

## HOBART AND WILLIAM SMITH COLLEGES

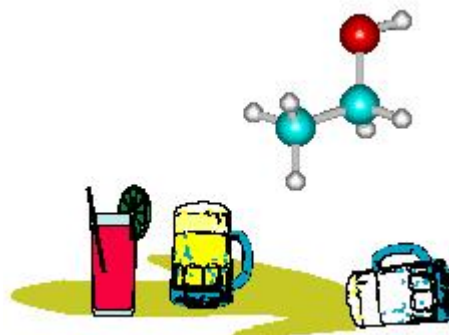
*First Year Seminar 060-01*

# Alcohol in College: Myth and Reality

Fall Term, 2006  
T/TH 8:45 – 10:10 pm  
Eaton Hall 110

### Course Description:

Alcohol abuse continues to be a serious problem on college and university campuses across the nation. Participants in this seminar will examine this problem from both natural scientific and social scientific perspectives. Readings will include public health and social science research literature on the scope of alcohol use in college and the theories proposed to explain that use. The natural science literature will be used to explore the pharmacologic effects of alcohol on the brain, related health risks, and the relationship of blood alcohol concentration to risk and harm. Seminar participants will participate in ongoing research on the scope and consequences of alcohol use on this campus. Finally, educational models for abuse prevention and harm reduction will be explored and evaluated for effectiveness.



### Instructors:

**Professor David Craig**, Dept. of Chemistry, ext. 3611, [craig@hws.edu](mailto:craig@hws.edu)  
Office Hours: MWF 8-10am, M 11:10am – 1pm

**Nicole Henderson**, Service Learning Colleague, email: [Nicole.henderson@hws.edu](mailto:Nicole.henderson@hws.edu), Box 3173  
**Elizabeth Silver**, Writing Colleague, email: [Elizabeth.silver@hws.edu](mailto:Elizabeth.silver@hws.edu), Box 3819

### Texts

#### **Books:**

- Braun, Stephen, *Buzz: The Science and Lore of Alcohol and Caffeine*, Penguin Books, 1996. (on library reserve)
- Perkins, H. Wesley (Editor). *The Social Norms Approach to Preventing School and College Age Substance Abuse: A Handbook for Educators, Counselors, and Clinicians*. San Francisco: Jossey-Bass., 2003 (I will order for bookstore).
- Venturelli, Peter J. (Editor). *Drug Use in America: Social, Cultural, and Political Perspectives*, Boston: Jones and Bartlett Pub., 1994 (on library reserve).

#### **Journal Issues and federal reports:**

- *Journal of Studies on Alcohol College Drinking, What It Is, and What To Do about It: A Review of the State of the Science*  
*National Advisory Council on Alcohol Abuse and Alcoholism*

Task Force on College Drinking, **Supplement No: 14, Printed Date:** March, 2002

<http://www.collegedrinkingprevention.gov/SupportingResearch/papers.aspx>

- National Institute on Alcohol Abuse and Alcoholism's *Alcohol Research and Health: Focus on Young Adult Drinking, Volume 28, No. 4 2004/2005*  
<http://pubs.niaaa.nih.gov/publications/arh284/toc28-4.htm>
- National Institute on Alcohol Abuse and Alcoholism's *Alcohol Alerts*  
<http://www.niaaa.nih.gov/Publications/AlcoholAlerts/default.htm>
- Secretary of Health and Human Services *10<sup>th</sup> Special Report to the U. S. Congress on Alcohol and Health, 2000*  
<http://pubs.niaaa.nih.gov/publications/10report/intro.pdf>

### **Attendance**

Class attendance is required for course credit. You must contact me immediately if you are unable to attend a class meeting. More than three unexcused absences will result in a failing grade. Please arrange your schedule to accommodate this requirement.

### **Assignments/Assessment**

In addition to reading the texts and attending class as outlined in the syllabus by the dates indicated, several out-of-class assignments are described briefly below that will complement one another in meeting our goals for the course.

1. **Weekly writing assignments.** There will be a short one to two page paper assigned related to the readings each week. They will be due each Friday to your writing colleague by 5:00 pm. You will have the responsibility of meeting with your writing colleague to discuss the paper, incorporate any changes based on your discussion, and then turn the paper into your professor the following Friday. Writing colleagues are not editors or proofreaders. You are responsible for that yourself. Writing colleagues will help you sort through ideas and they will give you honest feedback on what you have written.
2. **Interdisciplinary Term Research Project.** Each of you will choose some specific aspect of alcohol use (eg. cause, consequence, particular group pattern, social issue, or policy) to study in detail. You may choose to base the project on a combination of research literature and some data that we have collected. The paper must present both the natural scientific and social scientific perspectives relevant to your project. This paper will be submitted in stages with each stage passing through your writing colleague: 1) research proposal, 2) thesis with annotated bibliography, 3) first full draft of research paper, 4) final draft of research paper. For the weeks that these writing components are due you will not have an additional weekly writing assignment due as well.
3. **BAC research data collection.** Once we receive approval for BAC data collection each student will be responsible for one night of data collection each week.
4. **Service Learning.** Each student will be required to complete at least 3 hours of service each week. This service can be completed in a variety of ways. You will be preparing educational presentations to a variety of audiences on and off campus. You will be making presentations in residence halls on campus or at local schools. You may also contribute to any of a variety of

service opportunities available through the public service office. You must keep a journal of your service activities that will be emailed to your service learning colleague weekly no later than midnight on Sunday (1-2 pages double spaced). The journal entries should be reflective of connections between the work you do and coursework you have taken. Include estimates of time you spend in service. Entries should be made each day that you do service work.

5. **Final Examination (Dec 13, 8:30-11:30am)** Your final research paper will be due at this meeting and you will deliver a short oral presentation of your findings.

### **Grading**

Course grades will be determined according to the following weighting:

	%
Weekly short papers (10)	30
Project Proposal	5
Thesis/Bibliography	5
First Draft Paper Submission	10
Final Paper Submission	25
Final Paper Presentation	5
BAC data collection	10
Service Activities/Journal	10
<b>TOTAL</b>	<b>100</b>

## Syllabus - Spring 2005

DATE	TOPIC/ACTIVITY	ASSIGNMENT DUE (by Friday 5pm to your writing colleague)
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### PART I -- SOCIO-CULTURAL AND SCIENTIFIC OVERVIEWS

#### Week 1

Aug 28-Sept 1	<p>Overview of the scope of alcohol use in college; Review of BAC data collection protocol and survey; Presentation by Ave Bauder, Public Service Office</p> <p>Readings:</p> <ol style="list-style-type: none"> <li>O, Malley and Johnston, "Epidemiology of Alcohol and Other Drug Use among American College Students," <i>Journal of Studies on Alcohol</i>, Supplement 14, pp23-39 (2002) <a href="http://www.collegedrinkingprevention.gov/media/Journal/023-OmalleyJohnston.pdf">http://www.collegedrinkingprevention.gov/media/Journal/023-OmalleyJohnston.pdf</a></li> <li>H. Wesley Perkins, "Surveying the Damage: A Review of Research on Consequences of Alcohol Misuse in College Populations," <i>Journal of Studies on Alcohol</i>, Supplement 14, pp91-100 (2002) <a href="http://www.collegedrinkingprevention.gov/media/Journal/091-PerkinsSurveying.pdf">http://www.collegedrinkingprevention.gov/media/Journal/091-PerkinsSurveying.pdf</a></li> <li>NIAAA <i>Alcohol Alert</i>, Number 68, "Young Adult Drinking" 2006 <a href="http://pubs.niaaa.nih.gov/publications/aa68/aa68.htm">http://pubs.niaaa.nih.gov/publications/aa68/aa68.htm</a></li> </ol>	<p>2 page paper on the scope of alcohol use in college</p> <p>Revisions to survey and protocol</p> <p>Go to public service office and fill out service-learning-interest form. Turn into your service learning colleague.</p>
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#### Week 2

Sept 4-8	<p>Overview of the science of alcohol metabolism and blood alcohol concentration.</p> <p>Readings:</p> <p style="padding-left: 40px;">Braun, pp 1-37</p>	<p>2 page paper on the factors that determine blood alcohol concentration.</p> <p>Public Service starts and first journal due</p>
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#### Week 3

Sept 11-15	<p>How Alcohol Affects the Brain.</p> <p>Readings:</p> <p style="padding-left: 40px;">Braun, pp 38-106</p>	<p>2 page paper on human subject research regulation</p>
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DATE	TOPIC/ACTIVITY	ASSIGNMENT DUE (by Friday 5pm to your writing colleague)
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## Week 4

Sept 18-22	How Alcohol Affects the Brain Film: <i>Clean and Sober</i> Begin Developing Residence Hall Presentation	2 page paper on how alcohol affects brain function
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## Week 5

Sept 25-29	Drinking, Sex, and Gender Natural Science Perspectives Refine Residence Hall Presentations Research Workshop I: Library workshop on Sept 28 at 8:45am by Joseph Chmura	BAC data collection begins  2 page paper describing our BAC research method
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## Week 6

Oct 2-6	Drinking, Sex, and Gender Social Science Perspectives (continued)  Research Workshop II: Developing the paper thesis and integrating disciplinary perspectives. Discuss project research strategies including federal search sites and ATOD internet resources	2 page paper on an important gender issue with regard to alcohol use  Residence Hall presentations begin
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**PART II – CAUSES OF PROBLEM DRINKING AND THEORIES OF ALCOHOLISM**

## Week 7

Oct 11-13 Fall recess (no class MT)	Research Workshop III: Evaluating Internet Sources, Oct 12 @ 8:45 in library, J. Chmura Film documentary: <i>The Addicted Brain</i> Pharmacology of alcohol: neurochemical reinforcement mechanisms	1 page term research proposal indicating problem area and relevant natural science and social science perspectives that will be explored
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## Week 8

Oct 16-20	Family transmission of alcohol abuse (biological factors)  <i>Prof Craig will be away 19,20 at US Dept of Ed Conference</i>	2 page paper describing educational objectives of residence hall presentations and desired outcome
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Week 9

Oct 23- 27	Family transmission of alcohol abuse (psychological and social factors)  Film: <i>Last Call: Alcoholism and Co-Dependency</i>	Thesis and annotated bibliography
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Week 10

Oct 30-Nov 3	The College Environment: Over view of literature and HWS data Analysis of BAC data and Residence Hall Data	2 page paper on research topic of interest discovered while researching your term paper
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Week 11

<b>PART III – PREVENTION ISSUES AND POLICY DEBATES</b>		
Nov 6-10	Prevention strategies for youths (Education, peer influence, minimum age laws)  <i>Prof Craig will be away 6,7 at Am. Public Health Assoc Conference</i>	2 page paper on research topic of interest discovered while researching your term paper

Week 12

Nov 13-17	The social norms approach to alcohol abuse prevention	First Complete Draft of Research Paper Due
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Week 13

Nov 20 Thanksgiving (no class WRF)	Policy approaches to reducing alcohol misuse	No paper due
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Week 14

Nov 27 – Dec 1	Debates about strategies to reduce misuse of drinking in college	2 page paper describing what you think is the most effective strategy for harm reduction in college
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<b>DATE</b>	<b>TOPIC/ACTIVITY</b>	<b>ASSIGNMENT DUE</b> (by Friday 5pm to your writing colleague)
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*Week 15*

Dec 4 – 8	Special Topics	No paper due
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*Examination Week*

Dec 13, 8:30-11:30am	Project Presentations	FINAL RESEARCH PAPER DUE
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## Supplementary Resources

### Video Resources on HWS Library Reserve:

- <sup>1</sup>*AIDS, Alcohol and Sex*
- <sup>2</sup>*In and Out of Control: Emotional, Physical, and Sexual Violence*
- <sup>3</sup>*Addiction: The Family in Crisis*
- <sup>4</sup>*Altered States: A History of Drug Use in America*
- <sup>5</sup>*Can You Stop People from Drinking*
- <sup>6</sup>*Circle of Recovery: Healing the Wounds of Drugs and Alcohol*
- <sup>7</sup>*David with Fetal Alcohol Syndrome*
- <sup>8</sup>*Drunk Driving: License to Kill?*
- <sup>9</sup>*Female Alcoholism*
- <sup>10</sup>*Fetal Alcohol Syndrome and Other Drug Use during Pregnancy*
- <sup>11</sup>*Kids Under the Influence*
- <sup>12</sup>*Last Call: Alcoholism and Co-Dependency*
- <sup>13</sup>*Nine to Five High: Substance Abuse in the Workplace*
- <sup>14</sup>*Selling Addiction*
- <sup>15</sup>*Substance Abuse among Latinos*
- <sup>16</sup>*Substance Misuse*
- <sup>17</sup>*Teens and Alcoholism*
- <sup>18</sup>*The Addicted Brain*
- <sup>19</sup>*The Broken Cord: Louise Erdlich and Michael Dorris*
- <sup>20</sup>*The Power of Addiction*
- <sup>21</sup>*The Substance in Question*
- <sup>22</sup>*Under the Influence (CBS 48 Hours)*
- <sup>23</sup>*Walking through the Fear: Women and Substance Abuse*
- <sup>24</sup>*Women, Wine, and Wellness (Part 1)*
- <sup>25</sup>*Adolescent Treatment Approaches*
- <sup>26</sup>*Be Vocal, Be Visible, Be Visionary: A Report from the Field by the Presidents' Leadership Group*
- <sup>27</sup>*Brandon Tells His Story*
- <sup>28</sup>*Faces of Addiction*
- <sup>29</sup>*Portrait of Addiction: Moyers on Addiction - Close to Home*
- <sup>30</sup>*Drinking Apart: Families Under the Influence*
- <sup>31</sup>*Drinking: Are You in Control*
- <sup>32</sup>*The Truth about Teen Alcohol Use 101: A Social Norms Approach*