

# Success Quiz Report 2019



# Success Quiz 2019 Report

## Foreword

The Success Quiz was made available to the students from the end of August. It is built as part of the societies/YourSpace interface development and the software generates excel sheets for each of the sections of the success quiz. All the support units were invited to collaborate on the questions and the feedback the students received once they completed the quiz. The software generates reports and charts for the alcohol audit, the three questions on services, resources and skills and breaks these down by college. The 38 success questions are grouped under 6 categories and the results of this are available as an excel file. We had 1160 respondents this year. With the assistance of Socsbox staff this report was created based on all the data available.

Riona Hughes, Societies Officer, Student Services.

## Number Of Respondents - 1160

Of the 1160 respondents 713 were first year undergraduates which represents approximately 61.47% of respondents. Last year we had a total of 788 participants of which 465 were first year undergraduates. Which shows better engagement this year, an increased sample size will strengthen our findings. We promoted the quiz during orientation week. However this only represents 24% of first years so it is worth looking at additional ways to encourage the students to engage and also to introduce them to [yourspace.nuigalway.ie](https://yourspace.nuigalway.ie) the student extra curricular dashboard. By logging into YourSpace, as a matter of course, the students will be introduced to a wealth of support services in a friendly easily digested and personalised form. They will also get an idea of the extra-curricular opportunities available at this most crucial time when drop-out rates are statistically at their highest. Participants are also e-mailed their results and the data is then anonymised for analysis to protect the students' privacy.

This year similar to previous years, we are combining the Alcohol Audit and the questions about services, resources and desired skills into the survey and therefore simplified the process for participants. Getting first years to complete the Alcohol Audit is one of our commitments under the university participation in REACT, the third level initiative to help reduce alcohol related harm, so we need to achieve greater participation with the incoming first years.

15% of respondents were first year Postgrads, the Quiz is a very easy way for the University to engage and provide information to this cohort who face significant challenges integrating into college life. Therefore it is important to find ways to increase postgraduate participation rates by inviting incoming post graduates to participate at first point of contact.

The largest response group were College of Arts Students with 34.57% of the responses and 66.83% of these being first year undergraduates. The second largest group was the College of Science, and third highest was the College of Business, Public Policy and Law. In all cases it was first year undergraduates that had the highest response rate. Taking a closer look at the different colleges, focusing on first year undergraduates (out of the 713 first year undergraduate students), we had 37.59% College of Arts, 20.76% College of Science, 17.39% College of Business, Public Policy, & Law, 9.68% College of Engineering & Informatics, 13.04% College of Medicine, Nursing, & Health Sciences.

## Student type overall results

College	Final Year Postgraduate	Final Year Undergraduate	First Year Postgraduate	First Year Undergraduate	Second Year + Postgraduate	Second Year + Undergraduate	Visiting Student	Total
Adult & Continuing Education	0	0	1	10	0	1	2	14
College of Arts, Social Sciences, & Celtic Studies	4	17	28	268	1	24	59	401
College of Business, Public Policy, & Law	29	12	93	124	0	17	16	291
College of Engineering & Informatics	7	3	17	69	0	7	9	112
College of Medicine, Nursing, & Health Sciences	1	1	21	93	1	9	1	127
College of Science	6	14	14	148	2	22	6	212
Shannon College of Hotel Management	0	1	0	1	0	1	0	3
	47	48	174	713	4	81	93	1160

*Figure 1 success quiz database*

Overall we can see that people felt most confident regarding course choice and Career questions with a score of 79.67%, which could be a reflection of the great services provided by our career development centre and that particular courses do require people to take good consideration before applying, but this number is not 100% and therefore there is still support to be provided.

the results show the area of most concern is 'confidence with people' with a lower score of 59.62%, without surveys like this one we wouldn't know these statistics and therefore our assumptions of what Students need could be off, this survey has allowed us to go straight to the source and find out first hand where people are struggling so that we can then bring this to the attention of different service providers and they can implement strategies according.

## All respondents overall results

Category	Average Score
Adjustment	74.66%
Course Choice and Careers Questions	79.67%
Finance	63.68%
Health	70.01%
Engagement	72.11%
Confidence with People	59.62%

*Figure 2 success quiz database*

Below in Figure 3 we look at the comparative scores under the six headings by college.

For the purposes of analysis we have discounted St Angela's as we had no respondents, Adult and Continuing Education (14 of 1160) and Shannon College of Hotel Management Shannon College with respondents (3 of 1160).

For the purposes of the report the name of the five Galway campus colleges are shortened to: 'Arts', 'Business', 'Engineering', Medicine and Science.

As mentioned above, Confidence with people is consistently the biggest issue for the students of each Colleges out of the five colleges with reliable data and course choice and career questions seem to be an area that the majority feel positive about. Out of The Colleges, Arts scored lowest on Confidence with people, with a score of 57.14%. However, they seem pretty confident in the area of career choice with an impressive 78.08%, interestingly even though they had the highest response rate, their overall engagement was the lowest of all 5 colleges at 69.81% . The College of Business scored high on the career questions also with 80.77% and their Confidence with people hit a lower score of 62.63%, similarly to Arts they also had a positive score of 76.46% on adjustment. The College of Engineering scored very high 81.67% for course choice and career and again confidence with people was their lowest score. Medicine scored the highest of all the colleges in Course Choice and career (85.35%), Science scored the lowest on the Course Choice & Careers related questions with a respectable score of 76.93%.

### All respondents overall results by college course

College	Category	Average Score
College of Arts, Social Sciences, & Celtic Studies	Adjustment	72.96%
College of Arts, Social Sciences, & Celtic Studies	Course Choice and Careers Questions	78.08%
College of Arts, Social Sciences, & Celtic Studies	Finance	61.98%
College of Arts, Social Sciences, & Celtic Studies	Health	66.31%
College of Arts, Social Sciences, & Celtic Studies	Engagement	69.81%
College of Arts, Social Sciences, & Celtic Studies	Confidence with People	57.14%

<b>College of Business, Public Policy, &amp; Law</b>	<b>Adjustment</b>	<b>76.46%</b>
<b>College of Business, Public Policy, &amp; Law</b>	<b>Course Choice and Careers Questions</b>	<b>80.77%</b>
<b>College of Business, Public Policy, &amp; Law</b>	<b>Finance</b>	<b>64.04%</b>
<b>College of Business, Public Policy, &amp; Law</b>	<b>Health</b>	<b>73.29%</b>
<b>College of Business, Public Policy, &amp; Law</b>	<b>Engagement</b>	<b>75.02%</b>
<b>College of Business, Public Policy, &amp; Law</b>	<b>Confidence with People</b>	<b>62.63%</b>
<b>College of Engineering &amp; Informatics</b>	<b>Adjustment</b>	<b>76.17%</b>
<b>College of Engineering &amp; Informatics</b>	<b>Course Choice and Careers Questions</b>	<b>81.07%</b>
<b>College of Engineering &amp; Informatics</b>	<b>Finance</b>	<b>67.14%</b>
<b>College of Engineering &amp; Informatics</b>	<b>Health</b>	<b>73.19%</b>
<b>College of Engineering &amp; Informatics</b>	<b>Engagement</b>	<b>71.63%</b>
<b>College of Engineering &amp; Informatics</b>	<b>Confidence with People</b>	<b>60.89%</b>
<b>College of Medicine, Nursing, &amp; Health Sciences</b>	<b>Adjustment</b>	<b>75.16%</b>
<b>College of Medicine, Nursing, &amp; Health Sciences</b>	<b>Course Choice and Careers Questions</b>	<b>85.35%</b>
<b>College of Medicine, Nursing, &amp; Health Sciences</b>	<b>Finance</b>	<b>64.44%</b>
<b>College of Medicine, Nursing, &amp; Health Sciences</b>	<b>Health</b>	<b>70.65%</b>

College of Medicine, Nursing, & Health Sciences	Engagement	72.87%
College of Medicine, Nursing, & Health Sciences	Confidence with People	60.68%
College of Science	Adjustment	74.29%
College of Science	Course Choice and Careers Questions	76.93%
College of Science	Finance	64.13%
College of Science	Health	70.23%
College of Science	Engagement	72.13%
College of Science	Confidence with People	58.33%

Figure 3 success quiz database

In the next section we will break down each of the 6 question categories above and look at a selection of the overall answers to each individual question. The questions were randomised and students were offered a 5 point sliding scale from 'Not like me' to 'Very like me' and included positive and negative questions see Appendix 1 for the format of the Quiz. The question categories are 'adjustment', 'Course Choice and Career', 'Health', 'Finance', 'Confidence with People' and 'Engagement'

## Questions in the Categories

### Adjustment Questions

I feel I will adjust well to college life.

I feel I have nobody to talk to about my worries.

I feel anxious about settling into college.

I feel supported by my family.

I don't know how I will find the time to do all the things I need and want to do in my day.

I am looking forward to my new independent lifestyle.

In this section the aim was to ascertain how prepared they felt for college and all the new demands that would be placed on their time, did they feel they had support from at home or any other source. For any respondents in a higher year it was an opportunity to reflect on where they were at the start of this new year. Looking at some of the results of these questions we can see 73.19% agreed or strongly agreed that

they would adjust well to college life, less than 1% strongly disagreed but there are still 311 Students of 160 who selected 3 and less. 85.60% of respondents feel supported by their families.

### 1 (Very unlike me) - 5 (Very Like me)

Adjustment		
Scale	<b>I feel I will adjust well to college life.</b>	
1	6	0.52%
2	83	7.16%
3	222	19.14%
4	526	45.34%
5	323	27.84%
Grand Total	1160	
Scale	<b>I feel I have nobody to talk to about my worries.</b>	
1	504	43.45%
2	353	30.43%
3	186	16.03%
4	82	7.07%
5	35	3.02%
Grand Total	1160	
Scale	<b>I feel anxious about settling into college.</b>	
1	170	14.66%
2	282	24.31%
3	286	24.66%
4	291	25.09%
5	131	11.29%
Grand Total	1160	
Scale	<b>I feel supported by my family.</b>	
1	16	1.38%
2	33	2.84%
3	118	10.17%
4	255	21.98%
5	738	63.62%
Grand Total	1160	
Scale	<b>I don't know how I will find the time to do all the things I need and want to do in my day.</b>	
1	73	6.29%
2	238	20.52%
3	294	25.34%
4	323	27.84%
5	232	20.00%
Grand Total	1160	
Scale	<b>I am looking forward to my new independent lifestyle.</b>	
1	10	0.86%
2	46	3.97%
3	150	12.93%
4	420	36.21%
5	534	46.03%
Grand Total	1160	

# Course Choice and Career

## Questions

I'm happy with my course choice.

I have no career ideas yet.

I have a good idea of the possible career options open to me with my course.

I would like to know things I can do to make myself more employable.

In this section we asked questions about their satisfaction with their course choice and their perceived career options. 69.74% are happy with their choice, which leaves 30.26% individuals either unsatisfied or unhappy with their choice.

There is a good level of understanding of career options (69.40% scored 4 + 5).

### 1 (Very unlike me) - 5 (Very Like me)

Careers		
Scale	I'm happy with my course choice.	
1	39	3.36%
2	76	6.55%
3	236	20.34%
4	375	32.33%
5	434	37.41%
Grand Total	1160	
Scale	I have no career ideas yet.	
1	362	31.21%
2	378	32.59%
3	197	16.98%
4	149	12.84%
5	74	6.38%
Grand Total	1160	
Scale	I have a good idea of the possible career options open to me with my course.	
1	30	2.59%
2	135	11.64%
3	190	16.38%
4	462	39.83%
5	343	29.57%
Grand Total	1160	
Scale	I would like to know things I can do to make myself more employable.	
1	21	1.81%
2	42	3.62%
3	159	13.71%
4	412	35.52%
5	526	45.34%
Grand Total	1160	



# Health Questions

- I feel fit and healthy.
- I take regular exercise.
- I eat a healthy, balanced diet.
- I usually get a good night's sleep.
- I worry about my general health.
- I have no energy and I am tired all the time.
- I have a pre-existing health issue that I am concerned about.
- I often feel stressed or anxious.
- I am currently or have in the recent past suffered low mood/depression.
- I have experienced a mental health issue for more than one year.
- I feel confident and informed about my sexual health needs.
- I understand the importance of being informed about sexual consent.

This section of the survey aimed to understand how confident students felt about their overall wellbeing going into college for the first time or returning to their next year. This covered topics including physical health, mental health and sexual consent with 48.36% of respondents stating that they did feel fit and healthy over all, this result could be concerning, however it is a broad question but it is an area that could be worth addressing with continuing health promotion campaigns. We know through Irish Statistics that 1 in 4 people in Ireland will suffer from a mental health issue in their lifetime (Mental Health Ireland 2020 <https://www.mentalhealthireland.ie/a-to-z/stigma/>).

This is an area that needs support all over the country and NUI Galway is no exception as 46.29% of respondents indicated that they had or were experiencing low mood at the time of answering (those that selected 4 or 5). Almost half of the student body (based on our sample) currently or in past suffered with mental health issues which makes this an area of concern, reassuringly Student Services and the Students Union have been actively promoting both physical and mental health on campus through different initiatives.

68.36% of respondents feel confident and informed about their sexual health needs.

## 1 (Very unlike me) - 5 (Very Like me)

Health		
Scale	I feel fit and healthy.	
1	48	4.14%
2	189	16.29%
3	362	31.21%
4	380	32.76%
5	181	15.60%
Grand Total	1160	
Scale	I take regular exercise.	
1	92	7.93%
2	244	21.03%
3	306	26.38%
4	300	25.86%
5	218	18.79%
Grand Total	1160	
Scale	I eat a healthy, balanced diet.	
1	37	3.19%
2	161	13.88%
3	348	30.00%
4	425	36.64%
5	189	16.29%
Grand Total	1160	

Scale	I usually get a good night's sleep.	
1	81	6.98%
2	223	19.22%
3	316	27.24%
4	352	30.34%
5	188	16.21%
Grand Total	1160	

Scale	I worry about my general health	
1	239	20.60%
2	371	31.98%
3	274	23.62%
4	204	17.59%
5	72	6.21%
Grand Total	1160	

Scale	I have no energy and I am tired all the time.	
1	227	19.57%
2	372	32.07%
3	290	25.00%
4	184	15.86%
5	87	7.50%
Grand Total	1160	

Scale	I often feel stressed or anxious.	
1	76	6.55%
2	256	22.07%
3	281	24.22%
4	306	26.38%
5	241	20.78%
Grand Total	1160	

Scale	I am currently or have in the recent past suffered low mood/depression.	
1	129	11.12%
2	237	20.43%
3	257	22.16%
4	318	27.41%
5	219	18.88%
Grand Total	1160	

Scale	I have experienced a mental health issue for more than one year.	
1	863	74.40%
2	104	8.97%
3	54	4.66%
4	48	4.14%
5	91	7.84%
Grand Total	1160	

Scale	I feel confident and informed about my sexual health needs.	
1	26	2.24%
2	96	8.28%
3	245	21.12%
4	362	31.21%
5	413	35.60%
Grand Total	1160	

Scale	I understand the importance of being informed about sexual consent.	
1	14	1.21%
2	23	1.98%
3	137	11.81%
4	217	18.71%
5	769	66.29%
<b>Grand Total</b>	<b>1160</b>	

## Finance Questions

I need a part-time job to cover the cost of living.

I am good at budgeting.

Money is not an issue for me.

I am worried about not having enough money to complete my studies

I believe it is important that I live a sustainable lifestyle that contributes to a sustainable campus, community and world.

In this section, we aimed to understand the knowledge our students had around financial management and the struggles they experienced. It gave students the chance to evaluate their financial security for the duration of the degree. For many of the Colleges this was the second weakest area. 51.81% agreed or strongly agreed they were looking for a part-job to cover the cost of their living with 59.48% saying that money was an issue for them (scores of 1 and 2) and a slightly less worrying 18.97% of respondents stated they were not good at budgeting. However this is still 573 people of 1160 who have suggested they could improve their budgeting skills by selecting 1-3.

### 1 (Very unlike me) - 5 (Very Like me)

Finance		
Scale	I need a part-time job to cover the cost of living.	
1	148	12.76%
2	214	18.45%
3	197	16.98%
4	271	23.36%
5	330	28.45%
<b>Grand Total</b>	<b>1160</b>	
Scale	I am good at budgeting.	
1	43	3.71%
2	177	15.26%
3	353	30.43%
4	388	33.45%
5	199	17.16%
<b>Grand Total</b>	<b>1160</b>	
Scale	Money is not an issue for me.	
1	355	30.60%
2	335	28.88%
3	284	24.48%
4	135	11.64%
5	51	4.40%
<b>Grand Total</b>	<b>1160</b>	

Scale	I am worried about not having enough money to complete my studies	
1	239	20.60%
2	311	26.81%
3	219	18.88%
4	212	18.28%
5	179	15.43%
<b>Grand Total</b>	<b>1160</b>	

Scale	I believe it is important that I live a sustainable lifestyle that contributes to a sustainable campus, community and world.	
1	5	0.43%
2	12	1.03%
3	165	14.22%
4	381	32.84%
5	597	51.47%
<b>Grand Total</b>	<b>1160</b>	

## Confidence with People

For this section we used the three Mini-SPIN questions which are used as a screening instrument for Seasonal Affective Disorder and an indicator of social anxiety. The questions are rated using a 5 point Likert scale, so worked well with the format of the Success Quiz. Scores of 6 or higher on the Mini –Spin indicate possible problems with social anxiety. By replacing the one with zero up to replacing the 5 with a 4 it was possible to create the individual scores. 15% of respondents scored at the top of the scale, with 38% of respondents scoring high in social anxiety.

The three questions were:

- Fear of embarrassment causes me to avoid doing things or speaking to people.
- I avoid activities in which I am the centre of attention
- Being embarrassed or stupid are among my worst fears.

As we know from earlier, for all of the Colleges, Confidence with people was an area people were struggling with.

### 1 (Very unlike me) - 5 (Very Like me)

Confidence with people		
Scale	Fear of embarrassment causes me to avoid doing things or speaking to people.	
1	199	17.16%
2	294	25.34%
3	243	20.95%
4	262	22.59%
5	162	13.97%
<b>Grand Total</b>	<b>1160</b>	

Scale	I avoid activities in which I am the centre of attention.	
1	121	10.43%
2	291	25.09%
3	299	25.78%
4	262	22.59%
5	187	16.12%
<b>Grand Total</b>	<b>1160</b>	

Scale	Being embarrassed or stupid are among my worst fears.	
1	151	13.02%
2	290	25.00%
3	251	21.64%
4	275	23.71%
5	193	16.64%
Grand Total	1160	

## Engagement Questions

I feel that volunteering and experience gained through extracurricular activities such as clubs, societies and the Students Union will help me greatly in the future.
I wish to avail of the peer to peer / mentoring support available.
I wish to engage in charity work and volunteering outside of NUI Galway.
I plan to join societies in college.
I want to continue a personal pastime in college.
I hope to join a sports club.
I want to continue a sport in college.
I am interested in the work of the Students' Union and would like to learn more about them

In this section, we wanted to see how engaged our students were or planned to get throughout their time in University. The vast majority of respondents expressed interest in either joining an extra-curricular activity in college or continuing on one during their time here.

81.37% said they felt that volunteering and experience gained through extracurricular activities such as clubs, societies and the Students Union will help me greatly in the future. The next section breaks down the activities and services they hope to engage with.

### 1 (Very unlike me) - 5 (Very Like me)

Engagement		
Scale	I feel that volunteering and experience gained through	
1	11	0.95%
2	47	4.05%
3	158	13.62%
4	368	31.72%
5	576	49.66%
Grand Total	1160	

Scale	I wish to avail of the peer to peer / mentoring support available.	
1	96	8.28%
2	222	19.14%
3	341	29.40%
4	313	26.98%
5	188	16.21%
Grand Total	1160	

Scale	I wish to engage in charity work and volunteering outside of NUI	
1	86	7.41%
2	181	15.60%
3	297	25.60%
4	313	26.98%
5	283	24.40%
Grand Total	1160	



Scale	I hope to join societies in college.	
1	21	1.81%
2	67	5.78%
3	139	11.98%
4	335	28.88%
5	598	51.55%
Grand Total	1160	

Scale	I want to continue a personal hobby or pastime in college.	
1	39	3.36%
2	76	6.55%
3	236	20.34%
4	375	32.33%
5	434	37.41%
Grand Total	1160	

Scale	I hope to join a sports club.	
1	169	14.57%
2	185	15.95%
3	175	15.09%
4	274	23.62%
5	375	32.33%
Grand Total	1160	

Scale	I want to continue a sport in college.	
1	233	20.09%
2	217	18.71%
3	218	18.79%
4	212	18.28%
5	280	24.14%
Grand Total	1160	

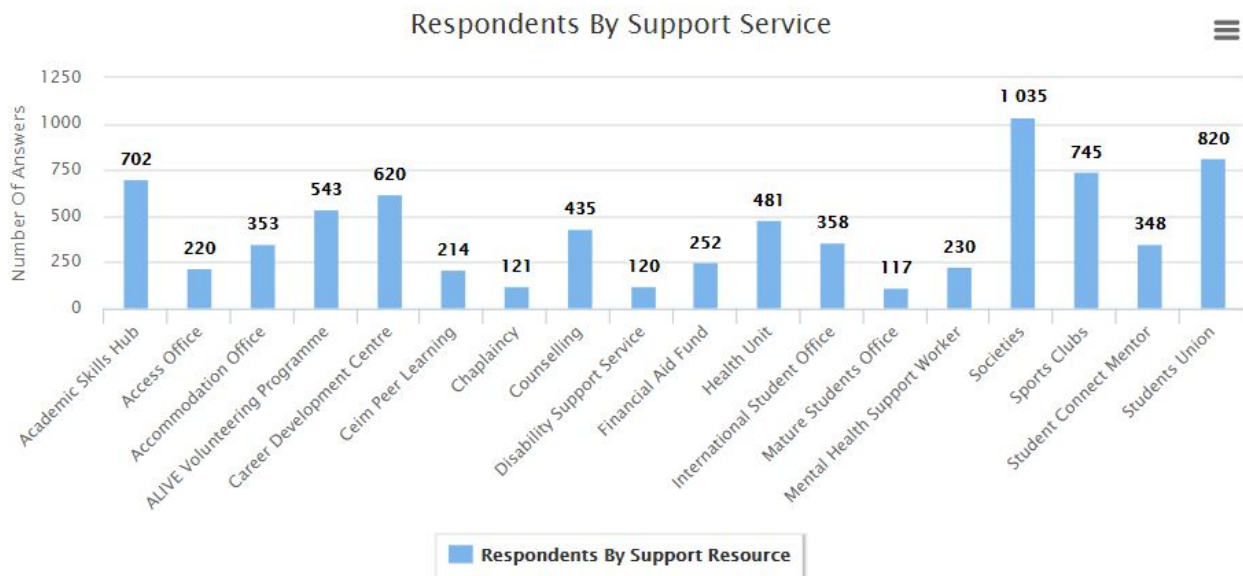
Scale	I am interested in the work of the Students' Union and would like to learn more about them	
1	94	8.10%
2	215	18.53%
3	343	29.57%
4	313	26.98%
5	195	16.81%
Grand Total	1160	

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# Question: Support Services

There were three additional questions to see what services, resources and non academic skills.

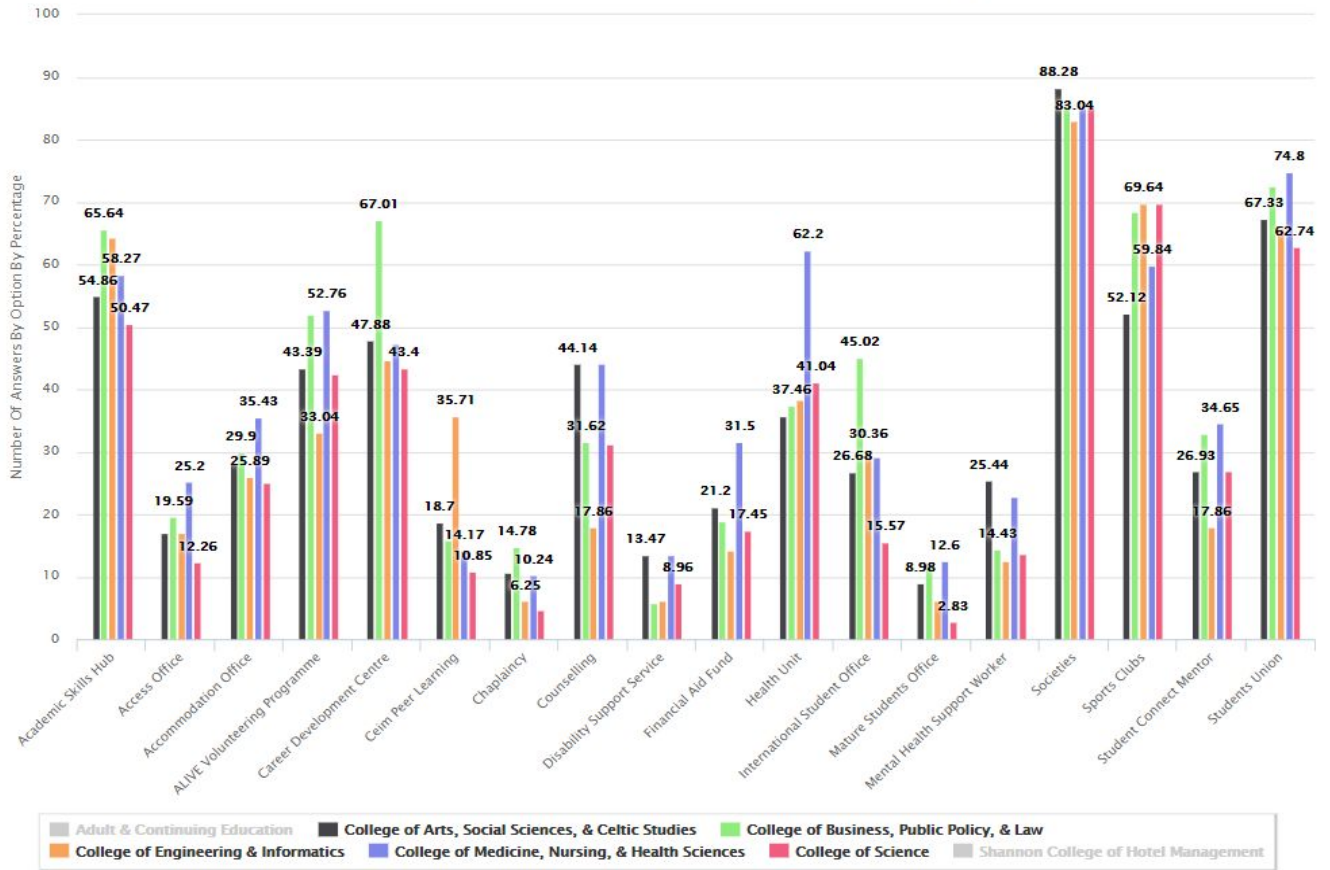
The top 5 support services in order were: Societies, Students Union, Sports Clubs, Academic Skills Hub and Career Development Centre.



For this next graph for the purpose of showcasing the results we have again removed those who had a sample much too small to get a reliable result. The top five services are Societies 89%, Students Union 70% and Sports Club 64%, Academic Skills Hub 60% and Career Development Centre 53%.

The next figure breaks this down by college according to the percentage of students who responded per college. The respondents are similar in most sections, some notable exceptions are the school of Business has a greater interest in Career Development Office and International Office. Medicine in the Students Union and Health unit. Arts and Medicine slightly more interested in Counselling and College of Science least interested in Mature Students Office and Chaplaincy.

## Respondents By Support Service Option By College Percentage



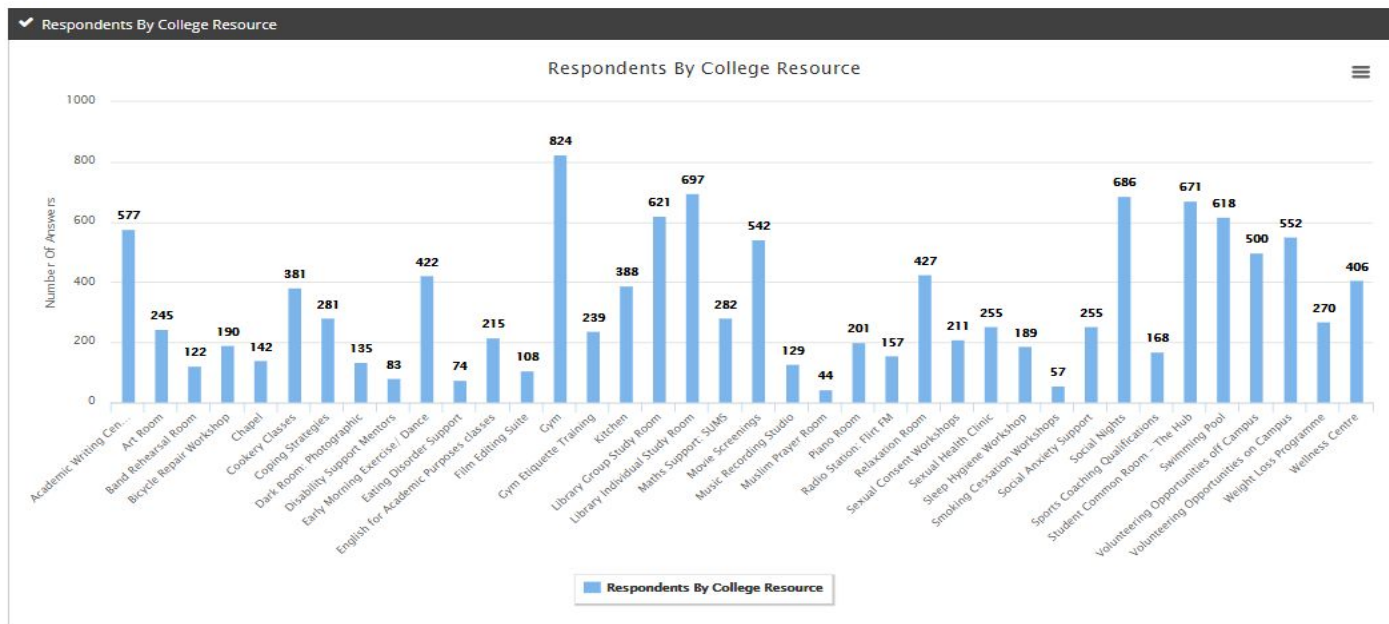
### Respondents By Support Service By College By Percentage

Support Service	Adult & Continuing Education	College of Arts, Social Sciences, & Celtic Studies	College of Business, Public Policy, & Law	College of Engineering & Informatics	College of Medicine, Nursing, & Health Sciences	College of Science	Shannon College of Hotel Management
Academic Skills Hub	78.57%	54.86%	65.64%	64.20%	58.27%	50.47%	66.67%
Access Office	50.00%	19.59%	12.26%	10.85%	25.20%	25.89%	0%
Accommodation Office	7.14%	28.13%	29.90%	26.89%	35.43%	25.00%	0%
ALIVE Volunteering Programme	50.00%	43.39%	51.89%	33.04%	52.76%	42.45%	66.67%
Career Development Centre	71.43%	47.88%	67.01%	44.64%	47.24%	43.40%	66.67%
Ceim Peer Learning	35.71%	18.70%	15.81%	35.71%	14.17%	10.85%	33.33%
Chaplaincy	21.43%	10.72%	14.78%	6.25%	10.24%	4.72%	0%
Counselling	42.86%	44.14%	31.62%	17.86%	44.09%	31.13%	0%
Disability Support Service	7.14%	13.47%	5.84%	6.25%	13.39%	8.96%	0%
Financial Aid Fund	42.86%	21.20%	18.90%	14.29%	31.50%	17.45%	33.33%
Health Unit	42.86%	35.66%	37.46%	38.39%	62.20%	41.04%	0%
International Student Office	21.43%	26.68%	45.02%	30.36%	29.13%	15.57%	0%
Mature Students Office	85.71%	8.98%	12.37%	6.25%	12.60%	2.83%	0%
Mental Health Support Worker	35.71%	25.44%	14.43%	12.50%	22.83%	13.68%	0%
Societies	71.43%	88.28%	85.57%	83.04%	85.04%	85.38%	100.00%
Sports Clubs	50.00%	52.12%	68.38%	69.64%	59.84%	69.81%	33.33%
Student Connect Mentor	50.00%	26.93%	32.99%	17.86%	34.65%	26.89%	33.33%
Students Union	78.57%	67.33%	72.51%	66.07%	74.80%	62.74%	66.67%

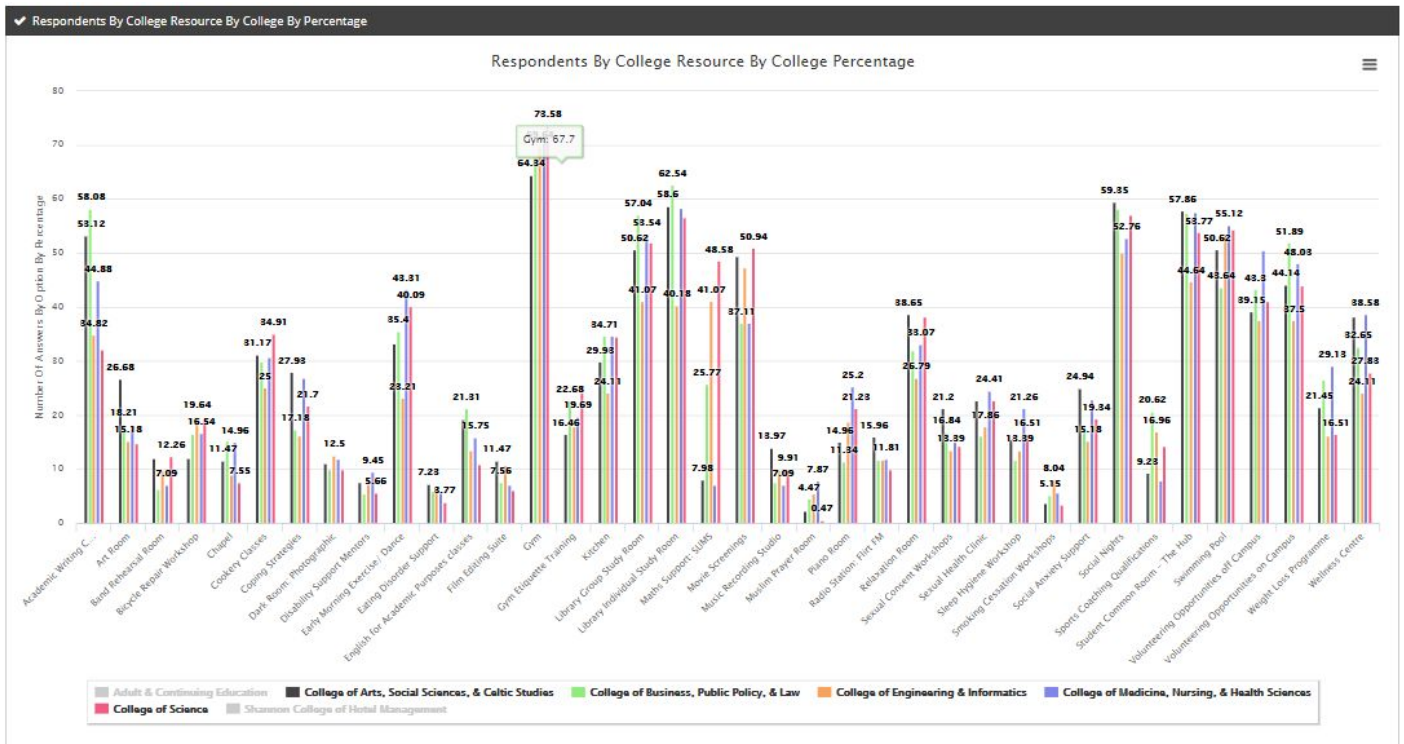


# Resources Question

The respondents were asked to think about resources they would like to access, the following graphs show the overall interest, broken down by college based on the number of respondents and by college based on the percentage each is of the overall respondents. The five in order were gym 71%, library individual study room 60%, social nights 59%, student common room-hub 58%, library group study room 53%. The third figure in this section breaks this down by college.

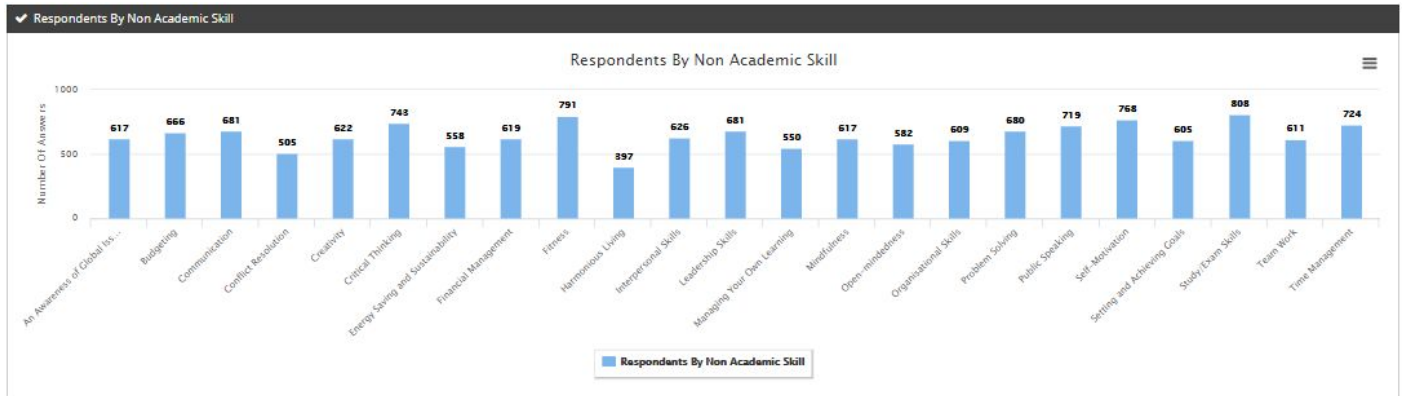


College Resource	Number Of Respondents
Academic Writing Centre	577
Art Room	245
Band Rehearsal Room	122
Bicycle Repair Workshop	190
Chapel	142
Cookery Classes	381
Coping Strategies	281
Dark Room: Photographic	135
Disability Support Mentors	83
Early Morning Exercise/ Dance	422
Eating Disorder Support	74
English for Academic Purposes classes	215
Film Editing Suite	108
Gym	824
Gym Etiquette Training	239
Kitchen	388
Library Group Study Room	621
Library Individual Study Room	697
Maths Support: SUMS	282
Movie Screenings	542
Music Recording Studio	129
Muslim Prayer Room	44
Piano Room	201
Radio Station: Flirt FM	157
Relaxation Room	427
Sexual Consent Workshops	211
Sexual Health Clinic	255
Sleep Hygiene Workshop	189
Smoking Cessation Workshops	57
Social Anxiety Support	255
Social Nights	686
Sports Coaching Qualifications	168
Student Common Room - The Hub	671
Swimming Pool	618
Volunteering Opportunities off Campus	500
Volunteering Opportunities on Campus	552
Weight Loss Programme	270
Wellness Centre	406



# Non Academic Skills

The top five were study/exam skills, fitness, self motivation, critical thinking and time management.



Respondents By Non Academic Skill	
Non Academic Skill	Number Of Respondents
An Awareness of Global Issues	617
Budgeting	606
Communication	681
Conflict Resolution	505
Creativity	622
Critical Thinking	743
Energy Saving and Sustainability	555
Financial Management	619
Fitness	791
Harmonious Living	597
Interpersonal Skills	626
Leadership Skills	681
Managing Your Own Learning	550
Mindfulness	617
Open-mindedness	582
Organisational Skills	609
Problem Solving	680
Public Speaking	719
Self-Motivation	768
Setting and Achieving Goals	605
Study/Exam Skills	608
Team Work	611
Time Management	724

## Survey Results

Each student who completes their survey will receive a personalised response in their email with useful tips and information to help them on their college journey. Each section expands to provide additional information.

## Success Quiz 2019 - Results (Your results have been sent to your email address)



Here is an average score of 60%

**Adjustment Score: 60%**

### **Adjustment score: 60%**

You seem to be settling well into third level. If you have any worries about college life, don't be afraid to ask for advice from one of your fellow students, especially if they have been in third-level for longer than yourself. For academic advice, you can approach lecturers about any help you may need. Check out NUI Galway's student advice and support services below. If you or a friend identifies as LGBT, check out some resource links below that offer great advice and support both for settling in and general college life. You can also ask for any guidance on general college life from NUI Galway's [student information desk](#) in Áras Uí Chathail. Remember, adjustment can take time, so taking small steps of improvement can create a massive difference.

#### **To get involved:**

- Join a society (Societies Day September 6th)
- Join a sports club (Sports Clubs Day September 6th)
- Consider doing volunteering (Volunteer Fair September 12th)

- Get involved with The Students' Union (SU Freshers September 13th)
- Collect phone numbers of 1st years in your mentoring group, CÉIM and PAL group and call one. They are probably feeling the same
- Make an effort to talk to the person sitting beside you in class.

#### **Supports and resources:**

- [NUI Galway Societies](#)
- [NUI Galway Sports Clubs](#)
- [ALIVE \(Volunteering\)](#)
- [NUI Galway Students Union](#)
- [NUI Galway Campus Life](#)
- [NUI Galway Chaplaincy](#)
- [Student Counselling](#)
- [Disability Support Service](#) (If you have a disability, long-term physical or mental health condition, or specific learning difficulty you must register to avail of the service)
- [Student Connect](#)
- [Accommodation & Welfare](#)
- [Academic Skills Hub](#)
  
- [Health & Wellbeing](#)
- [HSE #littlethings](#)
- [Mentor Programme](#) and [CÉIM Academic Peer Learning Programme](#)
- [Participate Programme](#) (online programme for social anxiety)
- [Students Union LGBT page](#)
- For NUI Galway's LGBT society check out: [GIG \(Gay In Galway\) Soc Facebook](#)
- [Shout Out LGBT Youth](#)
- For more information on Trans Resources: [Teni.ie](#)
- For quick information on LGBT Issues: [LGBT Helpline](#)

#### **To adjust well:**

- Be patient - research shows that most students don't settle in until second semester and even into second year
- Work on the parts of the adjustment you find challenging and seek support if necessary
- Think of previous times you had to adjust to new circumstances - what worked or helped you

**Course Choice and Careers Questions Score: 60%**

**Course Choice and Career score: 60%**

At this point it seems like you feel confident that the course choice is right for you, but you might have a few questions so it can be a good idea to explore career options with your course - check out the Career Development Centre [website](#).

Understanding your career options and having a good sense of your reason for choosing your course can help to keep you motivated and engaged.

To optimise your potential it is also good to start to develop your employability skills through both your course and extracurricular activity (Clubs, Societies volunteering).

#### **It's worthwhile to:**

- To get to know your year academic advisor and to talk to them if you have any concerns
- Find out what graduates of your course have done in previous years
- Familiarise yourself with NUI Galway policies and procedures related to your course which can be found in your [first year handbook](#).
- Look at occupational roles the course qualifies you for
- Ask a company or graduate if you could shadow them for a day or two
- Contact the Career Development Centre
- Contact the Discipline or College Office

#### **Resources:**

- [NUI Galway Career Development Centre](#)
- [Grad Ireland](#)
- [Qualifax - the National Learners' Database](#)
- [NUI Galway First Year Information](#)
- [ALIVE Certificate](#)
- [Societies Leadership Award](#)
- [Administrations And Services](#)
- [Fee's Office](#)

**Finance Score: 60%**

#### **Finance score: 60%**

Finance does not seem to be a major issue for you at present. Although it looks like you are managing to keep most things under control at the moment, taking care of money when in college tends to be quite a stressful task. Don't hesitate to look for guidance because developing the ability to manage your budget will allow you to focus on other aspects of life in college. Check out the tips below on how to live a sustainable lifestyle which is good for you, your finances and the planet

If you ever feel the need of one-to-one financial counselling you can book an appointment at the Student Services desk upstairs in Aras ui Cathaill for a chat with Dave on Tuesdays or Wednesdays.

#### **Consider:**

- Write out a weekly budget detailing your income and expenditure
- List ways to save money
- Learn to cook for yourself
- Avail of student [discounts](#)
- Be aware of [financial assistance](#) to you (e.g. [NUI Galway Financial assistance Financial Aid Fund](#), and [student grants](#))
- Getting a part-time job
- **Resources:**
- Learn [how to manage your money](#)

- Check out [five steps to reduce the stress of administering your cash](#)
- Draw up a [personal budget](#)
- See some [tips for saving as a student](#)
- Improve your [CV to impress](#) potential employers
- Follow [The Financial Diet Youtube Channel](#) and [Blog](#) for handy tips

**If you have financial concerns contact:**

- [NUI Galway Student Financial Assistance](#)
- [NUI Galway Students' Union](#)
- [Chaplaincy](#)
- [Career Development Centre](#) (for help with your CV and job hunt)

### **Sustainable Living (Savings for you and saving the planet)**

Saving Energy, recycling and upcycling by reusing items in a new way, shopping in second hand shops (lots in Galway), eating what you buy (not just leaving it in the fridge) are not just good for your saving money but also vital for the planet.

### **What is Sustainability?**

Sustainability meets the needs of the current generation without compromising the ability of future generations to meet their own needs. This involves a balance between environment, society and economy and leads to an improved quality of life.

### **Find out More**

Take the [One Planet Living Challenge](#) and see how important it is for our wellbeing now and for future generations to embrace sustainability! Check out [www.nuigalway.ie/sustainability](http://www.nuigalway.ie/sustainability) to find out more about how you can help create a sustainable campus, community and world.

### **Actions:**

#### **Eat organic, locally-grown food**

Saol Café in the ILAS building NUI Galway North Campus is the first community-based social enterprise café to exist on a higher education campus in Ireland. It serves locally sourced organic nutritious food.

Sult (College Bar) is committed to only using recyclable products, check out their new healthy Bia Box.

#### **Switch off appliances when not in use**

NUI Galway was awarded the ISO50001 standard in 2012, recognising efficient energy use. The campus is making great strides in reducing its overall energy use. Leaving your gadgets on standby will raise your electricity bill so switch them off and turn off lights when you leave a room.

#### **Use a refillable water bottle**

One plastic bottle will take more than 450 years to break down. There are dozens of drinking water fountains throughout the campus.

#### **Spend time in Nature**

Its free and so good for you. NUI Galway is the most biodiverse campus in Ireland There is a Green Campus Map that pinpoints green initiatives. The Organic Garden, Botany and CCAFS Societies have their own organic garden on Distillery Road.

#### **Walk or cycle to campus**

74% students and 35% staff travel to campus using sustainable modes such as walking, cycling and public transport. Walking and Cycling are also a great free way to keep fit. If you have a bicycle the [BikeGang Society](#) in their An Mheitheal Rothair workshop on Earl's Island will help you keep it great shape.

#### **Reduce and Recycle waste**

45% of the total waste generated on campus is recycled each month. In your accommodation you will have 3 bins for recycling: Grey: general waste, Green: clean recyclables, Brown: Food, so no excuse not to recycle and there are bottle banks on campus near Áras Uí Chathail.

#### **Buy Fairtrade and sustainable products**

Fairtrade is about better prices, decent working conditions and fair terms of trade for farmers and workers. Fairtrade coffee is available throughout the campus.



## Health Score: 60%

### Health score: 60%

It seems like you are looking after your health at the moment. You are on the right track, so make sure to keep taking care of both your physical and mental health as they are essential to achieving a good life quality. That way you'll be able to prevent stress and disease, reduce anxiety and increase your energy levels while also improving your mood. If there is anything still worrying you, do seek support from either friends/family or a healthcare professional so that you can make sure everything's well and that your transition into college life goes smoothly.

- **Things you can do:**
  - Participate in regular recreational [exercise](#)
  - [Eat healthily](#), don't skip breakfast and if you don't already why not learn to cook.
  - Plan study, leaving clear start and finish times
  - Reduce outside hours working, if overstretched
  - Discuss any health concerns with the Health Centre
  - Address issues of stress/anxiety with the support of the Counselling Service
  - Look to the [Health and Wellbeing Section of Student Services Site](#)
  - Walking or cycling to college can provide regular exercise
  - [Little things](#) can help:
    - Having coffee with a friend
    - Keeping a gratitude journal
    - Going for a walk
- **Resources:**
  - Join a [club](#)
  - Join an active [society](#)
  - Find out if you are [getting enough sleep](#)
  - Download this Water Drink Reminder [app](#)
  - Check a list of [store cupboard essentials](#)
  - Improve your time management with the [Pomodoro Technique](#)
  - Learn [9 simple ways to manage anxiety](#)
  - Get a sense of what [Mindfulness](#) is and how it can help you to concentrate and relax
  - See what are the most common [insecurities about sex](#).
  - Find out about the [Smart Consent](#) initiative at NUI Galway (3)
  - [Bicycle Workshop](#) (An Mheitheal Rothar & Bike Gang Society)

●

### If you have any concerns do make sure to contact:

- [NUI Galway Health Unit](#) (1)
- [NUI Galway Counselling Service](#) (2)
- [NUI Galway Chaplaincy](#)
- [NUI Galway Sport and Recreation](#)
- [NUI Galway Campus Life](#)
- [Participate Programme](#) (online programme for social anxiety)



(1) If you have concerns about your health, contact the **Student Health Unit** for guidance. Out of Hours Service (Please note there is a charge for this) Monday-Thursday (After 6pm) contact emergency number: 087-2623997. If you have questions about contraceptives or sexually transmitted diseases there will be a new sexual health clinic in September for details see the [website](#).

(2) In order to get an appointment with the **Counselling Service** during term time you need to go to the drop in service which is open every weekday in term time from 2.00pm to 4.00pm. Best to arrive early as they operate a first come first served system and it gets very busy during term times. In order to get an appointment outside term time please email [counselling@nuigalway.ie](mailto:counselling@nuigalway.ie) or phone 091-492484.

(3) The Smart Consent workshop is being provided during Orientation Week in all of the colleges on the main NUI Galway campus. This is a fun, interactive 1 hour session to find out how knowing more about sexual consent can enhance your experiences. You are not asked to give any personal information or share personal experiences. We also provide 2 hour workshops at various points during the year. For more information see our webpage or email [smartconsent@nuigalway.ie](mailto:smartconsent@nuigalway.ie).

(4) If you have a long-term physical or mental health condition – that is, a condition lasting for more than one year – consider registering with the Disability Support Service to access supports and accommodations to help with your studies. Even if you don't need support right now, it's often a good idea to register with the service anyway. This means that if a need does arise, you're more likely to be able to access appropriate supports in a timely manner.

**Engagement Score: 60%**

### **Engagement score: 60%**

You seem to be engaging and learning all about that the college has to offer. Extracurricular activities and getting involved can really help you gain valuable experience and skills such as communication, time management and teamwork. These activities can make you more employable in the future and might even help you find a career path. They can help in making new friends and bring you to loads of fun activities, events and other amazing opportunities. If you ever feel the need of support there is a lot available so do look for help, for example [the Student Counselling Service](#) and the [Chaplains](#). Adjusting is harder if you are shy about meeting new people or approaching lecturers but [the Participate](#) online programme is proven to help.

Whatever your choices are be sure you are achieving a life balance and not overextending yourself.

You can also call to [the Hub](#), in Áras na Mac Léinn, and speak to the WELL Crew at the info desk for more info on how to get involved. Be sure to make your self a cup of tea in the Kitchen when you are there

### **To get involved:**

- Join a Society (Societies Day September 6th)
- Join a Sports Club (Clubs Day September 6th)
- Consider doing volunteering (Volunteer Fair September 12th)
- Get involved with the Students' Union (SU Freshers Fair September 13th)
- Get advice from your Mentor, CÉIM Leader or PAL Leader
- Make a point of talking to people in your class, remember everyone is starting something new and you have the chance to make a new friend or brighten someone's day.

## Supports and resources:

- [NUI Galway Societies](#)
- [NUI Galway Clubs](#)
- [NUI Galway Students Union](#)
- [NUI Galway Campus Life](#)
- [NUI Galway Chaplaincy](#)
- [ALIVE](#)
- [NUI Galway Counselling Service](#)
- [Student Connect](#)

### Mentor Programme and CÉIM Academic Peer

- [Learning Programme](#)  
[Academic Skills Hub](#)
- [Participate Programme](#)
- [Student Calendar](#)
- [What's Happening Guide](#)
- [YourSpace](#) (login to join clubs, societies and ALIVE Cert)

**Confidence with People Score: 60%**

### Confidence with People score: (60%)

Being self-conscious or shy when meeting people can be a challenge for a lot of people. Your score indicates this might sometimes be challenge for you, at least in certain situations.

#### The good news is ...

- This is a really common issue – you are not alone!
- You can access **immediately** an online programme ([Participate](#)) that is proven to help
- There actually are a lot of friendly people and activities available in NUI Galway, as and when you are ready to connect with them, step by step

#### First thing to do:

Check out [Participate](#) – you can learn about shyness and social anxiety, get instant feedback on how socially anxious you are, and learn the steps you can take to overcome it and have a successful time in college.

#### Second thing to do:

As you work through the online programme, you will feel increasingly more able to engage with the some of the gazillion people, events, societies, clubs etc around the place. It may be hard to believe at times, but here's the truth – even if you have struggled with this for a long time, you can learn new ways to approach social situations that will help you to succeed in overcoming shyness!

So, step by step, you will be able to check out opportunities to connect with people and practise your new skills there.

You can also call to [the Hub](#), in Áras na Mac Léinn, and speak to the WELL Crew at the info desk for more info on how to get involved. Be sure to make your self a cup of tea in the Kitchen when you are there

## SilverCloud Supported Online Programme for Anxiety, Depression and Stress

SilverCloud offers secure, immediate access to online supported CBT (cognitive behavioural therapy) programmes, tailored to your specific needs. The programmes have demonstrated high improvement rates for depression, anxiety and stress.

It's flexible – access it anywhere 24/7 on your computer, tablet or mobile phone. It is very easy to use employing interactive tools and activities to make the experience interesting and motivational.

Just click on <https://nuigstudentcounselling.silvercloudhealth.com/signup> to begin.

**To get involved, check out the Engagement section of your quiz feedback for opportunities and resources etc.**

**Other supports and resources:**

If this is a problem to the extent that you think it might be useful to talk to someone or check out wider issues, then you could try

- [Student Counselling](#)  
[Disability Support Service](#) (If you have a disability, long-term physical or mental health condition, or specific learning difficulty you must register to avail of the service)
- [Student Connect](#)
- [HSE #littlethings](#)

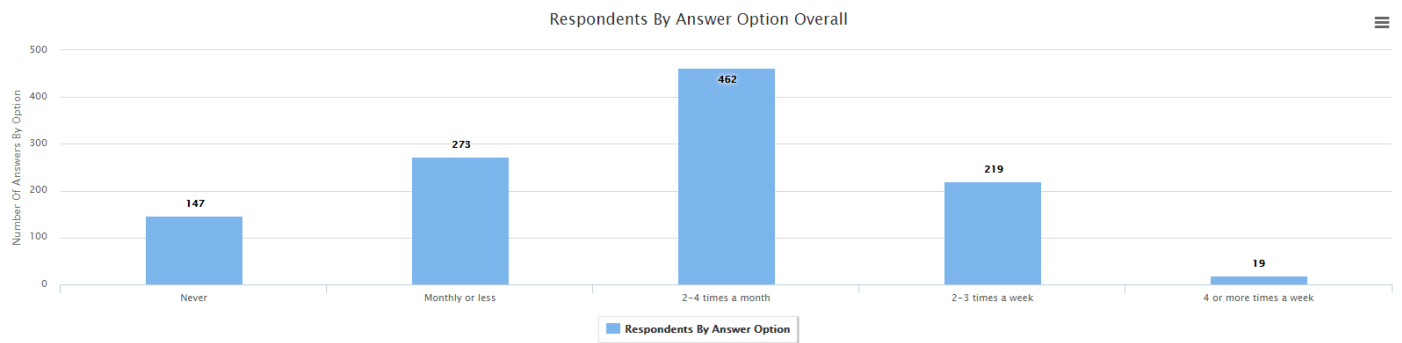
# ALCOHOL AUDIT

Question - How often do you have a drink containing alcohol?

Compiled November 2019, 40 additional respondents are included in the success quiz report.

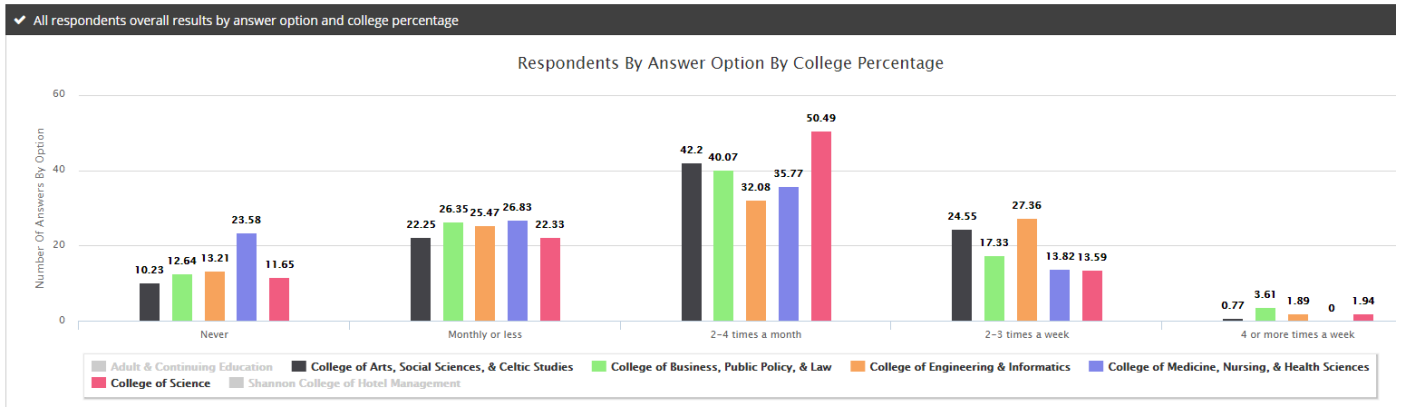
NUI Galway received REACT accreditation in 2019 and part of the requirements for the nation wide third level initiative initiative, which aims to reduce harm from alcohol consumption, was for first years to complete an alcohol audit. The questions are the World Health Organization Alcohol Use Disorders Identification Test.

Number of Respondents – 1120



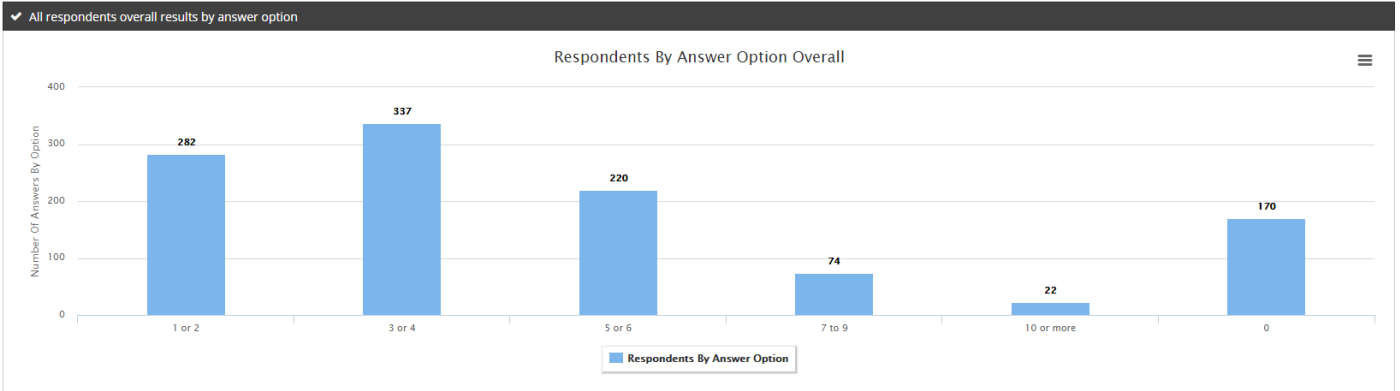
✓ All respondents overall results by answer option

Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week
147	273	462	219	19



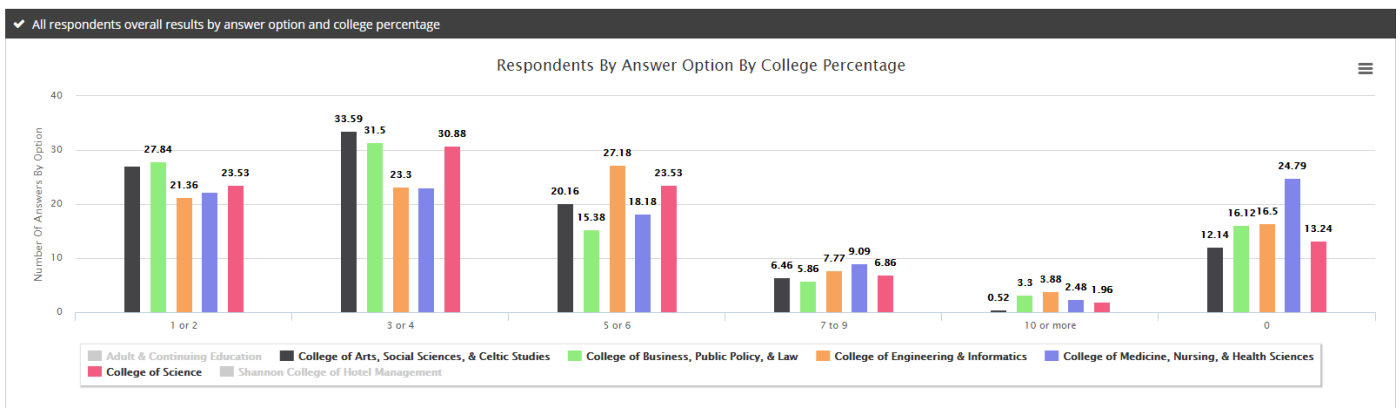
Question - How many drinks containing alcohol do you have on a typical day when you are drinking?

Number of Respondents - 1105



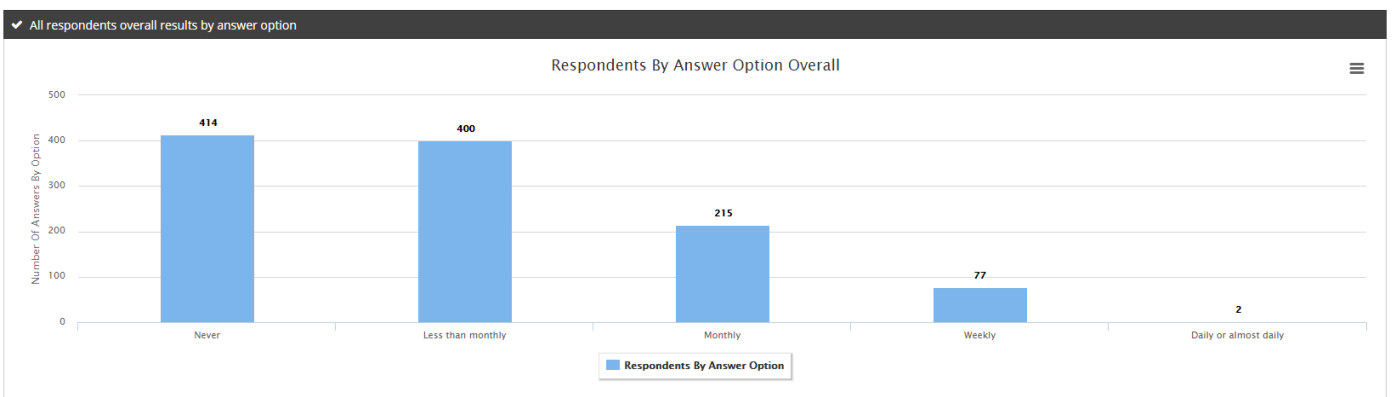
▼ All respondents overall results by answer option

1 or 2	3 or 4	5 or 6	7 to 9	10 or more	0
282	337	220	74	22	170



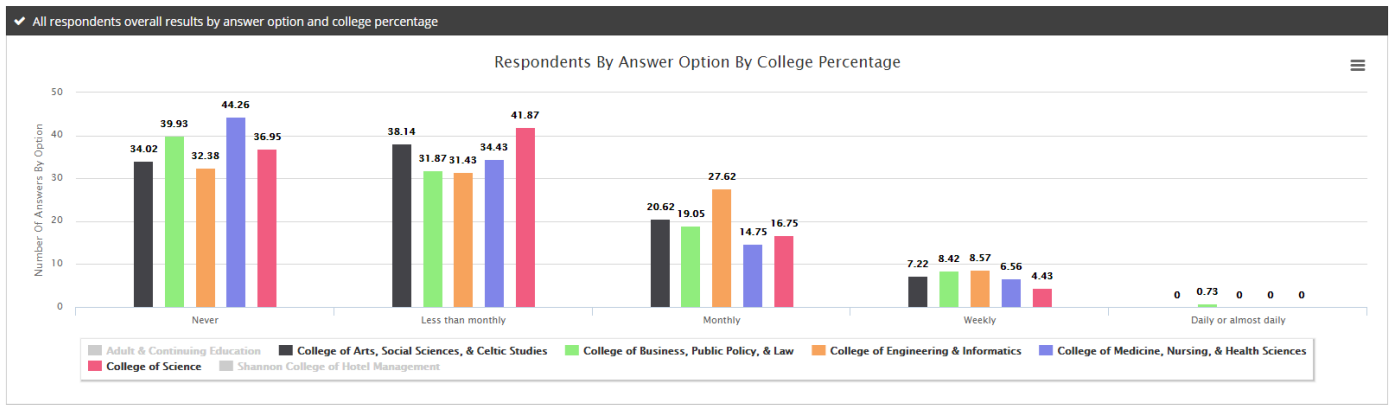
Question - How often do you have six or more drinks on one occasion?

Number of Respondents - 1108



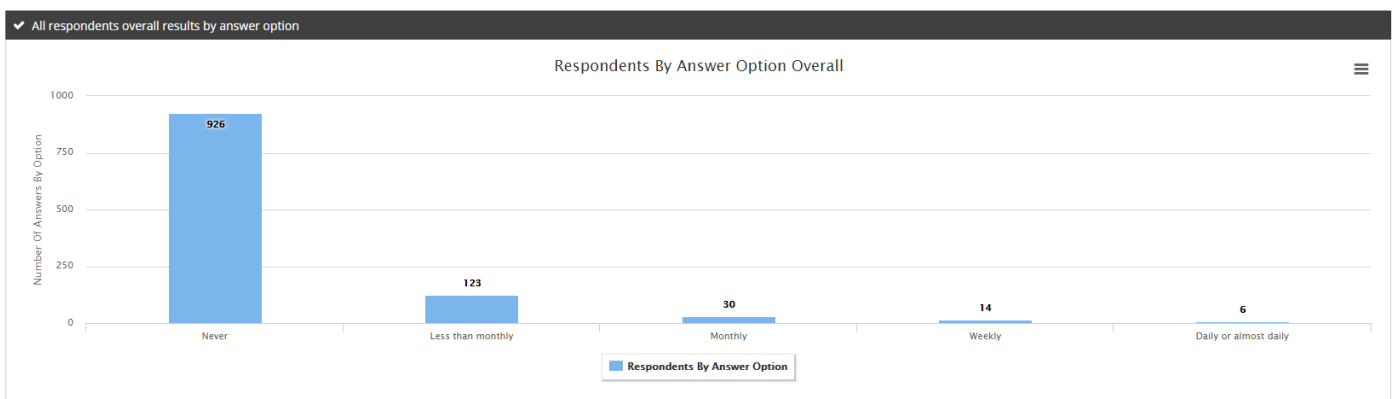
▼ All respondents overall results by answer option

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
414	400	215	77	2



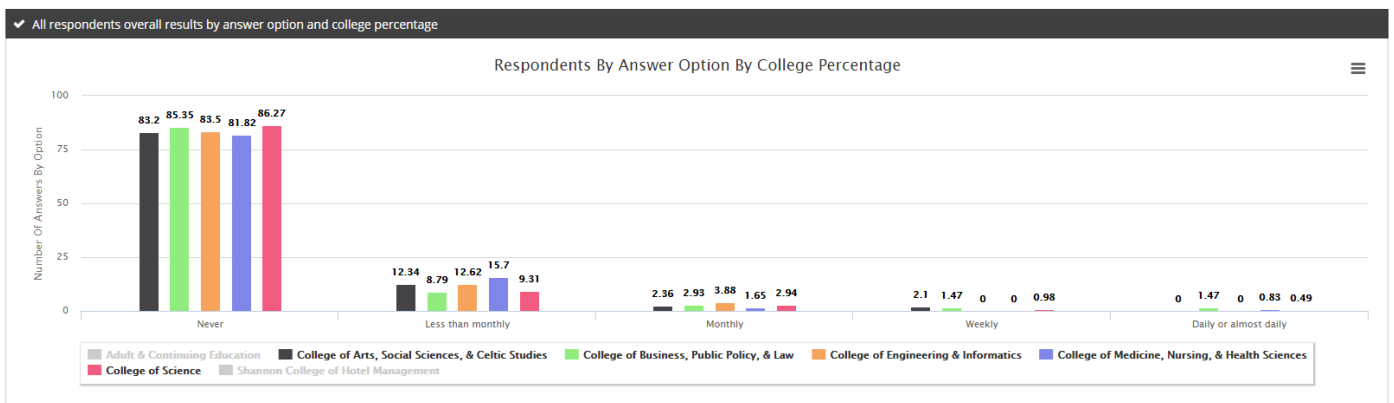
Question - How often during the last year have you found that you were not able to stop drinking once you had started?

Number of Respondents - 1099



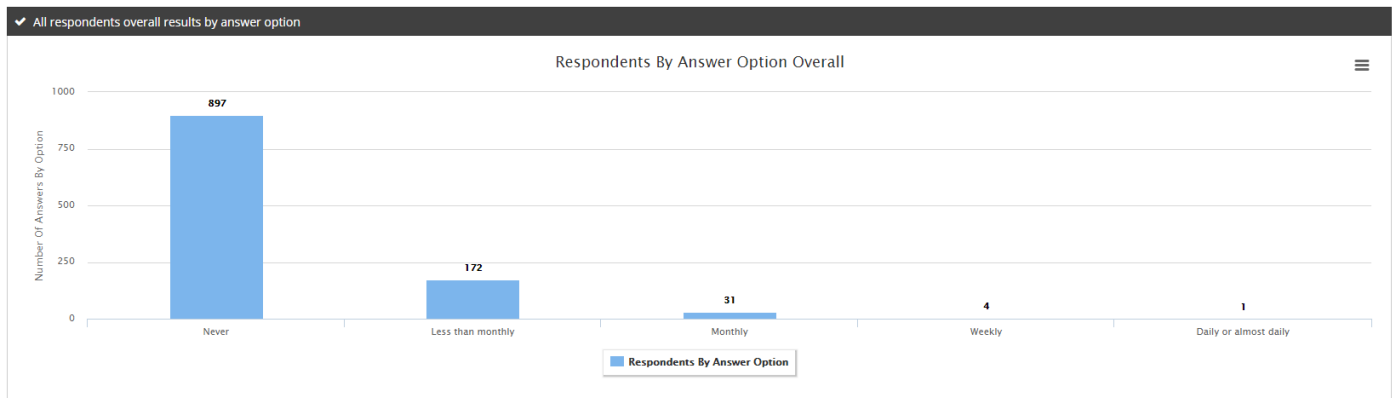
✓ All respondents overall results by answer option

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
926	123	30	14	6



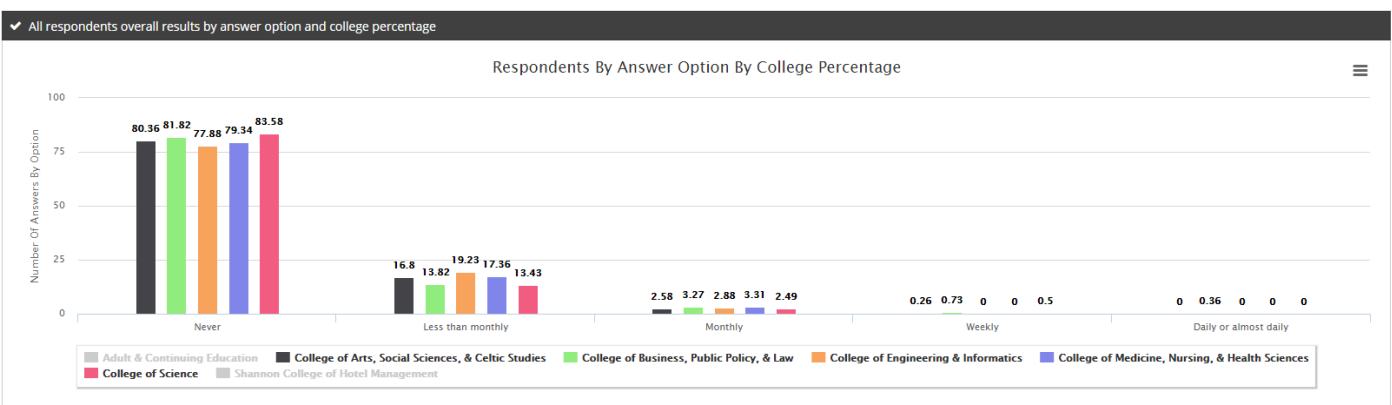
Question - How often during the last year have you failed to do what was normally expected of you because of drinking?

Number of Respondents - 1105



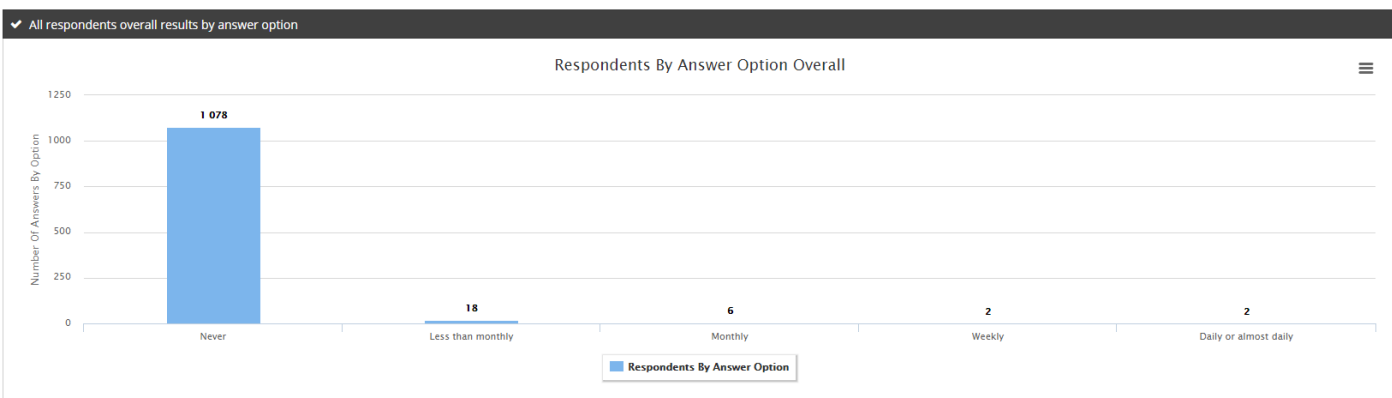
✓ All respondents overall results by answer option

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
897	172	31	4	1



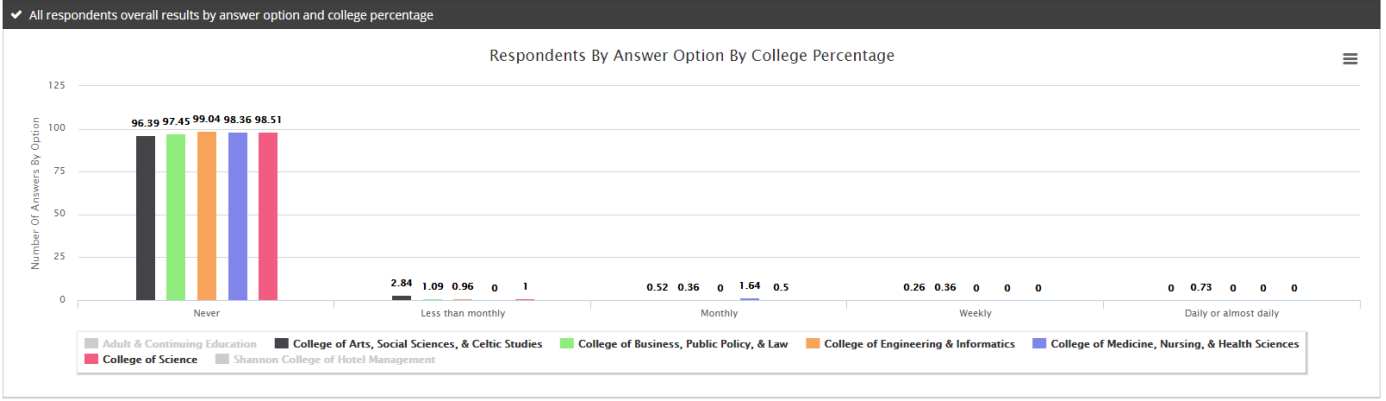
Question - How often during the last year have you needed a first drink in the morning to get yourself going after a heavy night of drinking?

Number of Respondents - 1106



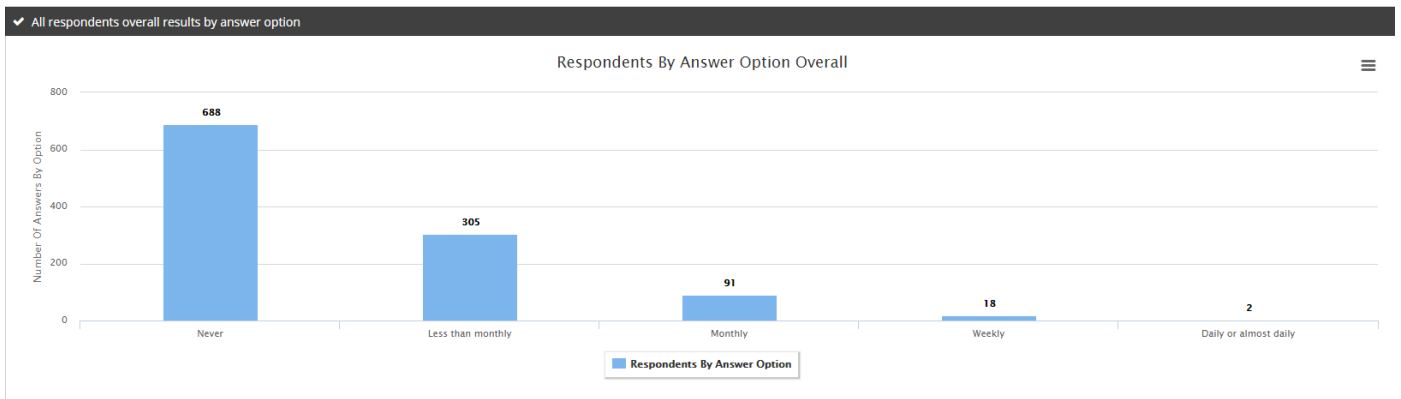
✓ All respondents overall results by answer option

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
1078	18	6	2	2



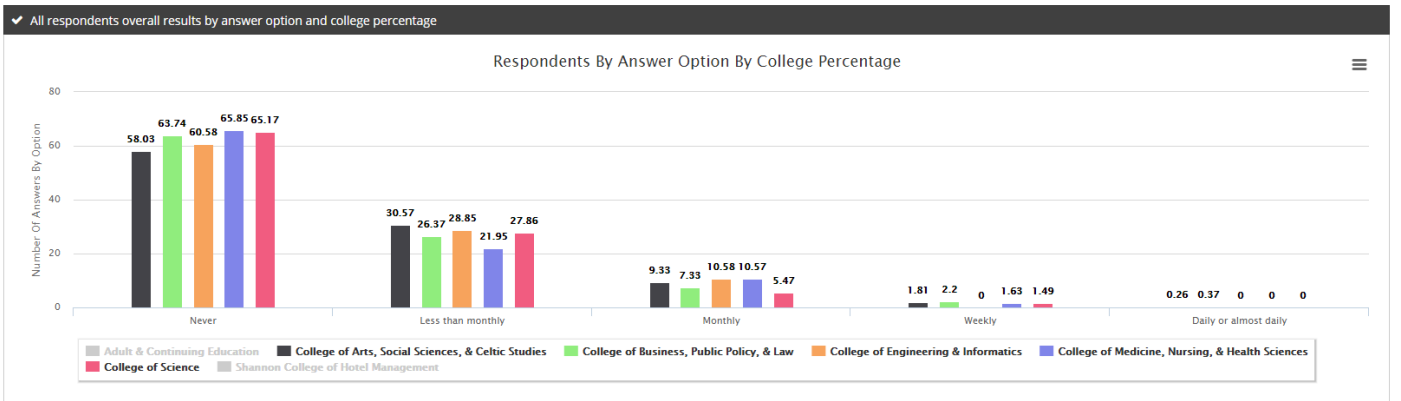
Question - How often during the last year have you had a feeling of guilt or remorse after drinking?

Number of Respondents - 1104



✓ All respondents overall results by answer option

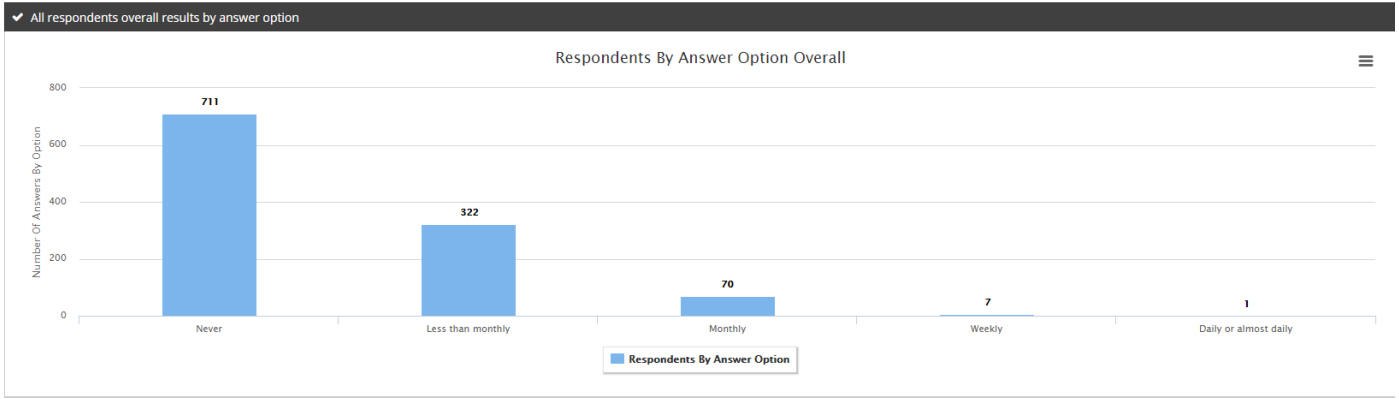
Never	Less than monthly	Monthly	Weekly	Daily or almost daily
688	305	91	18	2



Question - How often during the last year have you been unable to remember what happened the night before because of your drinking?

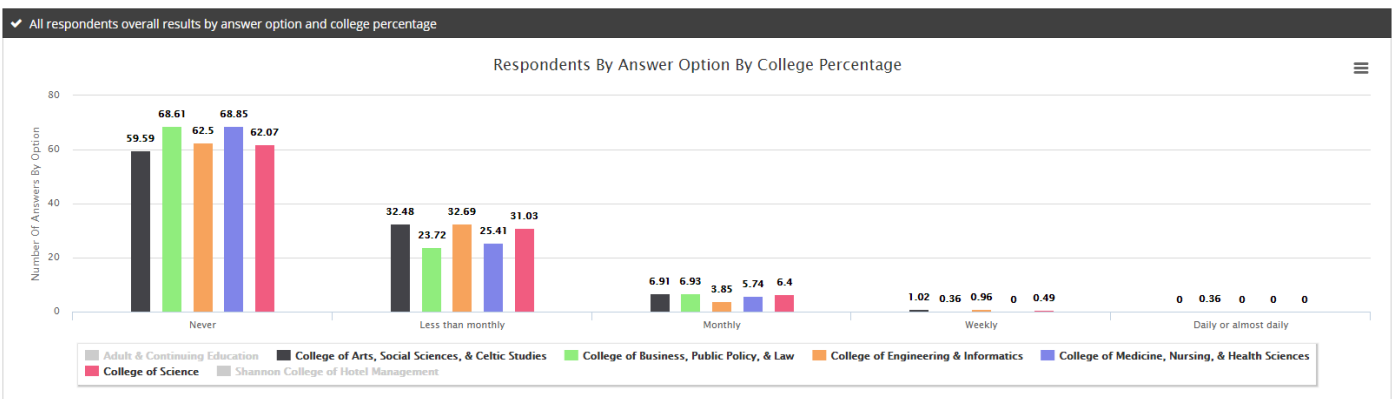
Number of Respondents – 1111





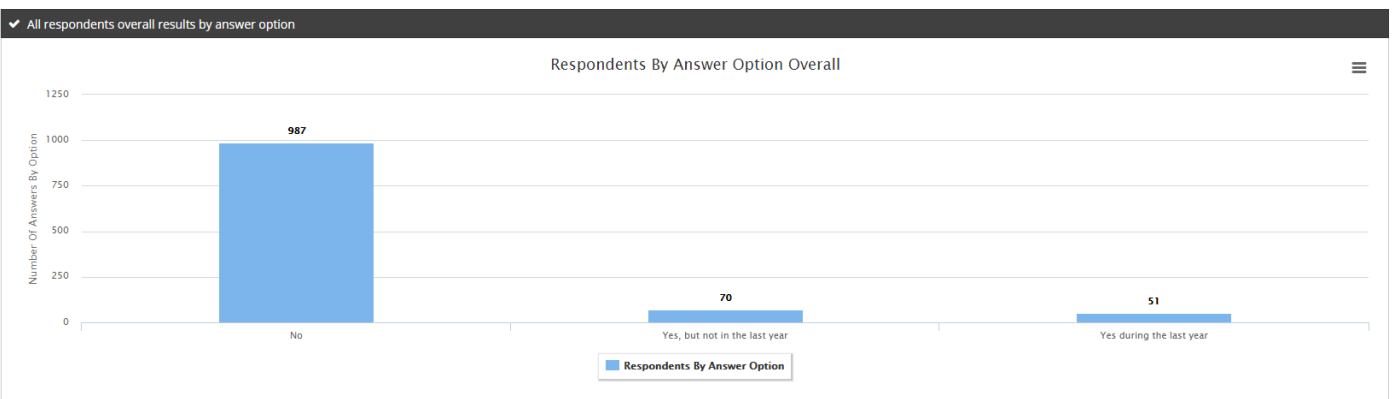
✓ All respondents overall results by answer option

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
711	322	70	7	1



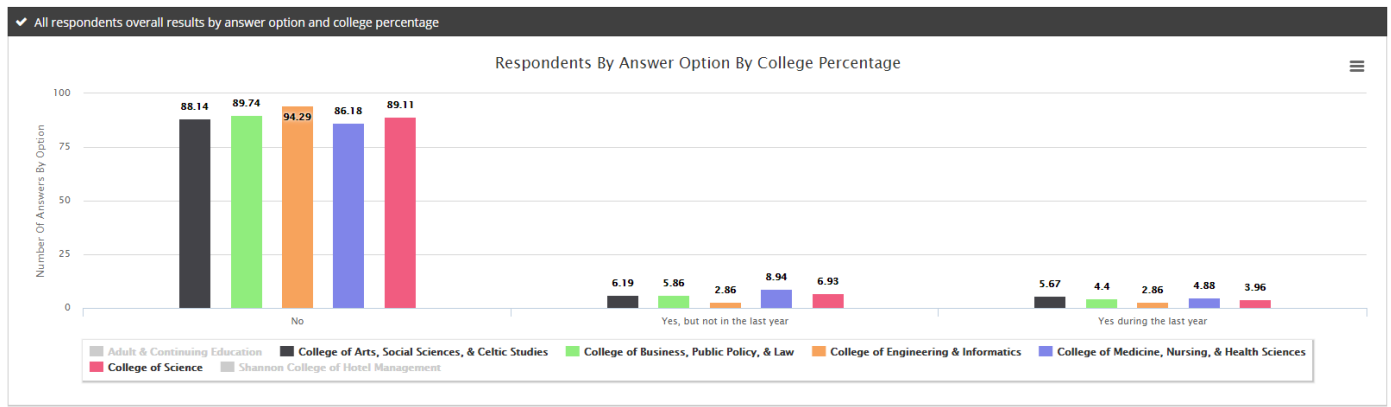
Question - Have you or someone else been injured because of your drinking?

Number of Respondents - 1108



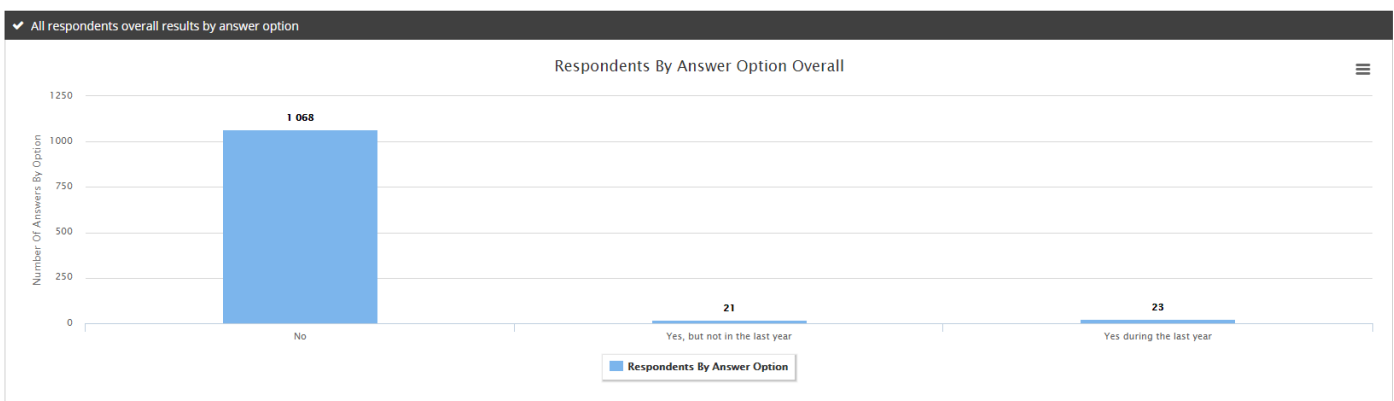
✓ All respondents overall results by answer option

No	Yes, but not in the last year	Yes during the last year
987	70	51



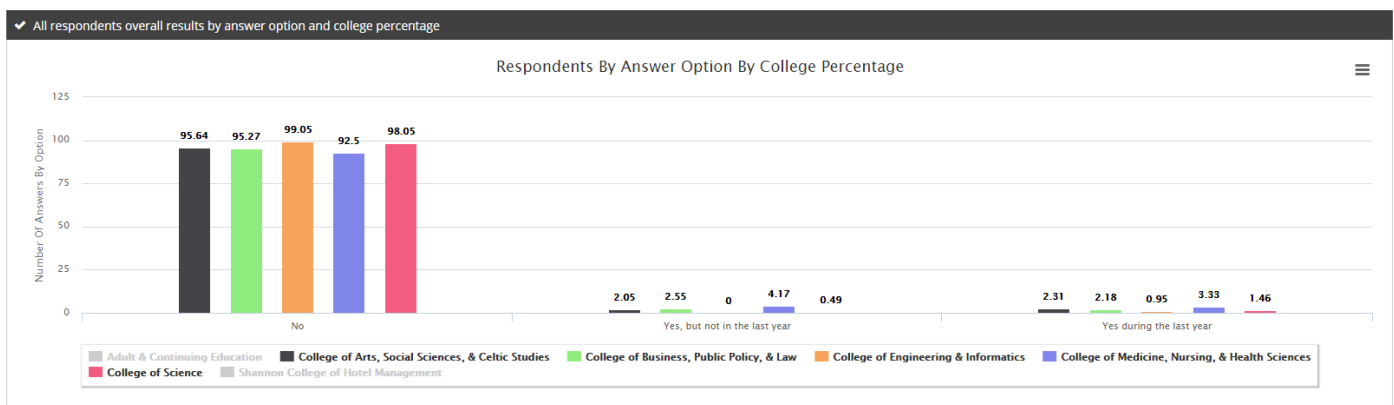
Question - Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down?

Number Of Respondents - 1112



✓ All respondents overall results by answer option

No	Yes, but not in the last year	Yes during the last year
1068	21	23



Scores

Score	Score	%
0	133	11.93%
1 - 7	697	62.51%
8 - 15	241	21.61%
16-19	30	2.69%
20-40	14	1.26%

## Results participant receive:

he **AUDIT** is the World Health Organisation test to measure your drinking habits and screen for excessive drinking and alcohol use disorders.

**Please answer this section honestly, your answers in this section on alcohol are confidential and will be stored separately and will not be associated with your name and ID.**

**When answering the questions remember a standard drink contains 10 grams of pure alcohol and is equivalent to**

- A half pint of beer
- About 150ml of wine (small glass)
- A pub measure of spirits (35ml)



## Scores are ranked 0 – 40

0–7 AUDIT scores suggest that your use of alcohol is not impacting on your health or wellbeing.

8 + Audit scores indicates hazardous and harmful alcohol use, as well as possible alcohol dependence.

8-15 AUDIT scores in the range of 8–15 represent a medium level of alcohol problems.

16 – 19 AUDIT scores represent a high level of alcohol problems.

20 – 40 AUDIT scores clearly warrant further diagnostic evaluation for alcohol dependence.

Please note that this questionnaire is not meant to provide an official diagnosis of alcohol abuse, dependency or alcoholism.

If you find that you have a question about your own drinking or that of a loved one, either now or in the future, please discuss with your physician, healthcare professional.

## To find out more about your drinking take this

**test:** [www.drinksmeter.com/v2.5/ie](http://www.drinksmeter.com/v2.5/ie)

The drinks meter app provides you with instant feedback on your drinking. It compares your drinking against the Drinks Meter community to give unbiased, anonymous feedback and very useful advice.

In NUI Galway we are committed to creating an environment which reduces alcohol related harm and are part of the **REACT** initiative

## Supports:

NUI Galway Health Unit, Áras na Mac Léinn  
NUI Galway Counselling Service, Distillery Road

## **Western Area Drug Service Co. Galway**

Services provided: Under 18 alcohol counselling, Advice, Information, Support, One to one drug counselling — all ages.

Address:

Western Area Drug Service

64 Dominick Street

Galway

Telephone: 091 480044, e-mail [info@wrdatf.ie](mailto:info@wrdatf.ie)

Need help? [Call HSE Alcohol Helpline 1800 459 459](tel:1800459459)

## **Other useful websites:**

[spunout.ie](http://spunout.ie)

[drinkhelp.ie](http://drinkhelp.ie)

[onetoomany.co](http://onetoomany.co)

[alcoholireland.ie](http://alcoholireland.ie)

[www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)

## **How much is too much?**

Health, social and academic problems can occur when people drink too much. The National Health Service advises that above 11 standard drinks a week for women and 17 standard drinks a week for men is considered risky.

It is also important that drinks are spread out over the week and not “saved” for one big night out or binge. It is never safe to drive after drinking any alcohol.

A number of people drink because they want to feel the euphoric or stimulant effects alcohol, and most believe that the more they drink, the greater these effects will be. However, there is a point, called the “point of diminishing returns,” at which no matter how much you drink, you won't feel any better. In fact, you can begin to feel dysphonic or depressed. And if you drink enough, you risk alcohol poisoning, coma, or even death.

If you drink often, you may have a decreased response to alcohol, or you may feel you need to drink more to feel the same effects as you did before. Your reaction to alcohol and tolerance level will most likely be different from your friends due to behavioural, genetic, and personal differences.

Misperceptions about tolerance include the common belief that people who can “hold their liquor” are not being affected by alcohol. There are actually two main types of tolerance: “metabolic” and “functional” tolerance.

Functional tolerance is the result of drinking behaviour and indicates that the person's body and brain have become adapted to the presence of alcohol. With a high functional tolerance, a person would need to drink more to feel the same effects they used to feel when they drank less. The increase in overall drinking can result in a greater risk of developing alcohol dependence.

Metabolic tolerance is genetic and is also influenced by behaviour. A person with a high metabolic tolerance may feel more stimulated by alcohol intoxication, and their liver may produce more of the enzyme (dehydrogenase) that breaks down alcohol and eliminates it from the body. A person with a high metabolic tolerance would need to drink more frequently and in greater amounts to raise their BAC to feel the effects of alcohol. However, the increased production of dehydrogenase can be damaging to the liver and the increase in overall can also lead to a greater risk of developing alcohol dependence.

If you drink above 35 units per week for women and 50 for men for more than a few months you have a higher risk of heart disease, depression, risk of stomach ulcers, liver damage, cancer, infertility, and endocrine problems like diabetes. The longer and the more you drink, the higher these risks rise.

## **What's a Binge?**

Binge drinking is a term used to describe when you drink too much. Until several years ago, it was commonly accepted that a drinking “binge” was a period of continuous drunkenness lasting two days or more, during which time a person neglects his or her duties and responsibilities in order to become intoxicated.

Global Drug Survey (GDS) 2016 showed that almost 1 in 3 Irish people got drunker/more intoxicated than they wanted to at least monthly. A single episode of heavy drinking (getting drunk) each month undoes any possible very small beneficial effect of alcohol on your health.

According to the HSE having more than 5 standard drinks at a time can seriously increase the harmful effects of drinking. Worryingly, data from the Global Drug Survey 2015 showed that the average Irish woman needed 5 standard drinks to 'feel the effects' of alcohol while for men it was 6.5 standard drinks.

When asked how much people need to drink to be drunk as they wanted the average Irish woman said she needed 11 drinks (1.75 bottles of wine), while for men it was 15 drinks (8–9 pints of Guinness).

Given that current advice is to spread your drinking over 3–4 days, drinking above 3–4 units on any one day can be considered bad for your health. Research suggests that drinking to drunkenness and repeatedly subjecting the brain to the effects of withdrawal from the presence of large doses of alcohol i.e. having what people would term drinking 'binges', could damage brain cells even more than frequently consuming small amounts of alcohol.

## Family Risk Scale

People with a history of alcohol or drug problems among their blood relatives are at higher risk themselves. This may happen through either inheriting a higher tolerance or a sensitivity to alcohol. The more relatives with alcohol problems you have, the higher your risk for problems with alcohol.

Your risk increases if your relatives with alcohol problems are the same gender and/or are more closely related.

## Sexual Risk

One area of risk taking that is especially relevant is sexual risk. When intoxicated, people are more likely to do things they would never do when sober, including not using condoms or having sex with someone they would not have otherwise chosen.

Additionally, alcohol use is correlated with increased risk for other unintended negative consequences to sexual health. In a report by the Substance Abuse and Mental Health Services Administration (SAMHSA), heavy drinkers between the ages of 18-25 were more than twice as likely to contract a sexually transmitted infection in the past year than young adults who abstained from alcohol.

Alcohol is also more closely associated with crimes of sexual violence than any other drug ([CASA, 1999](#)). It is important to note that alcohol use is never the cause or an excuse for sexual assault. Sexual assault is a crime.

## Tobacco Use

Most people are aware of the addictive nature of nicotine and the risk for disease associated with cigarettes and tobacco.

What people may not know is that the combination of tobacco and alcohol exponentially increases the risk for oral, neck, and stomach cancers. While drinking alcohol may increase smoking, the reverse may also be true - smoking often leads to increased drinking.

Those who choose to smoke should be aware of the impact of passive smoke on others, especially children. Passive smoking refers to those who are exposed to environmental (second-hand) tobacco smoke. Passive smoke accounts for an estimated 53,000 deaths per year in the United States among non-smokers -- more than the death rates for illegal drug use and murders combined! Those concerned about the effects of second-hand smoke should limit their exposure, and that may include avoiding drinking and drinking environments.

## Tips for reducing Alcohol related harm

Avoid drinking games

- Space drinks over time
- Alternate alcoholic and non-alcoholic drinks
- Set a limit on the number of alcoholic drinks before you start drinking
- Tell someone about my plan to change my drinking
- Volunteer to be the sober driver
- Keep track of how many drinks you have had; pay attention to serving sizes.
- Have a plan for saying no when you are offered alcohol
- Decide which days you will not drink alcohol
- Arrive at the party late and leave early
- Spend time with friends who don't drink alcohol

- Set a limit on the amount of money you will spend when you go out and leave your ATM card at home
- Only drink at the party, skip the pre-party
- Avoid shots/hard liquor
- Drink slowly; sip your drinks
- Avoid mixing energy drinks/caffeinated drinks and alcohol

## Tips for drinking less on a night out

- Go out later
- Bring less money
- Order smaller drinks – a glass rather or bottle rather than a pint, a single measure of spirit rather than a double.
- Pick lower strength drinks
- Avoid 'top-ups', so that you can keep track of how many you're drinking
- Alternate alcoholic and non-alcoholic drinks
- Don't drink too fast – sip your drinks and wait a while before ordering another
- Avoid buying rounds. If you can't, buy yourself a soft drink or a non-alcoholic drink when it's your round
- If you're leaving, leave your drink unfinished

## Tips to reduce drinking at home

Stock up on low-alcohol or alcohol free drinks

- Use a standard measure for spirits, rather than pouring 'freehand'
- Start drinking a bit later – go for a walk, have a shower or do some extra jobs or an activity first
- Change your routine to find new things to do at your usual 'drinking times'
- If you're giving up, don't keep alcohol at home

## In Case of Emergency...

Severe intoxication can be quite dangerous. Here are some basic guidelines to help you assess the scene and decide how to help a drunken person. **IF YOU'RE NOT SURE, BUT THINK HELP IS NEEDED, CALL FOR HELP! IF THE PERSON HAS SUSTAINED ANY KIND OF INJURY AND HAS BEEN DRINKING, CALL FOR HELP IMMEDIATELY!**

**Call: 999 (Emergency) / 101 (Non-emergency)**

### DO:

- Assist the person to a comfortable and safe place
- Use a calm, firm voice when speaking to them Get help if needed
- Lay the person down on their side, with knees bent so they won't choke if they vomit
- Check breathing every 15 minutes
- Stay with them if they vomit, to be sure they don't swallow or breathe in the vomit
- Keep the person from getting cold or overheated

### DO NOT:

- Do not give cold showers - the shock may make the person pass out
- Do not try to walk them around
- Do not provoke a fight by arguing with or laughing at someone who is drunk
- Do not leave them alone
- Do not try to counsel the person - confront their behaviour later when they are sober
- Do not give anything to eat or drink - black coffee and food will not help, and the person may choke
- Do not permit the person to drive