**BASICS Student Summary**

**Session dates: Facilitator: Referred by:**

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| **Year/Major:** **Age:**  **Campus Residence:**  **Home:** |
| **Campus Involvement/Interests:** |
| **General health:**  **OTC Medications?**  **On prescribed medications--which?** |
| **Lifestyle:**  **Caffeine**  **Tobacco:**  **Sleep:**  **Meals:**  **Exercise:**  **Spiritual:**  **Seatbelts:**  **Stress management:**  **Social supports/family:** |
| **Mental Health:** **Depression** **Anxiety**  **Had counseling in past--for?**  **Family: hx alcoholism, drug addiction (blood relatives)** |
| **Other:** |

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| **Academics**  **Goals:**  **Strengths:** |
| **Reason for referral:**  **BAL:**  **Previous incidents/legal:** |
| **Drinking patterns**  **First use:**  **High school:**  **College:**  **Hangovers:**  **blackouts:**  **Changes made:**  **Design. Driver:**  **Other drugs:** |
| **Student Perceptions:**  **Importance of change:**  **Interest in change:** |
| **Good Things/Less Good:** |
| **Summary and Self-Monitoring** Goals for interim?  Advise trying lower quantity? Advise trying party without alcohol? (social experiment)  Advise campus event? |

**BASICS 2**

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| **Summarize:** |
| **Stage of change:** |
| **Plan:** |
| **Referral Recommendations:** |
| **Follow Up:** |

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| **Updates:** |
| **Self-Monitoring:**    Number of non-drinking days:  Number of drinking days:  Range of drinks/types of use: |
| **Feedback: Review together, collaboratively:** |
| **Feedback Summary:**  Typical BAC:  Peak BAC:  Biologic risks:  Norms: national and campus  Calories:  Money Spent:  Student Response: |