Welcome to the University of Alabama

Because Alabama cares about your health and safety, the University is one of hundreds of institutions nationwide taking a new approach to alcohol prevention. The university requires all incoming students to complete AlcoholEdu for College – a science-based course taken by tens of thousands of students each year. The course aims to educate students about alcohol and its effects on the mind and body. Whether or not they drink, AlcoholEdu for College empowers students to make well-informed decisions and better cope with the drinking behavior of peers.

You can access the AlcoholEdu course online any time on or after July 16, 2014.

A Letter for Students

Dear Class of 2018, Welcome to The University of Alabama. Our faculty and staff share your excitement, and wish you every success as you reach for your personal and academic goals. Being a first-year college student has many opportunities for growth and learning, but the newness of the situation can be challenging. The University of Alabama offers numerous programs and services to help you during this transition. One of those programs is AlcoholEdu/Haven, a web-based alcohol and sexual assault prevention program that is required of all incoming freshman students. The program, recognized nationally for its effectiveness, uses the latest prevention techniques and science-based research to educate students about the impact of alcohol. The content in each of these courses helps The University meet the federal requirements from the U.S. Department of Education and the U.S. Department of Justice. Even if you abstain from alcohol, it is an influence in your life and in the lives of family and friends. AlcoholEdu/Haven is designed to help you to make well-informed decisions about alcohol and to cope more effectively with the drinking behavior of others. The program has been helpful to many college students seeking ways to balance their new freedom living away from home with their need to establish a healthy lifestyle as young adults. Every incoming student is required to take AlcoholEdu/Haven. On July 16, you will receive an email giving you specific directions for logging on to AlcoholEdu/Haven through MyBama. You will need to complete Part 1 of each course, which takes about two and a half (2.5) hours to finish; this process may be broken down into multiple sessions, but must be completed by Aug. 13. On or after Sept. 26, you will receive an automated email asking you to complete Part 2, which will take about 15 minutes. You have not completed the
program until both Part 1 and Part 2 have been submitted. To take the course, you will need a computer with internet access and audio capabilities. If you do not have access to a computer, you can use any available computer with internet access, such as those at your public library. Certain University of Alabama computer labs are available to you as well if you are on campus. Please note the courses may include surveys to help personalize your experience and measure your attitudes and behaviors. **All individual survey responses are strictly confidential;** UA officials will never see any individual student’s answers. We are confident that you will benefit from taking the AlcoholEdu/Haven course. **Please complete the course by the deadlines noted, as it is required for all incoming students.** Remember that Part 1 of AlcoholEdu/Haven must be completed by Aug. 13. While a 2.5-hour educational program doesn’t guarantee a safer campus community, AlcoholEdu/Haven has proven to be helpful to more than 1 million college students who have taken the course nationally. It is our hope that the program will make a difference in our students’ lives by helping make good decisions about alcohol and personal safety. Thank you for promptly completing Part 1 of the course. If you have any questions about the program or problems accessing the course (access is available beginning July 16), please reference our website at http://alcoholedu.ua.edu, which will be updated frequently, or contact alcoholedu@cchs.ua.edu. Have a safe summer and great freshman year! Sincerely, Judy Bonner President, The University of Alabama