

# Alcohol Reflection Questions

## Expectations for paper :

- ◆ Include your name, student ID number, email address, and the name of the hearing officer who resolved your case at the top of the first page
- ◆ Typed, 12-point font, standard one-inch margins, double spaced, and checked for errors (spelling and grammar)
- ◆ Paper must meet the length and due dates requirements as specified by the hearing officer
- ◆ Save the paper as a Word Document via and submit it via email to the address provided in your hearing outcome letter
- ◆ **Answer each and every prompt honestly and thoroughly**

Based on the situation and your conversation(s) with the hearing officer, you have been assigned a series of reflection questions. In order to complete this sanction, it is expected that you will take time to reflect on the topic and write a clear, well-developed response that demonstrates that you have thought about the issue and considered all aspects. This is an opportunity to demonstrate the insight you have developed regarding the expectations required of every member of this scholarly community. This should not be used as an opportunity to complain about policies or laws. You must answer all of the following questions in order to complete the reflection paper.

## Looking Back:

1. Describe in detail what happened that resulted in you being charged with a violation of the Code and how the University's policies about alcohol apply to your situation.
2. Describe your level of responsibility for the situation that resulted in you being charged with a violation of the Code.
3. Describe the principals or reasons behind the University's policies about alcohol and how your behavior or decisions during this incident may conflict with those principals.
4. Based on what you know or have learned since the incident, describe other situations you have been involved in where NC State's policies about alcohol would apply.
5. Describe, in detail, each of the decisions you made leading up to this incident. Be sure to include anything that motivated you to act, any assumptions you made along the way, and any rationalizations you may have used in making your decisions.
6. Describe your family's alcohol use and their attitudes towards alcohol and drinking. What expectations, if any, did they set forth for you with regards to your alcohol use? Have you met those expectations? How has your family's attitude towards alcohol impacted your behaviors?
7. Describe the risks associated with being under the influence of alcohol, including the impact of alcohol on your behavior throughout this situation.
8. Describe how your alcohol use put your experiences at NCSU at risk, whether academically, socially, financially, or otherwise.
9. Describe at least three (3) negative situations that you have either witnessed or experienced in which alcohol has played a role. Based on what you know or have learned, what concerns do these situations raise for you?
10. Describe the impact, if any, of your actions on each of the following: you, your friends, your family, police, staff, others present or not present, and the community as a whole.

## Moving Forward:

11. Describe some of the common situations you will continue to face in your life as a student where you will need to consider the alcohol policy.
12. Describe how your ability to succeed will be impacted if you choose to continue violating the University's policies on alcohol. Be sure to include the potential consequences for your personal safety, academic goals, career goals, and social relationships.
13. Will what you have learned from this experience impact how you approach situations involving alcohol in the future? Why or why not?

14. If you were in this situation again, what would you do? What would you consider in making your decisions?
15. Explain, in detail, how your decision making process has changed. If it hasn't changed, explain why not.
16. Describe any factors (whether environmental, personal, or otherwise) that may negatively influence your decision to meet the University's expectations regarding alcohol. Describe, in detail, how you plan to overcome these hurdles.
17. What realistic advice, if any, would you give to other students similar to yourself who are considering violating the University's policies on alcohol?

**General Questions:**

18. What have you learned about yourself as a result of your behaviors and your interaction with the disciplinary process at NC State?
19. What, if anything, about this disciplinary process has helped you to learn from this situation? Briefly describe anything that you think would have helped you to learn more as a result of this situation.