

Alcohol Reflection Assignment

You are required to write a paper reflecting on your personal behavior and attitudes related to alcohol use.

- Papers must be at least 1000 words in length, typed using 12-point Times New Roman font, and double-spaced with standard one inch margins all around.
- Please write your responses in the form of a narrative. Do not answer each question individually. This paper should utilize appropriate language, grammar, and spelling.
- Papers must be **emailed as a Word attachment <u>NO LATER</u>** than one week (7 days) after receiving the assignment.
- If the paper does not meet the above requirements it may be returned for revisions.

Questions:

- 1. Please write about what you have learned regarding your decisions and behavior during the incident to which you received this sanction.
- 2. Based on your answers to the previous questions, do you believe you need to act differently in the future? Why or why not?
- 3. Do you think alcohol is a campus issue or a personal issue? What responsibility do you have for the effects of your drinking behavior on others, especially those in the Wentworth community?
- 4. What are your expectations when you drink? Why do you think you have these expectations?
- 5. In the future, how would you make a party or social situation where alcohol is present work for you to minimize the chance of negative, unhealthy or unsafe outcomes? What are some challenges you are likely to face and how will you overcome them?
- 6. What are some of your short term (1-3 years) and long term (3-5 years) goals? How do you
- 7. perceive your current alcohol use impacting your ability to attain these goals?