

THE UNIVERSITY OF AKRON COUNSELING AND TESTING CENTER

Discussing Our Choices

Discussing Our Choices is a program for students who want unbiased information about alcohol and drugs, and are interested in exploring their own choices about using them. Since the program is educational in format, the presenter(s) take no position on what the participants choose for themselves.

The goal of this program is to encourage students to make safer choices related to alcohol and drug use. There is information presented about the positives and negatives of substance use. Decisions about substance use are up to the student. The workshop is centered around a harm reduction approach to substance use and does **not** focus on abstinence from substances.

Participants must complete the e-Chug or e-Toke program (depending on your substance of choice) that is available through our website **prior** to attending the program. The information students enter into the program is anonymous and no one at The University of Akron will know your responses. To do e-Chug or E-toke, go to <http://www.uakron.edu/counseling>. After you complete the program, you must print the **Feedback Report** and **Output Summary**. This printout must be taken to group to be admitted.

Anyone can attend the program. Many students are mandated to attend this program after an alcohol or drug offense, typically by Student Conduct and Community Standards or Residence Life and Housing on campus. If you would like us to report your attendance to these offices, we will have a form for you to sign at the beginning of the session. We will not relate what transpired or what you said, only that you participated in the program.

All sessions are held at the Counseling and Testing Center and are located in Simmons Hall 306. All sessions are run by professional staff at the Counseling and Testing Center, and last no more than two hours.

Call 330-972-7082 for scheduling, as times and dates of sessions vary each semester.