

# Duke University

## *Getting in Shape for College*

Duke University's Consortium for the Study of the American College Student received a \$1,199,911 Traditional grant, over five years (2015-2020), to implement the *Getting in Shape for College* project. This project is designed to assist students with lifestyle changes and pressures on a college campus.

An educational program to help prepare students for transition and success on college campuses will be designed. The project will look for ways to educate and build behaviors that need to be utilized to decrease the number of students succumbing to alcohol and substance use.

This five year project will use two existing alcohol education program surveys, and research the data for predictors of substance use and patterns of behaviors for high school and first year college students. Focus groups and interviews with school counselors and student health service representatives and students will also be part of the research plan. Using year one data the team will develop a learning module *Getting in Shape for College* that builds in various media teaching components highlighting how to build healthy behaviors and substance use awareness. An app will be developed and will be key for getting the information in the hands of students. An advisory group of students will also be formed to provide insight into marketing and communications. The project will be disseminated and a control group will complete multiple evaluation components to provide insight into their values and beliefs and actual behaviors. Evaluation of the pilot will be the focus and making adjustments to improve outcomes. Also, a training module will be developed to work with school counselors and teachers.