In 2000, a qualitative study assessing the climate regarding underage and high risk drinking at NDSU was conducted by Dr. Tim Sellnow and his qualitative research class. The findings in 2000 revealed several themes and recommendations:

- Drinking is a college norm
- More drinking takes place in Residence Halls
- Establish preventative measures before students enter NDSU
- Redefine the role of Resident Assistants
- Alternatives [to drinking] need to be promoted more to off campus students
- Limit alcohol related ads in the Spectrum
- Printed education materials are not the best resource for conveying the message
- Students need to address students on the issue
- Open the channel of communication between administration and students
- Mixed messages are being sent regarding alcohol policies.

In order to gauge the current climate for high-risk drinking among students at NDSU and how it has changed over the past decade, the President’s Council on Alcohol and Other Drugs initiated a new qualitative study for the academic year of 2012-2013. Dr. Elizabeth Anne Erichsen from the Education Doctoral Programs at NDSU agreed to coordinate the qualitative study during the Fall 2012 semester into the Spring semester of 2013. The following document reports the findings from the collected qualitative data. Research methods and procedures can be found in Appendix A.
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1. Executive Summary

NDSU’s overall institutional prevention capacity score, averaged across the six measured dimensions, was **7.6** on a scale of 1 to 9.

This level of capacity indicates that prevention activities are well supported by institutional decision makers and stakeholders. Prevention efforts on campus are stable. Staff are well trained, experienced, and comfortable providing services and are supportive of prevention efforts within the campus community. Local data are regularly obtained and used for further decision-making and planning for prevention programs and initiatives. Overall, these scores suggest that NDSU has a developed, responsive, engaged, knowledgeable, and evidence-based prevention system to address high risk behaviors in the campus community. Fortunately, awareness and knowledge among long-standing prevention specialists are high and can be used to diffuse knowledge. Already existing groups are well-positioned to assist in the dissemination of data and information and in recommending strategies for prevention efforts.

**Dimension A | Community’s Knowledge of Issue**  
**Score of 8:** Institutional stakeholders have knowledge about prevalence of high risk drinking, causes, risk factors, and related consequences and health concerns.

**Dimension B | Community Climate**  
**Score of 8:** The institution in general is strongly supportive of the need for prevention efforts. Participation level is high.

**Dimension C | Community’s Knowledge of Efforts**  
**Score of 8:** There is considerable institutional knowledge about the varying prevention efforts, as well as the level of program effectiveness.

**Dimension D | Community Efforts**  
**Score of 8:** Several different policies and programs are in place, reaching a wide range of people. New prevention efforts are being developed based on evaluation data.

**Dimension E | Leadership**  
**Score of 7:** Leaders are supportive of continuing current prevention efforts and are considering available resources for continuation and sustainability.

**Dimension F | Resources Related to Issue**  
**Score of 7:** A considerable part of support of ongoing prevention efforts are sources that are expected to provide continuous support. Institutional stakeholders and leaders are beginning to look at continuing prevention efforts by exploring additional resource options.

**Note:** Please see the Appendices for the theoretical framework and scale guiding the qualitative climate assessment, and the methods and procedures followed for data collection.

**Emerging themes summarized:**

- Both stakeholders and students recognize and attest to drinking, and particularly high risk drinking, as a perceived normal behavior engaged in by NDSU college students. Neither stakeholders nor students believe that NDSU is “worse” than other universities, and in many instances indicated that the climate at NDSU is progressive and better than comparable institutions in the region (i.e. NDSU is stricter regarding alcohol policies and enforcement, and prevention programming is ahead of the curve).
Based on the NDSU CORE data and the statements made by both students and stakeholders, the NDSU drinking culture has moved from being campus-centered to predominately taking place at off-campus residences and at establishments in the city. This finding differs from the 2000 qualitative report on NDSU’s drinking climate that emphasized drinking on campus.

In agreement with the previous report, both stakeholders and students agree that establishing preventative measures before students enter NDSU is necessary, as the first year students are perceived to be at highest risk for negative consequences of overconsumption of alcohol. Data from the CORE survey reveal that first year students actually drink less and experience fewer negative consequences, however, this common perception of Freshman being at highest risk is somewhat supported by national literature. NDSU employs various prevention strategies to address this concern and student population.

Alternatives [to drinking] need to be promoted more to off campus students and Junior and Senior level students, as well as to graduate students. High risk drinking and the related negative consequences are relevant for all students, not just those who are underage. Negative consequence data in the state of North Dakota indicate that adults between the ages 21 and 40 are contribute to the largest number of alcohol-related disturbances and vehicle accidents, suggesting older students and the legal adult population is also in need of primary prevention related to high risk behaviors.

Partnerships and practices in support of the reduction of alcohol related advertisements have been effective, but serious concern remains regarding the aggressive marketing and promotion of alcohol by F-M establishments that support and encourage the overconsumption of alcohol.

Both students and stakeholders felt that the distribution of information and educational materials regarding the risks of overconsumption of alcohol are widespread and effective, especially list serves and the training opportunities available.

In agreement with the 2000 report, participants agreed that students need to address their fellow students on the issue of overconsumption of alcohol, as peers have more influence. The eCHUG requirement and Before One More campaign were generally regarded highly by both administrator and student participants.

Mixed messages are being sent to the student population regarding alcohol policies, especially regarding the tailgating events that take place prior to football games, booster clubs, and alumni-related activities.

Suggested areas for focus in the future and recommendations:

- Diversify sources of funding for programming in order to ensure sustainability of prevention efforts.
- A project that demystifies “tailgating” for students and the community. What is it? What is the purpose? What are the rules? How can we responsibly support our team’s efforts and have fun?
- Outreach from NDSU to high schools in the state. Ideally, college students talk to high school students about their Freshman year using video clips or social media.
- Collaboratively address the aggressive pricing and advertisements promoting excessive alcohol consumption that are aimed at the student populations in the F-M area.
- Continue student led prevention initiatives that de glamorize drinking, and support and highlight healthy decisions and activities that are not alcohol related.
- Address alcohol overuse and conflicting messages that are being sent by booster clubs and alumni organizations.
2. What We Hear about NDSU

“I have heard a lot of people say that about North Dakota, that there’s nothing else to do other than drink, and there’s, like, no trees!” [NDSU Freshman]

“Right when I first started here, I heard some students in the hall laughing, saying that ‘if you can’t catch your professor during office hours, you’re more likely to find them at the Bottle Barn on a Friday afternoon buying booze.’ I thought, wow, the faculty drink a lot here too?” [New NDSU faculty member]

“I heard that you can get filthy drunk under like $5.00 every night in North Dakota. You can’t do that in any other state, but in Fargo you can... There are nights you can get a pitcher of beer for $3.00, or get shots for a penny, women drink free Thursday nights... North Dakota seriously is the only place in my life I have ever seen that you can get drunk for $5.00 or less by going to the bar on any given night.”

“A visiting administrator from another school came to me and said, ‘Oh, when we were at your institution last year, we learned a lot about how to do the tailgating, and we adopted your model.’ In fact, this administrator from the other school was telling me they were talking about how good it was they learned that you soak some sort of candy in hard alcohol when they were at NDSU, and they liked that!”

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1 Images were captured from the Overheard at NDSU Facebook page, an open Facebook group page intended for NDSU students to post humorous stories, images, or quotes that are observed on campus or pertain to NDSU in some way.
3. Findings

3.1 Stakeholder Interviews | Prevention Capacity

The first phase of analysis scored NDSU’s perceived prevention capacity across six dimensions based on the 11 conducted stakeholder interviews. The following section provides the average score for each dimension that was scored (on a scale from 1 to 9**) and an explanation regarding NDSU’s perceived AOD Prevention capacity.

- **NDSU’s overall institutional prevention capacity score, averaged across all six measured dimensions, was 7.6.**

This level of capacity indicates that prevention activities are well supported by institutional decision makers and stakeholders. Prevention efforts on campus are stable. Staff are well trained, experienced, and comfortable providing services and are supportive of prevention efforts within the campus community. Local data are regularly obtained and used for further decision-making and planning for prevention programs and initiatives. Overall, these scores suggest that NDSU has a developed, responsive, engaged, knowledgeable, and evidence-based prevention system to address high risk behaviors in the campus community. Fortunately, awareness and knowledge among long-standing prevention specialists are high and can be used to diffuse knowledge. Already existing groups are well-positioned to assist in the dissemination of data and information and in recommending strategies for prevention efforts.

**Note: Please see the Appendices for the theoretical framework and scale guiding the qualitative climate assessment, and the methods and procedures followed for data collection.**

**Dimension A | Community’s Knowledge of Issue:** General community knowledge about the issue, its consequences, and how it impacts the community.

**Stage of Capacity: (Score of 8) Institutional stakeholders have knowledge about prevalence of high risk drinking, causes, risk factors, and related consequences and health concerns.**

- Both the stakeholders and the students expressed that there are ample information and educational materials on campus and through list serves, and that the prevention efforts and training opportunities on campus are effective.
- The stakeholders directly involved in prevention efforts on campus are very knowledgeable, well trained and experienced, and provide services that are supportive to the campus community.
- While many F-M community stakeholders off campus work with NDSU to coordinate efforts in the area, it seems some disconnect is felt between the campus community and the city and broader F-M community.

“I think that over the past four or five years we have become very knowledgeable across campus, with what the President’s Council has done and the trainings out there. Many faculty members and staff have been trained as well.”
The NDSU administration and staff in the campus community are extremely supportive and positive toward prevention efforts, and the prevention program office receives support from the upper administration and across campus. The President’s Council on AOD is a coordinated group of stakeholders who cooperate to provide a multifaceted approach to prevention efforts at NDSU.

Many faculty and staff have been trained through the Live Real Mentor program across campus, attesting to wider efforts and support in the campus community.

Students who are involved in campus activities are also likely to have participated in the Live Real Mentor training. Student perceptions of the Memorial Union organized evening programming on the NDSU campus appear mixed, with some students positive and receptive of planned events, and others who expressed little to no interest at all.

NDSU campus climate is very supportive, but communications with the adjacent community, particularly the aggressive promotions of local establishments, could be improved.

“We need to keep up on this issue and make sure what we are doing is effective.”

“When it comes to high risk drinking, I would say that we are a unified voice and that we are all in agreement that we need to do something about it. We are very supportive of the prevention activities and education, and they get ample support, all the way up to the President.”

“I believe we have made great strides. The CORE survey results show little improvement, but I think we have made some progress in all areas, or at least in most areas. Based on the phone calls, police reports, disciplinary reports and those things, I think we have improved over the past 10 years.”

“A majority of the time, when there is a problem, we tend to automatically blame the students. Every time there are derogatory comments, like during a football game, who gets blamed? The students. But I sit with the Boosters, and they are not very nice, and it isn’t necessarily the student section that is being inappropriate. Sometimes it is the “adults” who are downright obnoxious, they are also doing it. But then we go and say that we are going to straighten out the students.”

“There are businesses that are popping up next to campus now. They are tearing down houses and putting up strip malls. They start as just a food establishment, and then a year later they have slid in a liquor license so they can sell alcohol right next to campus. Those are private businesses trying to make money, but it can be a problem.”
Knowledge about alcohol and other drug prevention efforts on campus is very high among administration and key campus stakeholders. There is an apparent, effective networking of efforts on campus, and the programs and initiatives are well known. All key stakeholders interviewed could specifically name prevention efforts and programs on campus and knew what they were about.

Staff and faculty on campus are aware of the Live Real Mentor training opportunities, and are familiar with the Before One More campaign. Concern remains regarding off-hand comments in classrooms and on campus made by faculty and staff that support the overall perception that high risk drinking is “the norm” at NDSU.

Students are aware of the orientation programs, eCHUG, 189 classes, the Before One More campaign, and several have participated in the Live Real Mentor training. The 2012 ND CORE survey results for NDSU indicate that 97.5% of students report that they are “familiar with campus policies regarding alcohol and drugs.” Interview data somewhat contradict these results, however, where focus group participants said that they have no idea what the campus policies are.

For example,

Student 1, “I would say they don’t know unless they have gotten in trouble. Then you know. I don’t even know what the policies are.”

Student 2, “Yeah, I don’t know the policies either, but like she said, if you have gotten into trouble then you would get to know the policies.” [Two upper-class undergraduate students at NDSU]

However, a Residence Assistant remarked,

“I think the knowledge and the information are present. There is no lack of communication on the University’s part or our part. I think it is just a student’s willingness to sit down and read it.”
NDSU offers a variety of events that are not alcohol related, and provides late-night entertainment venues for students to socialize. Specifically, MU Live provides consistent Friday night entertainment and Campus Live provides consistent Saturday night entertainment.

Educational approaches have been introduced for incoming Freshman like the required eCHUG online, personalized alcohol and drug use feedback tool, orientation sessions for incoming students and parents, information sessions in the 189 classes required for Freshman as well as content in the 189 textbooks used by many of the instructors education sessions in the health education classes, and training opportunities through Live Real Mentor.

Many faculty and staff have also been trained through Live Real Mentor.

The student led social media campaign, Before One More, has also been widely recognized on campus.

Wellness education is also offered through the Wellness Center on campus and collaborations exist which focus on high-risk drinking in addition to other wellness related topics (i.e. Spring Break kits).

The Counseling Center on campus employs a Licensed Addiction Counselor, and they offer normative education to students who have received substance related citations, a support group for individuals struggling with substance abuse issues, and individual counseling on a voluntary or indicated basis.

Residence Life offers a wide variety of activities for on-campus residents, and RAs also plan events and activities. AOD-specific programming is provided in residence halls upon request, and all RAs receive the LIVE REAL Mentor training annually.

NDSU regularly participates in the ND CORE survey, and data are regularly collected for the continued planning of prevention efforts for the campus community.

Enforcement and disciplinary efforts are coordinated on campus, and staff are well informed and trained regarding issues of high risk behavior.

NDSU has worked with law enforcement and other community offices to collectively address negative consequences related to substance use.

The F-M community has in place several policies which seek to provide a high level of enforcement and result in deterrence of underage drinking (e.g. compliance checks, required server training, DUI check points).

“I think we are approaching prevention in multiple ways, and I want to believe we are making an impact.”

“There are not many things on campus that are labeled ‘the President’s Council’. That may be just a small thing, but I think that it makes a statement about the University’s commitment to prevention efforts.”
**Dimension E | Leadership:** *The extent appointed/elected leaders and influential community members support the issue.*

**Stage of Capacity:** *(Score of 7)* *Leaders are supportive of continuing current prevention efforts and are considering available resources for continuation and sustainability.*

- NDSU has the President’s Council on AOD. This is a group of faculty, staff, and student stakeholders who come together to coordinate prevention efforts across the campus community.
- The university President is very supportive of prevention related efforts and annually attends the President’s Council on AOD meetings.
- NDSU’s athletic director is also actively involved in prevention efforts on campus and is chair of the President’s Council on AOD, which is influential and noteworthy.
- Administrators in Student Affairs are very knowledgeable and dedicated to providing a healthier campus community for students, and are actively engaged in prevention efforts to reduce the negative consequences related to high risk behaviors within the student community.

“You have Gene Taylor on as the athletic director as your co-chair, which to me shows the seriousness of the issue, and that the administration’s attitude is positive towards prevention.”

“I would hope that we speak loud and clear as to what our values are. Even when we have had to make tough decisions, we can explain to people why when they ask about it… We are educating the campus community, and that is not the responsibility of just one office. We are all responsible as citizens of the community, and we need to decide what the standard is that we want to set, and who we want to be.”

“The work we are doing is very significant, and we have made progress toward our established goals. I think that even inch by inch, the progress is substantial, because cultural transformation is the most difficult thing, and that is what we are going through.”
Dimension F | Resources Related to Issue: The availability of local resources to support prevention efforts – including people, time, money and space.

Stage of Capacity: (Score of 7) A considerable part of support for on-going prevention efforts are from sources that are expected to provide continuous support. Stakeholders and leaders are beginning to look for additional possible funding sources.

- The President’s office has provided consistent support and funding for prevention efforts on campus.
- The Counseling Center employs a Licensed Addiction Counselor. According to averages and norms for comparable institutions, NDSU should employ 1 to 2 more addiction counselors in the Counseling Center for the size of the student population served.
- Student Affairs and the Office of Orientation and Student Success house prevention related positions. There is the perception that additional time and resources would be useful to further expand and refine current efforts.

3.2 Emerging Themes Summarized

The second phase of the conducted analysis consisted of using open and theme coding across the stakeholder interviews, the student focus groups, and the environmental scan data. The following points summarize the emerging themes from the collected and examined data.

- Both stakeholders and students recognize and attest to drinking, and particularly high risk drinking, as a perceived normal behavior engaged in by college students. Neither stakeholders nor students believe that NDSU is “worse” than other universities, and in many instances indicated that the climate at NDSU is progressive and better than comparable institutions in the region (i.e. NDSU is perceived to be stricter regarding alcohol policies and enforcement, and prevention programming is perceived to be ahead of the curve).
- Based on the NDSU CORE data and the statements made by both students and stakeholders, the NDSU drinking culture has moved from being campus-centered to taking place at off-campus residences and at establishments in the city. This finding differs from the 2000 qualitative report on NDSU’s drinking climate that emphasized drinking on campus.
- In agreement with the previous report, both stakeholders and students agree that establishing preventative measures before students enter NDSU is necessary, as the first year students are perceived to be at highest risk for negative consequences of overconsumption of alcohol. Data from the CORE survey reveal that first year students actually drink less and experience fewer negative consequences, however, this common perception of Freshman being at highest risk is somewhat supported by national literature. NDSU employs various prevention strategies to address this concern and student population.
- Alternatives [to drinking] need to be promoted more to off campus students and Junior and Senior level students, as well as to graduate students. High risk drinking and the related negative consequences are relevant for all students, not just those who are underage. Negative consequence data in the state of North Dakota indicate that adults between the ages 21 and 40 are contribute to the largest number of alcohol-related disturbances and vehicle accidents, suggesting older students and the legal adult population is also in need of primary prevention related to high risk behaviors.
Partnerships and practices in support of the reduction of alcohol related advertisements have been effective, but serious concern remains regarding the aggressive marketing and promotion of alcohol by F-M establishments that support and encourage the overconsumption of alcohol.

Both students and stakeholders felt that the distribution of information and educational materials regarding the risks of overconsumption of alcohol are widespread and effective, especially lists serves and the training opportunities available.

In agreement with the 2000 report, participants agree that students need to address students on the issue of overconsumption of alcohol, as peers have more influence. The eCHUG requirement and Before One More campaign were generally regarded highly by both administrator and student participants.

Mixed messages are being sent to the student population regarding alcohol policies, especially regarding the tailgating events that take place prior to football games, booster clubs, and alumni-related activities.

3.3 Campus Climate and Drinking Culture

Based on the above calculated scores, the collected qualitative data in this study, recent survey and institutional data, the researchers would describe NDSU’s high risk drinking culture and ensuing negative consequences to be perceived as normal and generally accepted. Many of the students casually spoke of high risk behaviors, as though they are expected, common place, and not much to be concerned about. While the students seemed to be well informed about the risks of binge drinking and potential consequences, the stories they shared convey high risk behaviors to be perceived as normal and common within the campus community.

The culture of excessive and extreme drinking is pervasive in North Dakota and at NDSU. It is no coincidence that 100% of interview and focus group participants indicated that “it is just the culture here,” and that is why prevention efforts are an uphill battle. State and campus data show that rates of high risk drinking are higher than the national average, however, negative consequences are lower than national averages on several measures. That said, the drinking culture at NDSU does not appear to be perceived as substantially different than at comparable campuses nationally and internationally. Interestingly enough, students did refer to alcohol-free social activities “as legitimate alternatives” to going out and drinking heavily. This would indicate that excessive consumption of alcohol, even though it is illegal for underage students, is considered to be the normal behavior, while non-alcohol related activities and abstainers are considered “deviant” from the norm, which is also supported in research literature (Herman-Kinney & Kinney, 2012).

Themes detected in the stories shared by student participants included:

- Alcohol consumption is the center of social activities;
- Excessive alcohol consumption is an expected part of college life;
- Alcohol consumption provides a mechanism for dealing with stress and personal issues;
- “We are not like those other students who are out of control”;
- It is not so bad here, really, it is worse in other places (universities, towns, states);
- There is nothing else to do in North Dakota anyways, especially in the winter;
- It is the “rural students” who bring their drinking culture and habits to campus;
- We know about the negative consequences related to the excessive consumption of alcohol, but we are the “responsible ones” who watch out more than those “out of control” people;
- The incoming Freshman population is the group to worry about, “since they haven’t learned their limits yet,” and they “need the time to explore and experiment.”
3.4 Aggressive Marketing of Alcohol by Local Establishments

While the environmental scan did not reveal any extraordinary circumstances for proximity to campus of establishments that serve alcohol, remarkably different pricing of packaged alcohol near campus, or alcohol related ads on campus or in the university newspaper, the aggressive marketing of alcohol by establishments throughout the F-M area that either directly or indirectly promote excessive drinking is a serious concern in the community.

3.5 Students Describe the Drinking Culture at NDSU as…

“Partying at the clubs, they have some really good places downtown. Here you go, I will show you the best example—you can get filthy drunk under like $5.00 every night in North Dakota. You can’t do that in any other state, but in North Dakota you can. If you look, there is a website that gives you every deal of every bar in North Dakota. There are nights you can get a pitcher of beer for $3.00, or you pay a penny for shots, women drink free Thursday nights… North Dakota seriously is the only place in my life I have ever seen that you can get drunk for $5.00 or less by going to the bar. Bars will usually run you $100.00 for a night out anywhere else. And the information is easy to find, just type it in your phone and it will show you every place that has got a deal and literally, I have never seen so many deals in my life! Anybody can access it, and that’s “the thing,” you know.” [first year undergraduate student at NDSU]

“I would say 70% participate in the drinking culture, which is what they do with their free time, is party. They have fun, and they drink doing it, but there is also a culture of those who choose not to drink, and there are fun things for them to do as well. They maybe go out and have fun every single weekend, maybe just as much fun as the others, and they do it without drinking. I would say that there are two separate cultures on campus.”
“I would say there are more people who participate in the drinking culture than not.” [first year undergraduate student at NDSU]

“If you really want to drink free every night of the week, you could guarantee that someplace at least at some point of the night, you can get free drinks every single night in Fargo, mostly for ladies. That’s just what they go for, I mean the bar owners, that is what they are trying to pull in and then the guys come too…and there are a lot of sales on liquor every night of the week, like bars will send out a text saying this is what’s going on every single night.” [Resident assistant at NDSU]

“For a lot of people I hang out with, the week is kind of filled. I hear about all of these people who are going out and partying all week and they’re drunk all week, but that’s not what most of my friends do. So, I don’t know. Maybe I am hanging out with the uppity-ups? But on the weekends we usually indulge a little bit, but normally it’s controlled.”

“I feel the Fargo-Moorhead area has a great area of dry, like non-alcoholic, events and alcoholic events for those who are of age. Even on campus, for those who do not want to partake in the whole drinking epidemic, there is plenty of stuff to do.” [Resident assistant at NDSU]

“I think it’s relatively under control, you’re always going to have those people that are going to get wasted, but that’s 10% of the population, you know.” [Senior undergraduate student at NDSU]

“I would say most of the culture is drinking to get drunk, not the social aspect of it like casually drinking a beer or a glass of wine. Drinking to get drunk is the majority drinking culture at NDSU.”

“One thing I want to add, it doesn’t really fit in, but it is just that if you want to avoid it [drinking], it’s relatively easy to avoid. Even from the get go, in your friend-choosing-process you decide that you are not going to drink alcohol, then you can easily go without drinking alcohol. There is not a whole lot of pressure for those who choose not to get involved in that culture. And so, it is a choice.”

“Alcohol is the one, it is the number one before anything else [referring to substances used].”

The overall impression that the student participants communicated is that the younger freshman students are the problem students who “don’t know their limits” and who are experimenting with their new identities and freedoms. By in large, the student focus groups seemed to converge on the notion that newer students are the ones with the problem drinking behaviors, and that they “mature and grow out of that stage” as their coursework and responsibilities increase. Anecdotally, the students seem to believe that the “problems with drinking” are the younger “kids who are out of control.” They also seem to refer to heavy drinkers as “those people,” indicating that they do not believe that they belong to this group, and that they know the behavior is questionable.

3.6 Negative Consequences of High Risk Drinking Behaviors

Both stakeholders interviewed and focus group participants were very aware of the negative consequences that can be associated with the overconsumption of alcohol. NDSU’s Administration and Student Affairs staff were highly informed about the risks associated with student alcohol use, and were current on the rates and statistics for NDSU and the surrounding community.
Student focus group participants also seemed to know quite a bit about the negative consequences related to the overconsumption of alcohol. Participants related stories of direct negative consequences suffered by them or someone they know and shared stories about other students’ experiences that they had heard in their residence halls or on campus. Students also spoke of the secondhand negative consequences of the overconsumption of alcohol by other students, which would include noise complaints and inability to study or sleep due to other students’ behavior; aggressive confrontations with other students who had been drinking; fear of being attacked or sexually assaulted; encountering inebriated students in residence halls and in other places; property damage, theft, and vandalism; other negative consequences such as vomit and other bodily substances encountered in open or shared areas, etc. These stories illustrate that even the students and other campus community members who are not participating in such behaviors are also negatively affected by the consequences of overconsumption of alcohol.

One student expressed concern about the attitude on campus:

“I think there is little emphasis on the fact that it is illegal. Staff are coming into our classrooms and telling us 29% of first year students at NDSU don’t drink at all, and I am thinking, ‘that’s fantastic that means 1 in 3 NDSU students are obeying the law!’ But they don’t talk about that, they just say, ‘Hey, we know you’re going to drink, but don’t take it too far guys.’ But they don’t even acknowledge that they’re telling you, ‘We know you are going to break the law, just be safe about it.’ This is federal and state law, and I think it is being ignored.” [First year undergraduate student at NDSU]

**Drinking and Driving**

Student focus group participants talked openly about how they handle drinking and driving. While they admit that it is common for some students to drive under the influence, and that students talk about receiving MIPs and DUls, most of them spoke of arranging for designated drivers, taking taxis, or asking friends for a ride when needed.

Some of the student comments included the following quotes:
“DUI is the big thing around here, drinking and driving is very prevalent around here and the sad part is that most will not stop until someone is killed. I think it is cool that they put those tags on your IDs for cabs for $5.00 and stuff like that to prevent drinking and driving. I think it is good how they get together with the taxi service and are able to get to the students out there. And the bus system is really great, I think NDSU is working really as hard as they can within the community to prevent drinking and driving.”

“Back where I’m from, you drive drunk all the time, if you’re going to a party or something. You’re driving home drunk, that’s just the way it is. I guess here in Fargo they have those programs, or things where you can call people, and you pay them $20.00 and they will drive you and your car home.”

“I think the group experience is like, we are going to have a responsible person in there. So it’s not that bad, it’s not that dangerous. Somebody in the group will say, we need a DD, you know.”

Sexual Assault

The student focus group participants did not speak much regarding sexual assault as a negative consequence, but two students shared a story about one of their personal experiences.

Student 1: “I know my first roommate and I, were hanging out in a room with bunked beds, and it happened right above me [passed out girl was raped], that was awkward…”

Student 2: “Weird morning.”

Student 1: “No, it was that night, and I had a girl with me. We weren’t doing anything, but we were sitting there watching TV. Him, his friend, and this random chick. They didn’t even know her name. Crawled up on the bunk. Yeah, me and the other girl, we went to her place after that. It’s a pretty fun story to tell.”

The nonchalant nature with which the students told this story is concerning on a number of levels. First, their story indicates that they find such behaviors not to be out of the ordinary. Second, it did not occur to any of the involved students, male or female, that they should help the girl who was passed out and being sexually assaulted. And third, this would also indicate that many of the negative consequences that are related to high risk behaviors and excessive consumption of alcohol are underreported.

3.7 NDCORE Findings** for NDSU

- The average number of drinks consumed by students per week is 5.42.
- 52.9% reported having five or more drinks at a sitting at least once over the past two weeks.
  - 33.3% of Freshmen reported having five or more drinks at a sitting in the past two weeks; 44.2% of Sophomores; 58.7% of Juniors; 62.4% of Seniors
- 74.9% have used alcohol within the past 30 days.
  - 52.4% of Freshmen reported past 30-day use; 62.4% of Sophomores; 81.2% of Juniors; 86.3% of Seniors
- 84.5% have used alcohol at least once within the last year.
- The most common places to consume alcohol were private parties (68.2%), in their own homes (61.1%), and in a bar or restaurant (42.7%).
- 28.4% of underage students reported they received alcohol from parents with their consent; 7.3% received alcohol from parents without their consent
The qualitative data collected for this assessment confirm a number of the findings reported from the NDCORE survey conducted at NDSU in the fall of 2012. The first two statistics are anecdotally confirmed by students who claim that “drinking to get drunk” (e.g., several drinks in one sitting) is the norm, and several students reported about 70% of students as engaged in such drinking behavior, which is pretty close to the survey statistics. The campus stakeholder interviews and student focus groups also conveyed the perception that most high risk alcohol consumption was taking place off campus, which is also confirmed in the CORE survey data. The effects of off campus alcohol consumption should be investigated in terms of direct negative consequences and secondhand negative consequences within the broader F-M community. Of interest is the misperception that the Freshman students are drinking at higher rates than the Junior and Senior level students who, according to survey results, are drinking more. Interviewees and focus group participants spoke often of the “at risk Freshman,” but it is obvious that the drinking culture within the community includes older students as well as freshmen.


4. Conclusion

As a center for social and cultural networks in the state of North Dakota, NDSU has the unique opportunity to influence the culture of drinking in the state. This involves reaching out to various populations, and sharing the advanced knowledge that the institution has developed in prevention programming. NDSU possess the capacity and the expertise to promote a healthier, more responsible, and safer campus community, F-M community, and broader State community.

Suggested areas for focus in the future and recommendations:

- Diversify sources of funding for programming in order to ensure sustainability of prevention efforts.
- A project that demystifies “tailgating” for students and the community. What is it? What is the purpose? What are the rules? How can we responsibly support our team’s efforts and have fun?
- Outreach from NDSU to high schools in the state. Ideally, college students talk to high school students about their Freshman year using video clips or social media.
- Address the aggressive pricing and advertisements promoting excessive alcohol consumption that are aimed at the student populations in the F-M area.
- Continue student led prevention initiatives that de glamorize drinking, and support and highlight healthy decisions and activities that are not alcohol related.
- Address alcohol overuse and conflicting messages that are being sent by booster clubs and alumni organizations.
- Based on the misperceptions about Freshman being the heavier drinkers, we suggest focusing on outreach and programming for juniors and seniors, perhaps graduate students, and off-campus students.

It is also important to continue helping people understand the monetary and human suffering costs associated with high risk drinking. By disseminating information on the costs and consequences of not addressing these problems, and pairing this message with realistic estimates and explanations of how prevention efforts can help mitigate these negative consequences and costs, NDSU can continue improving its prevention efforts.
5. Resources


Appendix A | Methods and Procedures

Interview questions were derived from the community readiness assessment developed by the Tri Ethnic Center at Colorado State University in Fort Collins, Colorado and currently updated by the National Community Readiness Center at Colorado State University, and were adapted and used for measurement. The Community Readiness Model (Plested, Jumper-Thurman, & Edwards, 2009). The model was developed to assess community readiness for prevention, and is a theory-driven, community-directed approach that is based on the literature traditions of psychological readiness (e.g. individual-level motivation for change) and community development (e.g. social action, innovation decision-making). The model identifies six dimensions of community readiness:

- Community knowledge about the issue,
- Community climate,
- Community knowledge of the efforts,
- Community efforts,
- Leadership, and
- Resources related to the issue.

In addition, the model spells out nine sequential stages of community readiness, see Figure 1 below. Although the model is a useful diagnostic tool, it does not prescribe the details of exactly what to do to meet prevention goals. The final scores will be reported as in Table 1.

The interview and focus group questions were developed to gain information to assess current community awareness and current capacity for alcohol prevention programming in each of the above listed dimensions, as well as to develop a description of the perceived, current NDSU campus climate regarding high-risk drinking and other high-risk behaviors among students. The stakeholder interviews and the focus groups will be comprised of open-ended questions that probe for information in each of the dimensions, and to explore stakeholder and student perceptions of the high-risk drinking and high-risk behaviors on campus, and the institutional climate for alcohol and other substance prevention programming. Students were not asked about their own behaviors, but rather about their impressions and personal observations in the community. Key informants and stakeholders within the NDSU community were identified and interviewed. The interviews and focus group discussions were be digitally recorded and transcribed verbatim. The stakeholder interviews were scored using the anchored rating scales for each dimension, identifying a level of prevention capacity for each dimension. The scores for each dimension were then averaged across all of the interview data.

For the purpose of this study, stakeholders were defined as those individuals with significant knowledge of the issue and/or who have impact on the institution and prevention programming, or work with students, whether directly or indirectly. This includes administrators, staff, faculty and preventionists working within the NDSU community who influence prevention funding, planning, programming, and/or policy.

The following list of potential stakeholders and interview participants were identified:

President’s Council on Alcohol and Other Drug’s Members (note: this is not a comprehensive list of council members, but rather a list of those positions on campus that were involved in the 2000 study):
- Gene Taylor, Athletic Director and Chair of PCAOD
- Bill Burns, Counseling Center Director
- Ann Stark, NDSU Addiction Counselor
- Karla Thoennes, Senior Associate Director of Residence Life
- Janna Stoskopf, Dean of Student Life
- Steve Winfrey, Director of Memorial Union

Students were not asked about their own behaviors, but rather about their impressions and personal observations in the community.
Courtney Barstad, Greek Life Coordinator
Bill Vandal, Chief of NDSU Police
Sherri Stastny, Faculty member from HDE
Prakash Mathew, Vice President for Student Affairs
Bruce Rafert, Provost
Charles Peterson, Dean of Pharmacy, Nursing and Allied Sciences

Three student focus groups with 5 to 7 participants were conducted by Elizabeth Erichsen in cooperation with graduate assistants and students from the NDSU campus. The Office of Orientation and Student Success assisted in finding student volunteers for the project. Three student groups were identified to make a request for student volunteers. These groups included a general freshman level course; a general upper-level course; and a group of residence hall assistants. The purpose of the student focus groups was to further gather data regarding student perceptions of high-risk behaviors within the NDSU campus and surrounding community, and to supplement and triangulate the data gathered from recent the stakeholder interviews and recent campus prevention data and evaluation. Students were not personally identified, nor are they identified by name in any of the documents or reports that are a product of this assessment. All focus group sessions were digitally recorded, reviewed, and open-coded for themes.

An environmental scan was performed for the NDSU community, including: recent newspaper articles pertaining to related issues; a media scan of radio and TV commercials to demonstrate frequency of local alcohol-related advertisements; collecting pictures of signs, posters and other advertisements on campus found in student spaces, and collection of similar environmental indicators within the community. No pictures with identifiable student images were collected.

The methodology employed for the research was qualitative, consisting of structured, open-ended interviews with specific interview protocol. The interviews were conducted with identified stakeholders within the NDSU community. Second, four focus group interviews were conducted in cooperation with 2 graduate assistants and two NDSU students. The interviews and focus groups will be electronically recorded with the consent of the interviewees for the purposes of transcription and analysis of the collected textual data.
## Appendix B | Theoretical Models

<table>
<thead>
<tr>
<th>Six Dimensions of Readiness</th>
<th>Description</th>
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<tbody>
<tr>
<td>Dimension A: Community Knowledge of Issue</td>
<td>General community knowledge about the causes of the problem, its consequences, and how it impacts the community</td>
</tr>
<tr>
<td>Dimension B: Community Climate</td>
<td>The prevailing attitude of the community towards the issue - ranging from helplessness to responsibility and empowerment</td>
</tr>
<tr>
<td>Dimension C: Community Knowledge of Efforts</td>
<td>General community knowledge about local efforts and their effectiveness, and the extensibility of efforts to all segments of the community</td>
</tr>
<tr>
<td>Dimension D: Existing Prevention Efforts</td>
<td>Current efforts, programs, and policies to address the issue</td>
</tr>
<tr>
<td>Dimension E: Leadership</td>
<td>The support of appointed leaders and influential members of the community</td>
</tr>
<tr>
<td>Dimension F: Resources Related to the Issue</td>
<td>The availability of local resources to support prevention efforts - including people, time, money, and space</td>
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<table>
<thead>
<tr>
<th>Score</th>
<th>Nine Stages of Readiness</th>
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<tbody>
<tr>
<td>1</td>
<td><strong>No Awareness:</strong> The issue is not generally recognized by the community or the leaders as a problem.</td>
</tr>
<tr>
<td>2</td>
<td><strong>Denial/Resistance:</strong> At least some community members recognize that the issue is a concern, but there is little recognition that it might be occurring locally.</td>
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<tr>
<td>3</td>
<td><strong>Vague Awareness:</strong> Most feel that there may be a local concern, but there is no immediate motivation or willingness to do anything about it.</td>
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<tr>
<td>4</td>
<td><strong>Preplanning:</strong> There is clear recognition that something must be done and there may even be a group addressing it. However, efforts are not yet focused or detailed.</td>
</tr>
<tr>
<td>5</td>
<td><strong>Preparation:</strong> Active leaders begin planning in earnest. The community offers modest interest in efforts.</td>
</tr>
<tr>
<td>6</td>
<td><strong>Initiation:</strong> Enough information has been gathered to justify initiation of efforts. Activities are underway.</td>
</tr>
<tr>
<td>7</td>
<td><strong>Stabilization:</strong> Activities are supported by administrators or community decision makers. Staff are trained and experienced. The efforts are stable.</td>
</tr>
<tr>
<td>8</td>
<td><strong>Confirmation/Expansion:</strong> Efforts are established. Community members feel comfortable using services and are supportive. Efforts may expand to related issues. Local data are regularly obtained.</td>
</tr>
<tr>
<td>9</td>
<td><strong>High Level of Community Ownership:</strong> Detailed and sophisticated knowledge exists about the issue prevalence, causes, and consequences. In-depth evaluation guides new directions. Model is applied to other issues.</td>
</tr>
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</table>
Appendix C | Interview, Focus Group Protocol

NDSU HIGH RISK DRINKING CLIMATE INTERVIEW/FOCUS GROUP INFORMED CONSENT

The President’s Council on Alcohol and Other Drugs has initiated a qualitative assessment of the NDSU campus climate regarding underage and high risk drinking and other high risk behaviors and institutional capacity for prevention. One goal of this project is to describe and contribute to a better understanding of the perceptions and meanings stakeholders and students associate with issues surrounding high risk drinking and other high risk behaviors. In order to collect data toward this end, the President’s Council on Alcohol and Other Drugs asked Dr. Elizabeth Anne Erichsen to interview a number of campus stakeholders and conduct three student focus groups.

The interview/focus group itself will take no more than one hour to complete and will involve no more risk than typical office work. The questions are basic and nontthreatening and seek to better understand issues like readiness, leadership, and campus climate. The interviews and focus group discussions will be recorded and transcribed to capture all aspects of your answers. However, your name will never be used in reporting or connected to any of your quotes or comments in published reports. The risk or discomfort experienced from participation in this interview should be no greater than that which you might experience from completing your daily routine work. Your participation is voluntary, refusal to participate will involve no penalty or loss of benefits to which you the participant are otherwise entitled and you may discontinue the interview at any time.

Information gathered in the interviews will be used by the researcher and NDSU administration to measure prevention capacity and describe campus climate regarding high risk drinking. The information may also be used by administrators to aid in the development of appropriate strategies for campus prevention planning. All research questions and research protocols have been approved by NDSU’s IRB office. Only NDSU Administrators and the researcher will have access to the data and no individual data will be used. The interview notes will be stored at Orientation and Student Success offices in a locked filing cabinet and electronic data will be stored on NDSU owned password protected secure computers. The data will be stored for one year after the completion of the project. The anticipated project completion date is May 15, 2013.

A copy of the interview questions are available from, and questions or concerns can be directed to:

Elizabeth Anne Erichsen, Ph.D.  
Assistant Professor, Education Doctoral Programs  
Office Phone: 701-231-5778  
Email: Elizabeth.Erichsen@ndsu.edu  
College of Human Development and Education

Laura Oster-Aaland, Ph.D.  
Director, Office of Orientation and Student Success  
North Dakota State University  
Office phone: 701-231-7750  
Email: Laura.oster-aaland@ndsu.edu

If you have any questions about your rights as a research participant or to file a complaint regarding the research, please contact any of the following Institutional Review Board (IRB) who is overseeing this project. NDSU IRB Office (701) 231.8908 ndsu.irb@ndsu.edu

By signing below, I hereby give permission to be interviewed.

__________________________
Participant Name Printed

__________________________  ________________
Participant Signature Date
INTERVIEW INVITATION TO PARTICIPATE

Phone script for research team

Hello (name) –

We are conducting a qualitative study on behalf of the President’s Council on Alcohol and Other Drugs. One goal of this project is to describe and contribute to a better understanding of the perceptions and meanings stakeholders and students associate with issues surrounding high risk drinking and other high risk behaviors. You have been identified as someone who is knowledgeable about NDSU’s alcohol prevention efforts and campus climate related to high risk drinking and other high risk behaviors. Our lead researcher, Dr. Liz Erichsen would appreciate the opportunity to interview you for this study.

This interview will take no more than one hour. You may choose not to answer any or all of the questions, and you may choose to end the interview at any time. Your answers will be kept confidential, and at no time will your name be attached to your answers or to any of the data collected through this interview process. All research questions and research protocols have been approved by NDSU’s IRB office. Prior to the interview, you will be asked to sign an informed consent document which will provide more detail about the research and about your rights as a participant.

Are you willing to schedule an interview with Dr. Erichsen sometime in the next few weeks? If yes, find a mutual time. If no, move on to next participant.

If you have any questions about the research you may contact the researchers at any time.

Elizabeth Anne Erichsen, Ph.D.
Assistant Professor, Education Doctoral Programs
Office Phone: 701-231-5778
Email: Elizabeth.Erichsen@ndsu.edu
College of Human Development and Education

Laura Oster-Aaland, Ph.D.
Director, Office of Orientation and Student Success
North Dakota State University
Office phone: 701-231-7750
Email: Laura.oster-aaland@ndsu.edu
FOCUS GROUP INVITATION TO PARTICIPATE

Script/email for research team

We are conducting a qualitative study on behalf of the President’s Council on Alcohol and Other Drugs at NDSU. One goal of this project is to develop a better understanding of the perceptions of students about the drinking culture on NDSU’s campus. We are not interested in your personal drinking behaviors, but rather your perception of the drinking of other students and your knowledge of campus efforts to curb high risk drinking. This focus group will take no more than one hour. You may choose not to answer any or all of the questions, and you may choose to leave the focus group at any time. Your answers will be kept confidential, and at no time will your name be attached to your answers or to any of the data collected through this interview process. Data gathered in this focus group will not be shared with the instructor of your course or your supervisor in Residence Life. In addition, your participation in this focus group will not impact your grade in your course. You will be provided a free meal during the focus group and an NDSU t-shirt to thank you for your time.

All research questions and research protocols have been approved by NDSU’s IRB office. Prior to the focus group, you will be asked to sign an informed consent document which will provide more detail about the research and about your rights as a participant.

The focus group will be held on (insert date) at (insert time and location).

If you would like to participate, please sign your name and email on the clip board that is being distributed. [for classrooms] If you would like to participate, please reply to this email or call Nancy Mueller at 231-7750. [for email]

If you have questions about the study, you may contact the researchers at any time.

Elizabeth Anne Erichsen, Ph.D.
Assistant Professor, Education Doctoral Programs
Office Phone: 701-231-5778
Email: Elizabeth.Erichsen@ndsu.edu
College of Human Development and Education

Laura Oster-Aaland, Ph.D.
Director, Office of Orientation and Student Success
North Dakota State University
Office phone: 701-231-7750
Email: Laura.oster-aaland@ndsu.edu
Hello, this is (name). Thank you for agreeing to participate in this interview. We are speaking with you because of your knowledge of NDSU’s alcohol prevention efforts and campus climate related to high risk drinking and other high risk behaviors. This interview is one data collection method we are using to assess campus climate pertaining to prevention programming and drinking culture. In answering my questions, consider NDSU’s campus and community climate related to high risk drinking and other high risk behaviors. This interview will take no more than one hour. You may choose not to answer any or all of the questions, and you may choose to end the interview at any time. Your answers will be kept confidential, and at no time will your name be attached to your answers or to any of the data collected through this interview process.

Do you have any questions before we start?

Do you agree to digitally recording our conversation?

Is it okay to proceed with the interview?

___ Yes

___ No

(If yes) Ok, let’s begin.
FOCUS GROUP INTRO:

Thank you for agreeing to participate in this focus group. We are speaking with you because we want to understand your perceptions of the drinking culture on NDSU’s campus. Please know that we are not interested in your personal drinking behaviors, but rather your perception of the drinking of other students and your knowledge of campus efforts to curb high risk drinking. This focus group will take no more than one hour. You may choose not to answer any or all of the questions, and you may choose to leave the focus group at any time. Your answers will be kept confidential, and at no time will your name be attached to your answers or to any of the data collected through this interview process. Data gathered in this focus group will not be shared with the instructor of your course or your supervisor in Residence Life. In addition, your participation in this focus group will not impact your grade in your course. Do you have any questions before we start?

Do you agree to digitally recording our conversation?

Is it okay to proceed with the interview?

___ Yes

___ No

(If yes) Ok, let’s begin.
QUESTIONS: STAKEHOLDER INTERVIEWS

KNOWLEDGE ABOUT THE ISSUE

1) What are some of the problems with high risk drinking and other high risk behaviors at NDSU and in the surrounding community?
2) Where do you hear about these issues, and what kind of information is available about them?
3) How knowledgeable are NDSU administrators, faculty, and staff about high risk drinking and other high risk behaviors? Please explain. (Prompt: For example, statistics, impact, NDSU policy, etc.)
4) How widespread is this knowledge about these issues in the NDSU community?

CAMPUS CLIMATE

5) What is the NDSU administration’s attitude about high risk drinking and high risk behaviors, including attitudes about prevention programming, policies, and funding?
6) Are there ever any circumstances in which institutional stakeholders might think that drinking related activities and high risk behaviors should be tolerated? Please explain.
7) In your perception, how prevalent are high risk drinking and other high risk behaviors within the NDSU community, especially among students?
8) How would you describe the student drinking culture at NDSU?
   • Prompt: (For those who have been at NDSU 10 years or more, ask,) “How does that compare to the student drinking culture 10 years ago?”

KNOWLEDGE OF PREVENTION EFFORTS

9) In the past couple of years, what important prevention efforts, policies, practices related to underage drinking, have been put into place at NDSU?
   • Prompt: (For those who have been at NDSU 10 years or more, ask,) “How have the efforts changed over the past 10 years?”
10) How aware are people on campus of these efforts that you described?
11) Which segments of the NDSU community are the prevention efforts reaching? Which segments are they not reaching?
12) How would you propose to modify these efforts?

LEADERSHIP

13) Do campus leaders and decision makers support current prevention efforts? Please explain.
14) Would the leadership support additional prevention efforts? If so, how and/or in what capacity?
15) What obstacles do you see in improving prevention programming at NDSU?

RESOURCES (TIME, MONEY, PEOPLE, SPACE, ETC.)

16) What are the leaders’ and decision makers’ attitudes about supporting prevention programming and policy in terms of people, funding, resource allocation and physical support?
17) How are current efforts funded? Please explain.
QUESTIONS: FOCUS GROUPS

CAMPUSS CLIMATE

1) What was your first impression of the NDSU campus, and how would you describe the students’ social climate?
2) What does a typical NDSU student’s social life look like any given week? During the week? How about on weekends?
3) How would you describe student entertainment and social life in the Fargo/Moorhead area? Where do they generally go, and what are they doing outside of their studies?
4) How would you describe the student drinking culture at NDSU?
5) In your perception, how prevalent are high risk drinking behaviors within the NDSU community? How prevalent are issues related to other substances and high risk behaviors?
6) What are your perceptions of student social events offered at NDSU?

KNOWLEDGE ABOUT THE ISSUE

7) What are some of the issues related to high risk drinking behaviors for 18 to 25 year olds?
8) What are some of the consequences you observe of students on campus related to high risk drinking and other high risk behaviors (both for the drinker or others)?
9) How knowledgeable are students about alcohol and other substance use related policies at NDSU?
10) How aware do you think students are of social events on campus and in the area?
Appendix D | NDSU IRB Approval

NORTH DAKOTA STATE UNIVERSITY
Institutional Review Board
Office of the Vice President for Research, Creative Activities and Technology Transfer
NDSU Dept. 4000
1735 NDSU Research Park Drive
Research 1, P.O. Box 6050
Fargo, ND 58108-6050

Tuesday, September 18, 2012

Dr. Elizabeth Anne Erichsen
School of Education
FLC 210D

Re: IRB Certification of Human Research Project:

"NDSU High Risk Behavior Climate: A Qualitative Assessment"
Protocol #HE13041

Co-investigator(s) and research team: Laura Oster-Aaland, Keri Kimble, Carline McLaughlin, Abby Nelson, Jackson Lindom, Julia Haase, Quinn Benson, Kaylee Martin, Nancy Mueller

Study site(s): NDSU Funding: n/a

It has been determined that this human subjects research project qualifies for exempt status (category # 2) in accordance with federal regulations (Code of Federal Regulations, Title 45, Part 46, Protection of Human Subjects). This determination is based on the protocol form received 9/12/2012 and consent/information sheet received 9/12/2012.

Please also note the following:

- This determination of exemption expires 3 years from this date. If you wish to continue the research after 9/17/2015, the IRB must re-certify the protocol prior to this date.
- The project must be conducted as described in the approved protocol. If you wish to make changes, pre-approval is to be obtained from the IRB, unless the changes are necessary to eliminate an apparent immediate hazard to subjects. A Protocol Amendment Request Form is available on the IRB website.
- Prompt, written notification must be made to the IRB of any adverse events, complaints, or unanticipated problems involving risks to subjects or others related to this project.
- Any significant new findings that may affect the risks and benefits to participation will be reported in writing to the participants and the IRB.
- Research records may be subject to a random or directed audit at any time to verify compliance with IRB policies.

Thank you for complying with NDSU IRB procedures; best wishes for success with your project.

Sincerely,

Kristy Shirley, CIP, Research Compliance Administrator