

**PLEASE READ!!!!!!** You were required to do two (2) programs prior to the school year. One was about 1.5 hours and the other was 20-25 minutes. The ADE program is the program that only takes about 20 minutes and the instructions are below.

**If you have any questions, please email [ade@tcu.edu](mailto:ade@tcu.edu) as this is the fastest way to communicate with us.**

**If you feel that you have completed the entire program, then do the following:**

1. Click on the link below.
2. Select "I Have completed the eCheckup to Go previously".
3. Input the UID number that was given to you when you initially began the program. (If you did not keep or can't locate the UID number, then you get to complete the program again. We have no way of locating the UID number, so go to the section below to complete the program.)
4. Click through each of the 10 tabs at the top until you get to page 10 of 10 and click the "VERIFY" button.
5. Select "Yes I want to verify..."
6. After you input your name, ID and email, select "Alcohol Drug Education Samuelson" in the drop down box. Finish the rest of the questions.
7. Check the box on the "Your Consent".
8. ADE will receive an email from eCheckup to Go stating that you completed the program. If we receive verification before 4:00 pm, we will have the hold removed that same day. Otherwise, your hold will be removed the following day.

**If you have NOT completed the program, then do the following:**

1. Click on the link below.
2. Select "I Have Not completed the eCheckup to Go previously".
- 3. Take a picture (somehow save) the UID in case it is needed in the future.**
4. At the end of the program on page 10 of 10, click the "VERIFY" button.
5. Select "Yes I want to verify..."
6. After you input your name, ID and email, select "Alcohol Drug Education Samuelson" in the drop down box. Finish the rest of the questions.
7. Check the box on the "Your Consent".
8. Print or take a picture the UID and save this in case there is a problem.
9. ADE will receive an email from eCheckup to Go stating that you completed the program. If we receive verification before 4:00 pm, we will have the hold removed that same day. Otherwise, your hold will be removed the following day.

Please be sure to watch the videos as they will provide additional information necessary to complete the program. If you have any questions please email [ade@tcu.edu](mailto:ade@tcu.edu). ***The link to access the site is below the infographic.***

## What is Alcohol e-CheckUp ToGo?

The Alcohol e-CheckUpToGo is an interactive web survey that allows college and university students to enter information about their drinking patterns and receive feedback about their use of alcohol.

The assessment takes about 10 minutes to complete, is self-guided, and requires no face-to-face contact time with a counselor or administrator.

## What does it do?

When you access the Alcohol e-CheckUpToGo, you are prompted to enter information about yourself. In addition to demographic information, it will ask you to enter information about your drinking habits, family history, and to complete the World Health Organization's AUDIT.

After all information has been entered, you submit the form. The information you entered is then validated and processed.

The Alcohol e-CheckUpToGo calculates a number of variables and compares your responses to national and TCU norms. Then, your personalized feedback is displayed in an easy-to-read format.

Please review this information and watch the videos that will help explain some of the terms and how the results relate to you. It will help give you information that is personalized to you and your drinking habits, academic and personal goals.



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*What do I need to use the Alcohol e-CheckUp ToGo?*

- A computer
- Internet access
- A JavaScript enabled Internet Browser
- About 20 minutes
- A printer (to print your feedback)

Having trouble ?  
Contact [ade@tcu.edu](mailto:ade@tcu.edu)

Link to module:

<http://interwork.sdsu.edu/echeckup/usa/alc/coll/TCU>

Be well,

**Bianca Newton M.Ed., CHES**

Program Manager

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