Table of Contents	
Introduction Orientation to the College Alcohol & Life Skills Study How to Get the Most From the Workbook The Early Roots of American Alcohol Education The College Alcohol & Life Skills Approach The ABC's of the College Alcohol & Life Skills Approach	1
College Alcohol & Life Skills Long-Term Goals and Short Term Objectives Long-Term Goals Worksheet Short-Term Objectives Worksheet	4
Step One: Behavioral Health Checkup and Feedback Report Brief Behavioral Health Survey	7
Step Two: Behavioral Self-Control Training (BSCT) Introduction Self-Monitoring Form Week One Self-Monitoring Form Week Two	10
Step Three: Risk Factors Associated with College Alcohol and Other Drug Abuse Alcohol and Other Drug Risk Factor Worksheet	13
Step Four: Perceptions of College Drinking Norms  College Drinking Norms Worksheet Gaining Accurate Perceptions of College Drinking Norms Core Institute's 1999 Statistics on Alcohol and Other Drug Use on American Campuses The Harvard School of Public Health College Alcohol Study Join the Majority of College Students	16
Step Five: Functional Analysis of Alcohol Use Worksheet Advantage-Disadvantage Analysis Alcohol Use Worksheet	19
Step Six: Positive Alcohol Expectancies What Are Your Alcohol Beliefs? Alcohol Beliefs Worksheet	21
Step Seven: Setting and Monitoring Goals Goal Setting Index Card Self-Monitoring Worksheets Enhancing Motivation and Commitment to Change	24