

Learn the 360 Proof Process

Discover how the process works.

In 2011, the NCAA and NASPA established a formal partnership to promote an integrated model for on-campus collaboration and to provide resources to deliver effective alcohol and other drug education for the well-being and success of all students.

To develop the 360 Proof program, ideas were solicited from national experts in the field of alcohol misuse prevention and intervention, and from campus practitioners. This team designed 360 Proof to help colleges bring about changes in the environment that abets high-risk alcohol use and its consequences and to enhance student success.

The backbone of 360 Proof is this game plan, which offers a series of steps essential to reducing high-risk alcohol use and consequences, and directs you to the help available throughout the program. While you may use the program resources in any order that suits your campus, the eight-step process is offered to provide a roadmap to schools seeking specific guidance. 360Proof.org includes a learning module to address each step of the process and the program support available, as listed below:

360 Proof Step	Learning Module
Step 1: Learn the 360 Proof Process	Learn the 360 Proof Process
Step 2: Build a Team	Build a Team
Step 3: Understand Student Alcohol Use	Understand Student Alcohol Use and Consequences
Step 4: Set and Prioritize Goals and Objectives	Set and Prioritize Goals and Objectives
Step 5: Select Evidence-Based Strategies	Select Evidence-Based Strategies, Understand the PFI
Step 6: Plan Your Actions	Plan, Carry Out and Evaluate Your Actions
Step 7: Carry Out Your Actions	Plan, Carry Out and Evaluate Your Actions
Step 8: Evaluate Your Actions	Plan, Carry Out and Evaluate Your Actions



Three primary tools were selected by or developed exclusively for 360 Proof by its expert design team:

- The **Campus Self Study**, to help you determine what specific alcohol problems to work on and examine what is already being done on your campus to address alcohol use;
- **National Institute on Alcohol Abuse and Alcoholism (NIAAA) Recommended Strategies**, to help you choose programs that have the most evidence for their ability to reduce high-risk use and consequences on your campus;
- **The Personalized Feedback Index (PFI)**, an online tool that students can use to get individual feedback about their alcohol use and the consequences they experience.

The steps on 360Proof.org will help you decide how to use the three tools. While you may want to begin right away with implementing the PFI, it's recommended that you integrate the PFI into a comprehensive plan using multiple strategies to reduce the consequences of alcohol use on your campus.

The program also includes many supplementary tools to help you implement this program:

- **Sample Documents**, including meeting invitations and agendas
- **Worksheets** to organize and record your efforts
- **PFI Promotional Materials**, to help drive student use of the PFI
- **For Administrators**, to provide your administrators with information about the nature of student alcohol use, the purpose of the 360 Proof program, and strategies to guide communication about alcohol
- **A Learning Collaborative**, to connect 360 Proof users to share ideas and consult with experts
- **Technical Assistance**, including opportunities for email, in-person or telephone consultations and web training sessions

Every campus will implement 360 Proof in its own way, as every campus starts from a different level of knowledge and experience, and has unique characteristics and alcohol-related culture that will influence how to begin. The tools in 360 Proof were designed with that in mind.



The complete 360 Proof process is presented here for your reference. While each campus may use these tools in a different order, it is recommended that the campus contacts initially review the materials in the sequence presented below.

Step 1: Learn the 360 Proof Process

- A. Watch the Learning Modules
- B. Read the Game Plan Book

Step 2: Build a Team

- A. Identify Partners
- B. Invite Partners to Join the Team
- C. Conduct Team Meeting

Step 3: Understand Campus Alcohol Use

- A. Review the Campus Self Study Instrument
- B. Compile Data
- C. Conduct Team Meeting

Step 4: Set and Prioritize Goals and Objectives

- A. Conduct Team Meeting
- B. Record Goals and Objectives

Step 5: Select Evidence-Based Strategies

- A. Review Recommended Strategies
- B. Conduct Team Meeting and Record Strategies for Implementation
- C. Explore 360 Proof PFI and Coaches' Modules

Step 6: Plan Your Actions

- A. Create Your Plan
- B. Customize 360 Proof PFI
- C. Explore PFI Promotional Materials

Step 7: Carry Out Your Actions

- A. Carry Out Your Actions
- B. Collect Data

Step 8: Evaluate Your Actions

- A. Create Evaluation Report
- B. Report Out
- C. Celebrate



Action Items:

- A. Watch the Learning Modules. The series of modules explains every step of the 360 Proof process.
- B. Read the Game Plan Book. The Game Plan Book can be read with the video modules or separately.