



AlcoholEdu® for College (2025) Course Outline

Empower students to cultivate a healthy campus environment through strategies to reduce risk, teach bystander intervention, and support non-drinkers. Vector's alcohol prevention program for college students is proven effective in eight peer-reviewed studies and has been completed by 10+ million students.

AlcoholEdu® for College aligns with the Drug-Free Schools and Community Act's requirement that schools provide a description of the health risks associated with the use of illicit drugs and the abuse of alcohol.

This course outline is designed to support administrators in reviewing and customizing the course content to meet your institution's unique needs. All subscriptions include access to add a custom description, introduction, conclusion, and resources. Access to the in-course configuration options outlined below is based on your organization's subscription.

Custom Introduction

Module 1: Pre-Test

Module 2: Introduction

Module Description

This narrative-based module introduces critical conversations around alcohol and substance use, with a focus on health and well-being.

Through personal stories and reflection, students are introduced to key characters whose experiences highlight how relationships, goals, personal choices, and real-world challenges influence their academic journeys and overall wellness.

Topics include:

- Content Warning
- Introductory Narrative
- Your Unique Journey

Learning Objectives

- Recognize the impact of relationships and choices on personal goals and overall health
- Develop self-reflection skills through journaling

Course Map & Custom Content Configuration Options

- Introduction
- [Custom Content Option](#)
- Content Warning
- [Custom Content Option](#)
- [Custom Content Option](#)
- Introduction
- [Custom Content Option](#)
- [Custom Content Option](#)
- Your Unique Journey
- [Custom Content Option](#)



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Module 3: Foundations of Well-being: Imani's Story

Module Description

This module follows the story of a music student whose growing alcohol use starts to impact her academic performance and musical goals. Through her experience, students explore the complex nature of well-being and how alcohol can affect different areas of student life.

Includes scientific information about alcohol's effects on the body, practical knowledge about alcohol measurements, and scenarios for decision-making.

Topics include:

- Personal values and choices alignment
- Understanding well-being (physical, mental, social, emotional)
- The science of alcohol and its effects on the body
 - Blood Alcohol Concentration (BAC)
 - Ethanol and its impacts
 - Proof and ABV
- Standard drink measurements
- Recovery and sobriety support (Recovery Path)
- Decision-making and boundary setting
- Impact of alcohol on academic performance

Learning Objectives

- Recognize how personal choices align with values and goals
- Define and understand the multiple dimensions of well-being
- Describe alcohol and its basic biological effects on the body, including:
 - BAC levels and measurement
 - Standard drink measurements
 - Long-term health impacts
 - Identify warning signs of problematic alcohol use
- Develop strategies for maintaining healthy boundaries
- Identify support resources and strategies for maintaining sobriety (Recovery Path)

Course Map & Custom Content Configuration Options

- Foundations of Well-being: Imani's Story
 - [Custom Content Option](#)
 - [Custom Content Option](#)
- Imani: Think of a Time When...
- Imani's Choice
- Alcohol & Academics
- What is Well-being?
- Whose Well-being Is It Anyway?
- What Do YOU Think?
- Journal Entry: Imani
- Science Life: What is Alcohol?
- Science life: Science of Alcohol
- Did You Know?
- Introduction: Supporting Sobriety
- Supporting Sobriety: Effective Strategies
- Summary: The Lack of Support
- Summary: Protective Factors
- Summary: Supporting Sobriety
- Reflections: Imani
 - [Custom Content Option](#)
 - [Custom Content Option](#)



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Module 4: Mindful Choices: Noah's Story

Module Description

This module follows the story of a student who finds himself overwhelmed by mounting pressures. It explores healthy ways to manage stress, the importance of seeking help and making mindful choices regarding substance use.

Includes scientific explanations of the body's stress response, identifying support resources, and interactive decision-making scenarios.

Topics include:

- Stress management
- Recognizing unhealthy coping mechanisms
- Academic pressure and workload management
- Help-seeking behaviors
- The Science of Stress
- Substance use as a coping mechanism
- Recovery and sobriety support (Recovery Path)
- Legal aspects of alcohol and cannabis use
- Campus support policies and resources
- Social pressure and drinking culture
- Setting boundaries and making mindful choices

Learning Objectives

- Recognize signs of unhealthy stress and anxiety
- Identify healthy coping mechanisms for stress management
- Access appropriate campus and community support resources
- Identify when and how to access appropriate campus and community support resources
- Recognize the importance of support systems in managing stress and substance use

Course Map & Custom Content Configuration Options

- Mindful Choices: Noah's Story
- [Custom Content Option](#)
- [Custom Content Option](#)
- Think of a Time When...
- Noah's Choice
- Think of a Time When...
- Managing Stress
- Journal Entry: Noah
- Science Life: The Stress Is REAL!
- Drivers of Substance Use and Misuse
- Did You Know?
- Drinking and the Law
- [Custom Content Option](#)
- [Custom Content Option](#)



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Module 5: Social Well-Being: Malik's Story

Module Description

This module explores social connection and isolation through the story of a college student experiencing homesickness and loneliness who turns to partying and alcohol to cope with his feelings of isolation.

Addresses the relationship between social well-being, substance use, and mental health while emphasizing the importance of authentic connections and community building.

Topics include:

- Alcohol and social identity
- Recognizing risk factors
- Isolation and building social connection
- Finding community on campus
- Navigating alcohol-related social events
- Recognizing problematic social environments
- Challenging prevalence myths
- Cultural differences in alcohol use
- Identity and personal growth

Learning Objectives

- Recognize signs of social isolation and its impact on well-being
- Identify healthy alternatives to using alcohol for social connection
- Understand the relationship between identity and social choices
- Create personal strategies for maintaining social well-being

Course Map & Custom Content Configuration Options

- Social Well-Being: Malik's Story
- [Custom Content Option](#)
- Think of a Time When...
- Malik's Choice
- Think of a Time When...
- Sawyer's Anxiety
- Who You Are
- Journal Entry: Malik
- [Custom Content Option](#)
- [Custom Content Option](#)



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Module 6: Empathy in Action: Jayda's Story

Module Description

This module explores the importance of active bystander intervention through the story of a college roommate supporting her friend through grief and suspected substance misuse.

It covers how to recognize signs of substance abuse, understand intervention strategies, and take appropriate action when someone needs help. Emphasizes the importance of empathy and professional support while providing practical guidance on handling substance-related emergencies.

Topics include:

- Bystander Intervention
 - Steps to taking action
 - The 5 D's of intervention
- Substance Use and Misuse
- Signs of alcohol use disorder
- Dangers of mixing substances
- The cycle of addiction
- Drug classifications and legal implications
- Communication in sensitive situations

Learning Objectives

- Identify signs of substance misuse and alcohol overdose
- Apply the 5 D's of bystander intervention in various situations
- Acknowledge the legal implications of substance use
- Demonstrate appropriate emergency response procedures
- Access appropriate support resources for themselves and others

Course Map & Custom Content Configuration Options

- Empathy in Action: Jayda's Story
 - [Custom Content Option](#)
- Think of a Time When...
- Jayda's Choice
- Think of a Time When...
- The Synergistic Effect
 - [Custom Content Option](#)
- The Cycle of Addiction
 - [Custom Content Option](#)
- Journal Entry: Jayda
- Steps to Intervention
- Bella & Liam
 - [Custom Content Option](#)
- Bakari
 - [Custom Content Option](#)



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Module 7: Conclusion: Long-Term Perspectives

Module Description

This concluding module brings together the key themes and lessons from previous modules through reflection and forward-looking perspectives. It features the main student characters sharing their insights and experiences while emphasizing the importance of purpose, goal-setting, and maintaining long-term well-being. It serves as a bridge between learned concepts and future applications.

Topics include:

- Recognizing and Addressing Alcohol Use Disorder and Substance Misuse - Review
- Goal and intention setting

Learning Objectives

- Identify their "why" - their purpose for maintaining long-term well-being
- Access appropriate campus and community support services
- Develop personal intentions for healthy choices
- Review signs of alcohol use disorder and substance misuse

Course Map & Custom Content Configuration Options

- Conclusion: Long-Term Perspectives
- [Custom Content Option](#)
- Recognizing and Addressing Alcohol Use Disorder and Substance Misuse
- [Custom Content Option](#)
- What's Your Why?
- [Custom Content Option](#)
- [Custom Content Option](#)
- Post-Survey
- Assessment

Quiz

Custom Conclusion