

## e-CHUG and e-TOKE Certificates

Dormitory residents are required to complete these self assessments.

- You need to **print your certificates of completion and return them with your Residential Housing Contract no later than July 15.**
- What is e-CHUG and e-TOKE? These are prerequisites for living in the dorms. They are interactive web based assessments designed to give you personalized feedback on alcohol and marijuana use.
- If I do not use alcohol or marijuana do I have to do these? **Yes.**
  - Each assessment takes just a short time to complete and the personalized information is **CONFIDENTIAL**. The Housing Office DOES NOT receive any of your assessment information.
  - Answering each question truthfully and accurately will give you helpful feedback regarding your individual pattern of alcohol or marijuana use and how it might be affecting your personal relationships, life and career goals, and your overall health and wellbeing. If you're not using – that's great!
- Where will I find e-CHUG and e-TOKE?
  - Go to the Shasta College “Health and Wellness” home page <http://www.shastacollege.edu/wellness>
  - Select e-Chug and e-Toke on the left hand menu and follow the links to take the assessments and print certificates of completion.
- I'm a returning student to the dorms; do I have to take these again? **Yes.**
  - NOTE: When you go to the e-CHUG and e-TOKE web sites it will ask you if you have completed the program before – use “I have not completed the program before”.

You are required to complete the program prior to living in Residence Halls. You need to **print your completion certificates and return copies by July 15<sup>th</sup>.**

Nick Webb

Director of Residence Life