the liver and the increase in overall can also lead to a greater risk of developing alcohol dependence.

If you drink above 35 units per week for women and 50 for men for more than a few months you have a higher risk of heart disease, depression, risk of stomach ulcers, liver damage, cancer, infertility, and endocrine problems like diabetes. The longer and the more you drink, the higher these risks rise.

What's a Binge?

Binge drinking is a term used to describe when you drink too much. Until several years ago, it was commonly accepted that a drinking "binge" was a period of continuous drunkenness lasting two days or more, during which time a person neglects his or her duties and responsibilities in order to become intoxicated.

Global Drug Survey (GDS) 2016 showed that almost 1 in 3 Irish people got drunker/more intoxicated than they wanted to at least monthly. A single episode of heavy drinking (getting drunk) each month undoes any possible very small beneficial effect of alcohol on your health.

According to the HSE having more than 5 standard drinks at a time can seriously increase the harmful effects of drinking. Worryingly, data from the Global Drug Survey 2015 showed that the average Irish woman needed 5 standard drinks to 'feel the effects' of alcohol while for men it was 6.5 standard drinks.

When asked how much people need to drink to be drunk as they wanted the average Irish woman said she needed 11 drinks (1.75 bottles of wine), while for men it was 15 drinks (8–9 pints of Guinness).

Given that current advice is to spread your drinking over 3–4 days, drinking above 3–4 units on any one day can be considered bad for your health. Research suggests that drinking to drunkenness and repeatedly subjecting the brain to the effects of withdrawal from the presence of large doses of alcohol i.e. having what people would term drinking 'binges', could damage brain cells even more than frequently consuming small amounts of alcohol.

Family Risk Scale

People with a history of alcohol or drug problems among their blood relatives are at higher risk themselves. This may happen through either inheriting a higher tolerance or a sensitivity to alcohol. The more relatives with alcohol problems you have, the higher your risk for problems with alcohol.

Your risk increases if your relatives with alcohol problems are the same gender and/or are more closely related.

Sexual Risk

One area of risk taking that is especially relevant is sexual risk. When intoxicated, people are more likely to do things they would never do when sober, including not using condoms or having sex with someone they would not have otherwise chosen.

Additionally, alcohol use is correlated with increased risk for other unintended negative consequences to sexual health. In a report by the Substance Abuse and Mental Health Services Administration (SAMHSA), heavy drinkers between the ages of 18-25 were more than twice as likely to contract a sexually transmitted infection in the past year than young adults who abstained from alcohol.

Alcohol is also more closely associated with crimes of sexual violence than any other drug ([CASA, 1999](#)). It is important to note that alcohol use is never the cause or an excuse for sexual assault. Sexual assault is a crime.

Tobacco Use

Most people are aware of the addictive nature of nicotine and the risk for disease associated with cigarettes and tobacco.

What people may not know is that the combination of tobacco and alcohol exponentially increases the risk for oral, neck, and stomach cancers. While drinking alcohol may increase smoking, the reverse may also be true - smoking often leads to increased drinking.

Those who choose to smoke should be aware of the impact of passive smoke on others, especially children. Passive smoking refers to those who are exposed to environmental (second-hand) tobacco smoke. Passive smoke accounts for an estimated 53,000 deaths per year in the United States among non-smokers -- more than the death rates for illegal drug use and murders combined! Those concerned about the effects of second-hand smoke should limit their exposure, and that may include avoiding drinking and drinking environments.

Tips for reducing Alcohol related harm

- Avoid drinking games
- Space drinks over time
- Alternate alcoholic and non-alcoholic drinks
- Set a limit on the number of alcoholic drinks before you start drinking
- Tell someone about my plan to change my drinking
- Volunteer to be the sober driver
- Keep track of how many drinks you have had; pay attention to serving sizes.
- Have a plan for saying no when you am offered alcohol
- Decide which days you will not drink alcohol
- Arrive at the party late and leave early
- Spend time with friends who don't drink alcohol
- Set a limit on the amount of money you will spend when you go out and leave your ATM card at home
- Only drink at the party, skip the pre-party
- Avoid shots/hard liquor
- Drink slowly; sip your drinks
- Avoid mixing energy drinks/cafeinated drinks and alcohol

Tips for drinking less on a night out

- Go out later
- Bring less money
- Order smaller drinks – a glass rather or bottle rather than a pint, a single measure of spirit rather than a double.
- Pick lower strength drinks
- Avoid 'top-ups', so that you can keep track of how many you're drinking
- Alternate alcoholic and non-alcoholic drinks
- Don't drink too fast – sip your drinks and wait a while before ordering another
- Avoid buying rounds. If you can't, buy yourself a soft drink or a non-alcoholic drink when it's your round
- If you're leaving, leave your drink unfinished

Tips to reduce drinking at home

- Stock up on low-alcohol or alcohol free drinks
- Use a standard measure for spirits, rather than pouring 'freehand'
- Start drinking a bit later – go for a walk, have a shower or do some extra jobs or an activity first
- Change your routine to find new things to do at your usual 'drinking times'
- If you're giving up, don't keep alcohol at home

In Case of Emergency...

Severe intoxication can be quite dangerous. Here are some basic guidelines to help you assess the scene and decide how to help a drunken person. IF YOU'RE NOT SURE, BUT THINK HELP IS NEEDED, CALL FOR HELP! IF THE PERSON HAS SUSTAINED ANY KIND OF INJURY AND HAS BEEN DRINKING, CALL FOR HELP IMMEDIATELY!

Call: 999 (Emergency) / 101 (Non-emergency)

DO:

- Assist the person to a comfortable and safe place
- Use a calm, firm voice when speaking to them Get help if needed
- Lay the person down on their side, with knees bent so they won't choke if they vomit
- Check breathing every 15 minutes
- Stay with them if they vomit, to be sure they don't swallow or breathe in the vomit
- Keep the person from getting cold or overheated

DO NOT:

- Do not give cold showers - the shock may make the person pass out
- Do not try to walk them around
- Do not provoke a fight by arguing with or laughing at someone who is drunk
- Do not leave them alone
- Do not try to counsel the person - confront their behaviour later when they are sober
- Do not give anything to eat or drink - black coffee and food will not help, and the person may choke
- Do not permit the person to drive