 Physiological Effects of Alcohol

**School Counselor**: Mr. Baker **Date**: 4/30/15

**Activity**: Consciousness Raising

**Grade(s)**: 9th grade

**ASCA Student Standards (Domain/Standard/Competencies)**:

Personal/Social Development

Standard C: Students will understand safety and survival skills

PS:C1.6 Identify resource people in the school and community, and know how to seek their help

PS:C1.7 Apply effective problem solving and decision-making skills to make safe and healthy choices

PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse

**Learning Objective(s)**:

1. Students will increase knowledge of self and then nature of the problem behavior

2. Students will learn about the physiological effects of alcohol

**Materials**:

Pre and Post Test Survey

“Alcohol Use Disorders Identification Test” (AUDIT) activity

“Scoring and Interpretation” handout

 “What Can Alcohol Do?” handout

Writing materials – pens or pencils

**Procedure**:

1. The school counselor begins the lesson plan by explaining that in today’s session we will be talking about alcohol use and the personal and social harm drinking may be causing them. The students will be asked to complete the Pre Test Survey to gauge a baseline of the student’s current use.

2. The school counselor will then distribute the “AUDIT” handout; reading the instructions and questions out loud. The school counselor should allow the students enough time to mark their answers on the handout.

3. The school counselor will then distribute the “Scoring and Interpretation” handout. Students will asked to score their own assessments. Students will not be asked to reveal their scores but rather participate in a group discussion in which the norms scores and their meanings are presented.

4. The school counselor then engages the students in a conversation about the potential physiological effects of alcohol and the negative impacts it has on their school performance. The school counselor will distribute the “What Can Alcohol Do?” handout.

5. The school counselor then summarizes the session and asks the students to take another minute to think about their own self-assessment. The students are then asked to complete the Post Test Survey and reminded of the resource people in their school, community and or home environment; encouraged to talk to seek additional help if warranted.

**Plan for Evaluation: How will each of the following be collected?**

Process Data: All 634 freshman will participated in the “Consciousness Raising” lesson plan.

Perception Data: 100% of the ninth graders could identify a resource person either in the school, community or home environment that they could talk to regarding their alcohol use.

Outcome Data: The % of students referred for disciplinary reasons decreased from 11% to 7%.

Follow Up: In two weeks, the school counselor will meet individually with the students who participated in the “Consciousness Raising” lesson plan to check in as well as provide additional information and answer questions, if needed.