Name: ____________________________  BU ID: ____________________________

Please complete the below reflection sheet and email your response to deanofstudents@bloomu.edu or print out and return to the Dean of Students Office, KUB 101. It is important to answer the questions thoughtfully and completely (use at least three to five sentences to answer each question when appropriate). If your answers are not detailed enough you will be asked to resubmit a new reflection sheet. Thank you.

1. According to the survey in the presentation, what are the top three drugs students feel are used most commonly at Bloomsburg University?

2. How does the workshop define drugs? Provide at least six examples of drugs.

3. Choose one of the top three drugs that students feel are used most commonly here at BU and list long-term and short-term effects of the drug.
4. List five ways you can get involved on campus and why campus involvement can be beneficial.

5. How has or how can drug use negatively affect you?

6. Reflect on why you were required to do this workshop and how you plan to change your choices/behaviors to avoid any negative impact in the future.

7. How would you help someone if they had drug use problems?

8. How can we further assist you?