

PENNSYLVANIA STATE UNIVERSITY

# High-Risk College Drinking Policy Proposal

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The Pre-Gaming Phenomenon

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## TABLE OF CONTENTS

Introduction.....	3
Why Do Students Pre-Game?.....	6
Generational Characteristics .....	6
Social Anxiety .....	8
Alcohol Expectations .....	10
Peer Pressure .....	12
Economics .....	13
Consultation.....	18
Policy Proposals.....	25
Dry Residence Halls .....	25
Providing Non-Alcoholic Options .....	30
Conclusion.....	36
Works Cited.....	39

## **Introduction:**

With dismaying regularity, news reports emerge with details of the deaths of vibrant college students whose talent, promise, and potential are not met due to alcohol abuse. When these stories emerge, all involved feel some sense of defeat, frustration, anger, and responsibility. It is extremely difficult to cultivate and implement a policy that addresses the complex issues and responsibilities that come with the college drinking environment, especially at a large public university like The Pennsylvania State University. The odds are against Penn State. The combination of a large undergraduate student body, rural setting, large alumni base, limited non-alcoholic venues, a Division-I athletic program and an active Greek system all contribute to an ideal setting for a high-risk college drinking culture. Simply put, this creates the “perfect storm.” Penn State’s “perfect storm” makes tackling the binge drinking phenomenon more difficult.

Binge drinking is defined as the consumption of five or more drinks in a two hour time period for men and four or more drinks for women. Researchers at the Washington University School of Medicine in St. Louis who published *The Journal of the American Academy of Child and Adolescent Psychiatry* concluded that the current drinking age has been effective in reducing binge drinking, except among college students. Many college presidents have made a push to re-examine the drinking age; however, a critical reassessment of current University policies may merit better results. Although lowering the drinking age may be a “quick fix” to this daunting challenge, we believe it is not the correct approach. Lowering the drinking age will do little to combat the binge drinking atmosphere that runs rampant on college campuses across the nation.

Despite the illegality of alcohol consumption and possession for those not of age, students under 21 report that alcohol is easy to obtain on campus. The college environment

seems to encourage binge drinking. Most college students have older friends who can and will legally purchase alcohol for them. According to one survey conducted by the Substance Abuse and Mental Health Services Administration, 57.8 percent of under-age students reported have drunk alcohol in the past month, and 40.1 percent participated in binge drinking. Each year, approximately 1,700 students die in alcohol-related incidents (Califano). Today, 30% of females and 40% of males drink to become intoxicated, a substantial increase from previous years (Underage Drinking Research & Teenage Drinking Statistics). A staggering 31% of college students meet the criteria for alcohol abuse, 6% of which meet criteria for alcohol dependence diagnosis (Califano). Alcohol is the most frequently abused drug. The Harvard School of Public Health concluded that binge drinkers represent less than half the college population (44%), but account for almost all (91%) of total alcohol consumed on college campuses.

High-risk college drinking is a multi-faceted problem encompassing a vast range of issues. It is a problem with multiple variables always interacting and changing at once. Each year, statistics show that the effects of college drinking are more destructive and significant.

According to the Task Force on College Drinking, in conjunction with the National Advisory Council of the National Institute on Alcohol and Alcoholism, more than 70,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape.

In an attempt to unravel the problem of high-risk college drinking, efforts have been focused around gaining a better understanding of the pre-gaming phenomenon that seems to be on the rise not only at Penn State, but at many colleges and universities. A phenomenon called pre-gaming, the strategic consumption of alcohol prior to attending a social gathering, is an omnipresent pre-party ritual at many universities and colleges across the United States. This type of drinking usually involves small groups of students who engage in hurried consumption of high

volumes of alcohol, with the sole purpose of rapid intoxication. For this reason, pre-gaming is perhaps the most dangerous type of drinking college students engage in.

Like many large universities, the Penn State community also struggles with the prevalence of high-risk college drinking. At Penn State, last year's alcohol statistics showed that the average blood alcohol content for a student treated at Mount Nittany Medical Center was .25 percent, this is more than triple the legal limit to drive in Pennsylvania, which is .08. Students admitted to the medical center for alcohol-related reasons increased to 586 students in 2008-2009, up from 445 in 2007-2008, and almost triple the amount from 2004-2005, where only 227 students were admitted. On a typical Penn State weekend (usually regarded as a non-football weekend, or no special event such as State Patty's day), State College police can expect around 106 police phone calls, 28 criminal arrests, approximately 5 DUIs, 4 alcohol overdoses, and an estimated 11 loud parties. Between 2008-2009, police issued 29 percent more citations to students for public drunkenness. More than half of Penn State students identify themselves as moderate to heavy drinkers, and more than 77 percent of the students who were surveyed had a BAC that was above .08 in the past two weeks (Conrad and Erem).

About 13,000 students live in Penn State residence halls each year of which the majority are freshman and sophomores who are not yet of legal drinking age. Resident Assistants estimate that about seventy to eighty percent of all students living in residence halls go out drinking on the weekends, while only five to ten percent of these students get caught for drinking each weekend. Last year, there were 566 students caught drinking in the residence halls, and 404 of those students were underage (Conrad and Erem).

High-risk college drinking is a multi-faceted problem encompassing a vast range of issues. The overarching goal of our examination of pre-gaming was to find ways in which the

process could be curbed and made safer. In order to find ways to increase the safety of pre-gaming, preliminary research was conducted to better understand the phenomenon. An understanding of the implications and dangers of pre-gaming was obtained in order to understand the negative effects that are ultimately what the policy aims to avoid. Furthermore, reasons and motivating factors for pre-gaming were examined. An understanding of why pre-gaming occurs is necessary in order to conceptualize ways to alter the occurrence, either by reducing its frequency or increasing its safety. From there, ideas for a policy to curb the act of pre-gaming were generated. Alternative opinions were consulted, finally resulting in a proposed policy.

This paper is an inclusive examination of the phenomenon of pre-gaming, and discusses the reasons why pre-gaming persists at Penn State, and proposes policies to combat high-risk college drinking.

### **Why do Students Pre-Game?**

The pre-gaming phenomenon on college campuses is a conglomeration of motivating factors, such as generational characteristics, social anxiety, alcohol expectations, peer pressure, and economics. An understanding of these factors aided in determining which issues to address in order to formulate a policy that reduces pre-gaming's prevalence on campus.

#### ***Generational Characteristics:***

Jennifer Zangrilli, director of operations for Dante's Restaurants Inc., which owns seven State College venues, believes part of the drinking problem at Penn State "lies in the culture of drinking in this generation." She has also noticed the prevalence of pre-gaming among students. In her experience she would "estimate 90 percent of patrons come in after drinking heavily in their apartments" or other venues (Ganim). This section offers a brief examination of college

students as a generation. Although generational characteristics cannot provide concrete correlates, the millennial generation, loosely defined as those born after 1982, has many unique characteristics that can help describe the inclination to pre-game.

The millennial generation is an impatient generation whose technological upbringing has fostered an insistence on instant gratification (Degenhardt-Burke). This characteristic could help reveal why the pre-gaming phenomenon has gained so much momentum in recent years. It may be that if students decide to drink, the instant gratification aspect of the college-age generation causes them to desire the effects of alcohol quickly before they even get to the party or social gathering.

According to Howe and William, the millennial generation grew up in an environment where their time was highly structured for them. They have been the “most watched over generation in memory” (Howe). No other generation has ever been so over involved in scheduled extracurricular activities. According to a study conducted at the University of Michigan, “unsupervised”, or free time, declined by 37 percent for pre-teens between the years of 1981 and 1997 (Howe). These findings suggest that students of this generation are simply not used to having any time on their hands. They always have to be doing something. Barrett Seaman said in his book titled *Binge* that “there is a frantic aspect to student life on these campuses that is both impressive and a little frightening”(Seaman 31). When this “frantic” attitude is applied to alcohol use and partying, a possible explanation for the inclination to engage in pre-gaming arises. Previous generations may have been better conditioned to just slow down and relax until the time of a social gathering. The current generation feels that they must always be doing something and always preparing. For this reason, college students today are more likely to engage in pre-gaming, and the phenomenon merits further investigation.

This particular generation of students has also grown up in a technological era fostering an age of unprecedented connectedness. Students have come to rely heavily on technology for communication. In *Binge*, Seaman states that “communications technology is now deeply embedded in campus culture as a way of extending and sometimes replacing the concept of community”. Students are more inclined to text rather than talk face to face or pick up the phone to converse with one another (Everett Community College). This technological connectedness may have negative effects on face-to-face social interaction between students. The director of Berkeley’s student health center has seen increased demand for peer arbitration services and attributes this growth to a declining ability to work out social issues effectively. He has “detected a correlation between growing demand... for arbitration services and an atrophying of communication skills” (Seaman). Students are more socially connected than ever before via mediums such as Facebook and texting; however, this does not necessarily translate into social confidence. Communication through technology does not require the same skill set as face-to-face interaction. Due to this, students may feel less comfortable with the face-to-face dynamic of a social gathering. Because of this discomfort, they may turn to pre-gaming more frequently and this anxiety may suggest one reason students feel a need to “lubricate” their social skills with alcohol by pre-gaming.

***Social Anxiety:***

The alleviation of social anxiety is one of the motivators to the practice of pre-gaming. Students have come to view some social situations as environments where inebriation is required for a good time, and therefore participate in pre-gaming prior to attending. Pre-gaming is becoming a problem on many college campuses where a supposed “new culture of intoxication”

which involves the “strategic and hedonistic goal of achieving drunkenness” seems to be taking hold (Wells). Why do students feel that they must be intoxicated before attending a social interaction? There are many student responses documented, and a significant portion of those surveyed cite reasons based on the theme of reducing social anxiety. Student responses regarding their motivation to pre-gaming include variations such as “it makes things less awkward” or that it “gives me more confidence”, and pre-gaming specifically made one person “more loose and able to socialize” (Esquibel). The implications to this behavior are not only dangerous, but also suggest alcohol's central role in the social lives of many college students. One college counselor, quoted in an article on Neuroanthropology.com “feared that the high-risk drinking habit of pre-gaming has become synonymous with students' social lives” (Esquibel). Battling alcohol's role as a social lubricant is critical to reducing high-risk drinking among college students.

The tension reduction theory states that alcohol reduces tension in the user and that the user is motivated to drink for this reason. In other words, alcohol is desired for its effects (Wilson). Although students may drink to reduce tension, the actual measured reduction of tension in the individual has little to do with alcohol and much more to do with what the user expects to happen when they drink. The research conducted in this paper highlights the absence of physiological proof that alcohol directly effects social interaction and states that “acquired expectancies clearly overrode...physiological effect of alcohol” (Wilson). Pre-gaming is a phenomenon marked by the belief that social interaction will be less difficult while under the influence of alcohol. In a study done by the University of Florida, 84.9% of a random sampling of just under 1,000 students believed alcohol "breaks the ice". Additionally, 80.8% say that it enhanced social activity (University of Florida). Despite these beliefs, the effect of alcohol on the level of social anxiety in a given situation has been shown to be dependent on expectation alone

(Wilson). If the perception of alcohol as a social lubricant can be changed, alcohol use may be positively influenced.

### ***Alcohol Expectations:***

The evolution of a college party has become so skewed from its original definition, where the intent of social gatherings was focused on spending time with friends and peers, that today the expectation of a college party revolves around one thing: alcohol. This inappropriate and unfortunate truth has led students to an array of reasoning in order to justify their drinking habits prior to a party or social. Students have come across the pre-gaming phenomenon within recent years, according to sources who claim it did not exist during their college experiences, to their knowledge. Alcohol has become increasingly popular for various reasons including, reduction of social anxiety, saving money, and an alleged “bonding” that can be formed between students while pre-gaming together.

Perhaps students pre-game in order to meet certain alcohol "standards" that seem to be held by a large amount of college students today. The perception of a party has progressed toward an excuse to drink excessively, and many students who pre-game feel that in order to meet this expectation of a college party, they must arrive at the function as inebriated as possible. The pre-gaming phenomenon has become increasingly popular, to the point where some students cannot even leave to go to the party due to such a high level of intoxication.

For years, the film industry has had a large impact on the perception of a college party. Films such as *Animal House* and *Van Wilder* started this early definition of the modern-day college party. Today, movies and television shows featuring college parties are prevalent. Even on family stations, such as ABC Family, series like *Greek* have become nation-wide successes.

Due to programs like this, the media may be partly to blame for the expectations of students before entering college.

Many students perceive a party as a wild place where people will all be equally as “wasted” as they are; therefore, they drink before a party because they expect alcohol is the sole means by which they can have a good time while there. When students drink in college, especially those who are not of age, the majority of them drink irresponsibly (Esquibel). Games and other party activities are played in order to speed up the process of getting to a drunken state. These activities, such as “beer bong” (which allow students to consume a large amount of alcohol in several seconds) and games such as “shot-gunning a beer” (where students can drink a can of beer extremely quickly) are several methods of drinking that have developed as popular pre-gaming events. Games such as beer pong, flip cup, and kings have become popular to play during a pre-gaming party. Power Hour, which is another of the many prevalent pre-gaming activities, allows students to drink an excessive amount of alcohol in one hour. Students are meant to take a shot of beer every minute for one hour, and even resources such as iTunes and fratmusic.com have developed applications to help students make playlists for this occasion (60 songs per playlist, one minute each). iTunes calls the application “iHour”, and justifies its existence by claiming it is for “those gym freaks who loves to change stations every minute”(iTunes). Even so, the use of this program is not limited to “gyms freaks”.

When students come to college, they anticipate meeting new friends and hope to fit into a certain crowd. Students are likely to follow their friends and take part in what they deem as fit in order to be accepted. When students expect that they will not be accepted into a party until they are intoxicated, they feel the need to arrive drunk. This all relates back to the expectations developed in previous years about the description of the college party. In order to change this

unhealthy behavior and combat the prevalence of high risk college drinking, all interested parties must work to combat the expectations students have of college parties.

***Peer Pressure:***

While the term peer pressure typically carries a negative connotation, it is in fact the influence of members of one's peer group. In theory, peer pressure can have both positive and negative implications; however, many Penn State students experience negative peer pressure when in the presence of alcohol. Durkheim says that "ways of thinking, acting and feeling," collectively shared by others, have a "power of coercion over an individual which induces conformity" (Hernandez, Anthony, Neuman Carole, and Rabow). Not only is the feeling of needing to conform a major issue in peer pressure, but also it is the social norms of a culture. At Penn State, there is a strong "tradition" of drinking. These traditions include tailgating, which has been occurring since people have driven cars to football games and drinking holidays such as "State Patty's Day", which conversely is a recent occurrence. Since these activities have become so ingrained in the university's culture, it is difficult for the average incoming freshman to avoid drinking. According to Perkins,

*"Group norms reflected in the dominant or most typical attitudes, expectations and behaviors not only characterize these groups but also regulate group members' actions to perpetuate the collective norm".*

This emphasizes the view that many students believe that they must engage in drinking in order to conform to the social norms of the university. The students' perceptions of drinking are strengthened when pre-gaming occurs in the residence halls, since this is their place of residence. Therefore, it can be inferred that allowing alcohol in the residence halls is enabling the behavior

of pre-gaming. The presence of alcohol not only adds to the consumption by those students who would pre-game regardless of the rules, but it also influences the number of students who would not normally drink. These students are also a part of the groups of people who may feel pressured to drink, though they may never have intended to do so. Perkins refers to "reference groups" within a social group which are the most important indicators of behavior for an individual. In the residence halls at Penn State, the majority of students or "reference group" are the students who drink or pre-game in the residence halls. The collective norm to drink is a powerful agent in the decisions that students make, whether they are aware of it or not. They want to fit in and seem "cool"; therefore, they put themselves in an illegal and possibly dangerous situation. The student who is not experienced in drinking is the most likely to be at risk, since they do not have a gauge of their alcohol tolerance. A room in the residence hall is intended to be a "home away from home" for the student. It is not a healthy living environment for the student if they feel pressured in their own room. As a result, their studies and social lives may be affected in a negative way.

### ***Economics:***

When it comes to the issue of high-risk college alcohol abuse, money has become a major factor to a seemingly daunting problem.

As with any state, Pennsylvania is in a precarious situation with regard to enforcing alcohol laws. The state must weigh both the costs and benefits of the level of alcohol sales. In 2009, net income after operating expenses for alcohol sales was about \$500 million (Conrad and Erem). Prior to the deduction of expenses, the Pennsylvania Liquor Control Board brought in over \$1.9 billion of revenue from the sale of beer, wine, and spirits. When broken down, it becomes evident that Centre County has a problem because a notable portion of the state's

alcohol sales come from this county. In 2007, Centre County sold 3.51 gallons of liquor per person as compared to Pennsylvania's average of 2.92 gallons per person (Conrad and Erem). The four Centre County Wine and Spirit shops brought in almost \$21 million of revenue in 2007, which increased by more than \$1 million from the previous fiscal year (Student Affairs Research and Assessment). It is difficult for the state of Pennsylvania crack down on excessive alcohol consumption when it brings in so much revenue from alcohol.

With the increase in sales came an increase in the number of alcohol-related citations and fines issued by State College and University Police. Since 2003, the number of citations has risen 15% from 2,063 in 2003 to 2,373 in 2009 (Student Affairs Research and Assessment). Although some may believe citations are a way to deter students from becoming repeat offenders, in all actuality, the fines are not very effective. According to Richard Bonnie's and Mary Ellen O'Connell's book, *Reducing Underage Drinking: A Collective Responsibility*, the fines are not a successful disincentive.

Law enforcement officials generally believe that fines are not an effective deterrent to underage drinking for several reasons. First, parents often pay these nominal fines for the youth. Second, because the majority of teens are employed, a \$50 fine, for example, is a relatively small amount of money to them. Finally, many fines go uncollected and there is often no mechanism to collect on the debts (Bonnie and O'Connell).

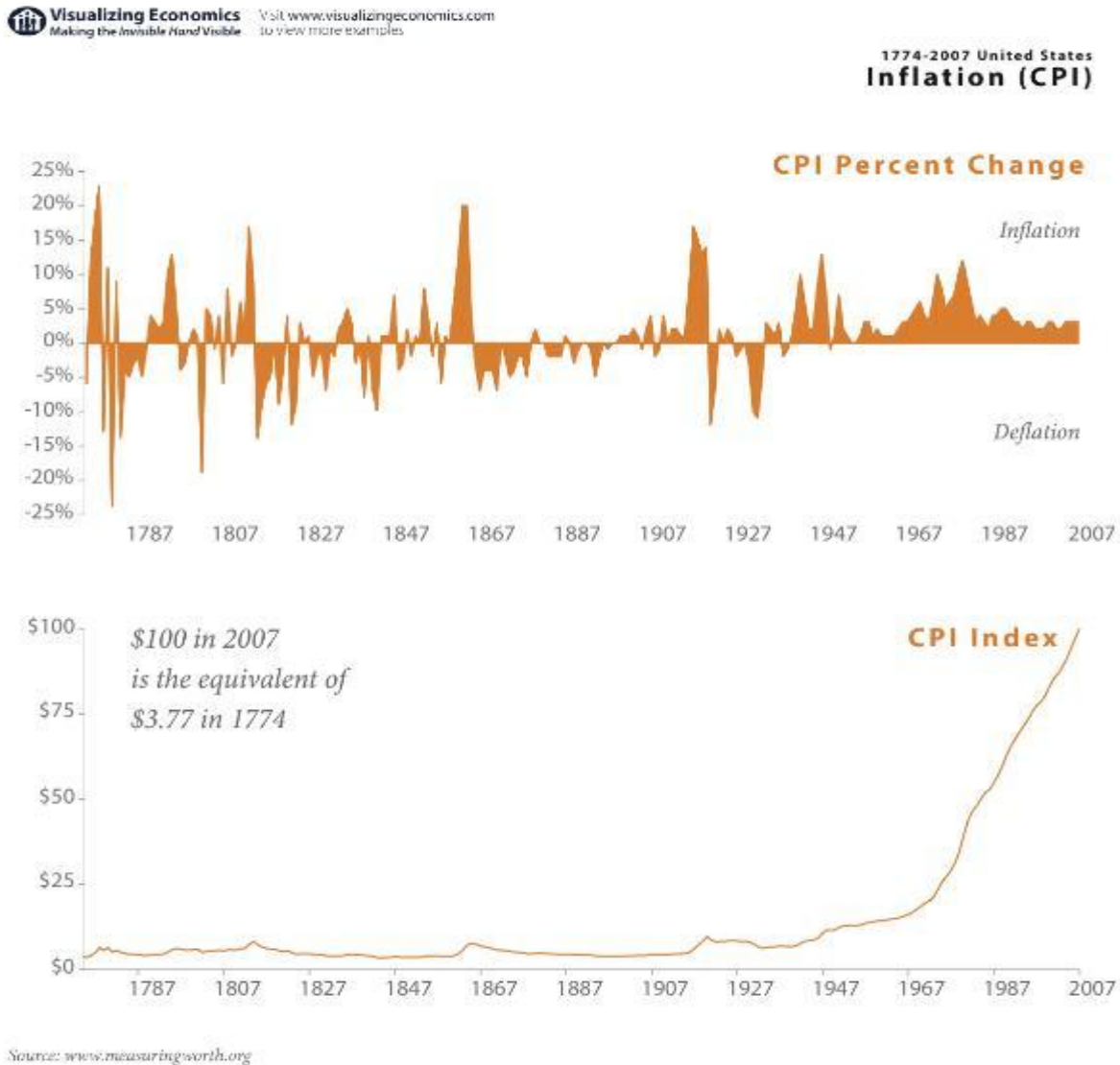
University Police Chief Steve Shelow mentioned additional issues with the fines for underage drinking and public drunkenness in Pennsylvania. "Fines for such offenses are established by the magisterial district judge and by law can range from \$1 to \$300, whatever the judge decides. Some of us (including this group) think that the \$1 minimum fine is ridiculously low, although seldom imposed, and moreover, that the maximum fine is low too and that perhaps

it should be increased to \$500 or even \$600,” Chief Shelow said. For many students, a low fine may not even make them think twice about participating in underage drinking again.

Furthermore, the fines have decreased on a nominal basis over the past forty years. According to Chief Shelow, fines for offenses, such as underage drinking, disorderly conduct, harassment, and public drunkenness, have not increased since the 1970s. On average, the United States economy experiences about 3% inflation each year, meaning the general price level in the U.S. increases by 3%. The inflation or deflation rate is calculated by determining the change in the Consumer Price Index (CPI) from the base year to the current year (United States Department of Labor). Therefore, the price of goods increases by 3%, so \$1 can buy fewer goods in the future due to inflation. In order to calculate CPI, the Bureau of Labor Statistics determines the total cost of the items at the current prices that a "typical" American would purchase. Then, in the years following, the total cost of the same items at each year's respective prices is determined. Finally, in order to determine the inflation or deflation, the percent change in the total cost of the items from the base year to a different year must be determined. When there is an increase in the CPI from the base year to a following year, the economy is experiencing inflation, meaning the general price level has increased. To balance inflation, the economy can also experience deflation, so the general price level decreases, meaning the value of \$1 increases (United States Department of Labor). The fines for the aforementioned offenses in Pennsylvania have not been adjusted for inflation, so over time, the dollar value of the fines has decreased. The following graph shows the inflation and deflation in the U.S. from 1774 to 2007 (Mulbrandon).

The top graph on the next page shows the change in the CPI from the base year to the year being analyzed, which ultimately shows the inflation and deflation in the economy from

year to year. The bottom graph indicates the decrease in the value of \$100 between the years 1774 and 2007.



When adjusted for inflation, the value of \$1 in 1970 is worth \$5.61 in 2010; therefore, the fines for offenses, such as underage drinking, disorderly conduct, harassment, and public drunkenness, should be higher in order to keep the value of the fines constant from 1970 until now. The \$1 fine should actually cost \$5.61, and the \$300 fine should be over \$1,600 (United

States Department of Labor). If the Pennsylvania fines were adjusted for inflation, they might be more likely to deter young people from continuing to drink.

The state of Pennsylvania is not the only party concerned with the economic implications of alcohol; the students of legal age also use money as a reason to participate in a practice referred to as “pre-gaming.” In a study contracted by the Pennsylvania State Liquor Control Board at Boston University’s School of Public Health, students expressed their reasoning was economically based. One student said, “[Pre-gaming] is just getting drunk before you go somewhere else so you don’t have to purchase as much alcohol” (DeJong and DeRicco). Due to the high price of alcohol at the bars, the students resort to the high-risk practice of pre-gaming. A 24-ounce bottle of Heineken costs over 425% more at State College’s famous Bill Pickle’s Tap Room than at W.R. Hickey Beer Distributor in State College (W.R. Hickey) (Hotel State College & Company, Inc.). Can those college students over the age of 21 be blamed for their practice of pre-gaming? When asked how to describe this practice, a student responded, “I call it saving money” (DeJong and DeRicco).

There are additional parties involved in a problem of student alcohol consumption, such as the tavern owners and the Borough of State College. For restaurant owners in State College, a liquor license costs around \$400,000 depending on the type of institution, so with over 44,000 students in the area, the proprietors can make a pretty penny. However, on weekends with heavy traffic flow during times, such as football season, the IFC/Pan-Hellenic Dance Marathon, and parents’ weekends, the number of potential bar and restaurant patrons increases dramatically (Conrad and Erem).

As for the local borough, the revenue brought in from alcohol sales in restaurants makes up the largest portion of income. In 2006, the total sales exceeded \$63 million, and the borough

received a portion of this amount (Conrad and Erem). However, for the borough, there are additional costs associated with the high amounts of alcohol consumption. The Borough of State College subsidizes an organization dedicated to keeping the downtown area clean, which costs about \$12,000 each year. In addition, the borough has additional expenses, such as the cost to replace street signs and other theft, which can run the borough up between \$500 and \$1,000 every week (Conrad and Erem).

Regardless of the costs from alcohol-related incidents, the expenses do not compare to the \$21 million of revenue that the State College Wine & Spirits stores earned in 2007.

## **Consultation**

The examination of pre-gaming required the consultation of many knowledgeable professionals. This section offers an account of discussions held with Lisa Wendel, Terry Koons, Chief Shelow, Patrick Fung, Eric Doberstein, and Dr. Peck and the ideas gleaned from them.

As stated above, this generation of college students is accustomed to highly structured free time. In an attempt to address this issue the time structure of a typical college student's day was examined. It was reasoned that college students do not actually go out until around 10:00pm. However, the dining commons in East Halls close at 8:00pm. This two hour time gap, between the end of dinner and the beginning of a social event, was thought to contribute to pre-gaming. If this gap could be shortened by keeping dining halls open later, it was thought that pre-gaming could be reduced.

A related idea was to create incentives for students to eat on nights when high-risk drinking typically occurs. It was thought that if dining halls were open later, more people would eat before going out. This would in turn increase the safety of drinking.

Lisa Wendel, Director of Residential Dining, was consulted on the prospect of extending the dining commons hours of operation on Thursday and Friday nights. She was asked if she thought such a policy would increase patron counts. According to Ms. Wendel, when this was done in the past patron count did not increase, but spreads out over a longer period of time. She also cited increased operating costs and staffing issues as significant barriers to implementation to such a policy. Patron counts, however, were found to be significantly lower on Friday and Saturday night dinners when compared to dinners during the week. Ms. Wendel provided the following patron count data on two typical weeks at East Halls Dining Commons.

Comparative Friday and Saturday Night Patron Counts at East Halls Dining Commons

	Week of Feb 7-13	Week of Sept. 20-27
Friday dinner count	4421	5914
Saturday dinner count	3643	2804
Friday compared to Sunday	93%	84%
Friday compared to Monday	56%	75%
Friday compared to Tuesday	57%	69%
Friday compared to Wednesday	54%	67%
Friday compared to Thursday	61%	73%
Saturday compared to Sunday	77%	40%
Saturday compared to Monday	46%	35%
Saturday compared to Tuesday	47%	33%
Saturday compared to Wednesday	45%	32%
Saturday compared to Thursday	50%	34%

The above data is from two “average” weeks, defined as weeks with no home or away football games or other events that would alter customer counts. It indicates a significant drop in customer count on Friday and Saturday nights. A possible reason for this could be that students are engaging in pre-gaming during the nights when they are not eating at the dining commons,

but keeping the dining halls open later, it seems, would not increase customer counts on those nights, especially because the dining commons are not the only place to eat in East Halls.

The Big Onion restaurant in East Halls is open until midnight, and students with meal plans receive a 65% discount. Ms. Wendel said that up until 9:00 pm the restaurant is extremely busy, but between 9:30pm and 11:30 “the place is like a ghost town.” At 11:30 they typically see an increase in customer count from students getting something to eat before the restaurant closes.

From this interaction, it was concluded that students already have the option to eat virtually whenever they want, but many choose not to frequent the dining halls on Friday and Saturday nights. Filling the unstructured time gap after dinner and before a social interaction is more complicated than keeping the dining halls open later. Simply providing a venue does not ensure that it will be utilized.

At many downtown venues in the State College area, those individuals under the age of 21 are not permitted into the facility. Some venues hold over 18 year old nights and the idea of facilitating more of these events was explored. Terry Koons, Associate Director of the Campus Involvement center for Health Promotion of Ohio University, was contacted in order to gauge the feasibility of allowing under 21 year olds into bars and taverns,

Ohio University is similar to Penn State in that Athens, the town where Ohio University is located, is also centered on the University. Ohio University, however, is different from Penn State in that many of the downtown bars and taverns allow students under the age of 21 in bars. Mr. Koons was asked if he thought allowing those over the age of 18 into bars where alternative entertainment was available would help to create a safer drinking environment and culture. His response was that if food specials and alternative entertainment were provided, promotion of

safer drinking habits would be plausible by showing that alcohol is not necessary for a good time, which would help to remove alcohol from the center of a social interaction.

Mr. Koons warned that a policy allowing underage students into bars on certain nights designated for underage students runs the risk of being perceived as “un-cool”. Therefore, careful marketing would have to be employed. Simply handing out flyers on campus may not be the right approach. Relating to pre-gaming, Mr. Koons mentioned that students who arrive at a function intoxicated could be removed, which provides a disincentive to pre-gaming.

Chief of University Police, Steve Shelow, had a firm and rather surprising viewpoint on the high-risk college drinking atmosphere that pervades the Penn State campus. Chief Shelow described the drinking issue at Penn State as an “extremely complex problem, with a low probability of being solved without all interested parties full participation”. He described and emphasized the importance of both appropriate responses by the University and punishment to the perpetrators of alcohol misuse in order to try to solve the problem of high-risk college drinking.

Chief Shelow was hesitant to support the University-wide policy of substance-free housing, as he regarded such legislation as “purely symbolic”. He continued to state that if alcohol was abolished from the residence halls, students would merely find alternative venues in which to “pre-game”. Chief Shelow’s belief was that little pre-gaming takes place in the residence halls, and rather he believed that the majority of pre-gaming takes place in downtown apartments. This may be true, as more students live downtown than in campus residence halls; however, it is the belief of this policy group that he may be grossly underestimating the amount of in-dorm pre-gaming that takes place on campus. To end the discussion on the possibility of implementing a dry dorm policy, he stated that “the energy that the University would put into

that solution (that solution being the dry residence halls solution) would be misguided as the outcome would be mainly symbolic." He urged all those looking at the high-risk college drinking atmosphere to look at all aspects of the issue, and proposed the idea of potentially "marrying the dry residence halls solution with another solution".

Chief Shelow was also asked about the proposed policy of allowing over 18 year olds into bars during certain events. He was very supportive of this idea and thought it was fresh, new, innovative, and could prove successful in the future. Chief Shelow commented saying that he was not opposed to this idea and that it was "not as risky as it may sound". He said that he believes these bars/clubs would have widespread interest from the student body, and thus could prove successful in the future.

As a final note, Chief Shelow said that University Police will continue down their current path with enforcing campus wide rules and will not turn a blind eye. He is unsure if the current policies in place are working; however, he is adamant about not retreating in the high-risk college drinking realm.

When discussing the idea of allowing over 18-year-olds into bars and clubs downtown for the purposes of attempting to reduce pre-gaming and expose students to safe drinking behaviors, Pat Fung, owner of a local bar in downtown State College called The Gingerbread Man, thought it was a idea that merited consideration. He stated that he would definitely be in favor of under-21 nights, and stated that if fellow State College bar owners were in agreement, he would agree to make his bar "dry" for an evening to curb alcohol consumptions by those who are underage. Mr. Fung stated that he believes alcohol consumption has increased significantly, especially on "drinking holidays" such as State Patty's Day, due to the extent of coverage on the issue by the media. He said that if the media left these "drinking holidays" alone and ignored

them (rather than building it up and almost creating a challenge for students) extreme drinking behaviors may be curbed.

From the aforementioned interview, it has been concluded that with further contact between bar owners and the university, a compromise could be made in favor of implementing a policy to allow over 18-year-olds into bars on several occasions throughout the year. Without speculating the opinions of other bars in the downtown area, after meeting with Pat Fung, it seems safe to claim that bar owners are at the very least willing to hear the ideas set forth by this policy. Whether or not they end up agreeing to implement the policy is unknown, but with further contact we could perhaps gain more interest in the policy. Also, whether or not it would be successful is unknown, but we would not know until we tried.

Eric Doberstein, a former bouncer of Cell Block who currently works at Indigo, expressed a rather different opinion than Pat Fung about allowing under 21-year-olds into bars and clubs. According to him, allowing under 21-year-olds into bars and clubs would promote pre-gaming prior to attending the venue, due to the fact that they would not be able to drink inside. He claimed that, as a bouncer, he was permitted to deny entrance to individuals who are “visibly intoxicated” but claimed that he would have no way of knowing if an individual had had a significant amount to drink if they “chugged a fifth of vodka and walked straight over to the venue” because the affects of the alcohol would not have sunken in yet. Along with this claim, he also stated that pre-gaming in the residence halls did not have a severe enough punishment.

He thought that an appropriate punishment for being caught drinking in the residence halls should be immediate suspension for a semester. Also, he claimed that the \$300 fine for drinking has not changed in 35 years, and that when taking into account the inflation of prices in the past 3 decades, the fine should be somewhere are \$1,200 minimum.

From the interview, it became clear that the policy of allowing underage students into venues downtown needed to be further developed in order to account for all the problems that Doberstein thought would accompany such a course of action. In order to clarify our policy and account for the fears that Doberstein had about implementing this policy, we restructured our policy to include a better system of defining “visibly intoxicated” (seeing as at the moment, according to Doberstein, a completely sober man could accidentally drop his wallet and would be denied admittance into the venue because his behavior loosely fit the definition of being visibly intoxicated), as well as updating and improving the punishment system for being caught in the residence halls with alcohol.

The focus of research in psychology journals and other resources was on peer pressure and the effects of that pressure on peer groups in both a positive and a negative way. Dr. Peck, a psychology professor at Penn State, was consulted. When asked about the alcohol situation at Penn State, he stated that the biggest change needs to be in culture and that can only occur over a long period of time. His suggestions for ways in which to change the culture of our student body included a required test about alcohol use, getting the alumni more involved and encouraging them to be a better example at football games, and dry hazing for the Greek system. On a larger level, he suggested getting the Big Ten involved in a program that would address alcohol use and misuse at all Big Ten universities. However, the best way to change the culture is a social norms approach; however, this would not be a campaign including advertisements such as posters. Since the students have the most pressure on each other in the residence halls, he suggested an incentive program in which residence hall members with no alcohol related offenses would be given a reward at the end of each semester, such as free basketball tickets, in order to create a social norm in the residence halls.

Melissa Doberstein, a former Residence Life Coordinator, also provided some ideas from personal experience. She began in East Halls, and later she moved to West Halls. She said that the difference between residence areas was drastic. The majority of disciplinary actions pertaining to alcohol took place in East, and as of now the Residence Assistants do not have a great incentive to maintain the rules that are in place concerning alcohol. However, Residence Life could aid in creating a sense of community, similar to the Special Living Options in housing. These programs give credit to students who for attending meetings and functions, and in return the students are allowed to remain in the residence halls for the following year. A program such as this that would pertain to alcohol use could have a positive effect on the residence hall areas, especially East Halls.

The various interviews conducted aided in the formulation of the following policies detailed below.

### **Proposed Policies**

Policy recommendations have stemmed from research conducted, opinions consulted, and observations made. The pre-gaming phenomenon was broken down into two sections that the polices address. The dry residence halls policy addresses the venue where pre-gaming occurs. Increasing the frequency of over 18 events downtown is aimed at increasing the safety of pre-gaming and changing the cultural perception of alcohol as the center of an event.

#### ***Dry residence halls:***

In order to combat the massive amount of alcohol consumption that occurs on college campuses, some have chosen to limit where (in regards to location) the alcohol is consumed by creating dry halls. With this, many colleges have chosen to create a “dry” campus or “dry”

residence halls. This is precisely what the pre-game group proposes: Penn State should have a blanket policy for its on-campus residence halls and make all of these facilities “dry”. Having dry residence facilities on campus means that there is absolutely no alcohol will be tolerated within the residence hall for any reason, regardless of age. Currently, at Penn State, there are rules addressing under-age drinking in the residence halls; however, students over the age of 21 are permitted to have alcohol in Penn State residence halls.

According to Penn State's Residence Life website the current alcohol policy for those 21 or older living in the residence halls is as follows:

*“University policy does permit possession and use of alcoholic beverages by persons 21 years of age or older, but only in the individual residence hall rooms of students 21 years of age or older. Consumption or distribution of alcoholic beverages is not permitted in any location other than in the individual residence hall room of students 21 years of age or older. Students who are 21 years of age or older may transport alcoholic beverages to their rooms through common areas so long as the beverages are in their original, closed containers. It will be presumed that any container other than the original closed container connotes the individual has been or will be consuming the beverage in other than an individual residence hall room”.*

Currently, Penn State offers substance-free housing options for students. Students Living in a Free Environment, commonly referred to as LIFE House, live within Penn State residence halls with students committed to living a similar lifestyle. Students who choose to live within LIFE house sign a statement confirming their commitment to substance-free housing. Substance-free housing is offered in Tener Hall, in East Halls and Ewing Hall, in South Halls. This is an

option readily available to students at Penn State; however, not many students utilize this housing option.

A 2002 report in the Journal of American College Health found that students in substance-free housing were less likely to experience alcohol-related problems -- ranging from missing sleep and being forced to care for a drunken friend or roommate to being assaulted physically or sexually. Substance-free residence halls, or dry residence facilities, represent a promising strategy for combating high-risk college drinking. This strategy and implementation could assist those who did not binge drink in high school from binge drinking in college. Providing students with a “safe-haven” in their residence hall will give students the chance to live in a healthy environment that promotes a substance-free lifestyle.

Colleges that establish alcohol-free housing create an environment where alcohol possession and consumption is strictly prohibited. By restricting the area where heavy drinking occurs, specifically pre-gaming in the residence halls, the University will be deterring students from binge-drinking. Since the early 1990's, substance-free housing has become increasingly popular at many different campuses nationwide, including University of Michigan, Dartmouth, and Vassar College. Dry residence halls help students avoid personal drinking problems as well as potentially detrimental secondhand effects.

Nationwide, public universities and colleges alike are not claiming that those who live in substance-free housing completely abstain from drinking, smoking, or illegal drug use; however, those who live in “dry residence halls” do not indulge nearly as often, according to the Harvard School of Public Health College Alcohol Study. The Harvard School of Public Health College Alcohol Study, in conjunction with the Journal of Adolescent Health, found that compared with other students, only sixty percent as many residents of substance-free housing reported binge

drinking in the past two weeks. The Harvard Study found other benefits as well. Students, who live in dry residence halls, were less likely to experience alcohol-related problems, like getting in trouble with police authorities, damaging property etc. Financially speaking, the benefit to Penn State would be undeniable. There would be less property damage.

With the implementation of the dry residence facilities, Resident Assistants will be able to enforce the Penn State alcohol policies more effectively. Currently, a blurry line exists between what is punishable and what may be exempt from punishment. If dry residence facilities were implemented, Resident Assistant's would be able to clearly present the rules to students, set up the expectation that student's comply, and be able to state clear consequences for noncompliance.

There is a symbolic component associated with establishing a dry residential environment on Penn State's campus. In addition to creating an age appropriate residential environment, a dry residence hall policy will send a clear and definitive message to current and prospective Penn State students about the university's stance on the culture of college drinking. Having recently been voted the number one party school by the Princeton Review, it is important that the university takes visible and effective measures to combat this degrading representation of Penn State. Implementing a dry residence halls approach is not a "quick fix" to this daunting problem, but it is an integral leap forward. This is an outstanding academic and research-based institution and it needs to be regarded as such. Many may argue that creating dry residence halls will be purely symbolic; however, the most integral components of Penn State University are based on symbolism. Therefore, the dry residence hall policy merits consideration by University administration.

The proposed dry dorm policy would require that alcohol be prohibited in any university owned residential facility, with the exception of Nittany Apartments and White Course Crossing. This would be a blanket policy prohibiting the consumption and possession of alcohol by both those of legal drinking age and those underage.

It is the belief of this policy group that a dry dorm policy will not be effective on its own. In accordance with the dry dorm policy, a second part of the proposal would include: an incentive program which will hold students accountable for their own actions, as well as the actions of their peers, concerning alcohol. The goal of the program is to provide positive reinforcement, by which large groups of students (i.e. residence halls) are collectively rewarded for compliant behavior with the proposed alcohol policy. This policy seeks to enforce standards throughout peer groups and the student community by creating a sense of mutual respect among peers.

The policy idea mirrors The People's Grameen Bank of Bangladesh, which promotes social capital. Social capital is defined as connections within and between social networks. Simply put, social capital promotes solidarity within a community of peers. The Grameen Bank is a micro-finance organization that promotes community development and collective responsibility. The Grameen Bank makes small loans to the groups of impoverished community members, without requiring collateral; instead the bank relies solely on peer-pressure within the group to ensure that loans are paid back in their entirety. A correlation can be made between this program, and the proposed incentive program. The increase in solidarity between peers may serve to augment peer pressure in compliance with the alcohol policy.

The University, or an organization within the University such as Residence Life, could implement an incentive program in which large groups of students (i.e. Residence Halls) are

rewarded for compliant behavior with the Penn State alcohol policy (both on and off campus). Students within the compliant Residence Halls would receive an immediate and valuable reward (e.g. Penn State basketball ticket). If students show interest in the program, norms of the residence halls are likely to change. Students will hold their peers accountable for their actions, and thus compliance with the alcohol policy may increase. Dr. Peck, a professor of Psychology at The Pennsylvania State University, proposed the ideas behind this incentive program in an informative interview with a policy group member. The proposed incentive program would "revamp" the social norms approach to curb high-risk college drinking.

The social norms approach used by Florida State University beginning in January 2000, called The Real Project, is no longer applicable to the current generation. The Real Project, an organization sponsored by the Florida Center for Prevention Research (FCPR), produced posters stating "Sober is Sexy" in order to encourage sobriety among college students. At the time, there was a decrease in binge-drinking at Florida State University; however, this specific social norms approach is no longer pertinent. The proposed incentive program may be a new and innovative way to integrate the social norms approach without the blatant advertising used in Florida, which is now ineffective.

The dry residence hall policy in conjunction with the incentive program will aid in creating a heightened sense of community within the residence halls. The "marriage" of the proposed incentive and dry residence hall programs may prove effective in combating the prevalence of high-risk college drinking on the Penn State campus.

***Providing Non-Alcoholic Options:***

Addressing the lack of non-alcohol related entertainment in downtown State College must be a joint community and University goal. This goal can be obtained through the establishment of more events at bars and taverns downtown where those under the age of 21 are admitted. In order to provide students with safe alternatives to high-risk drinking in the downtown area, dynamic relationships between specific bar owners and the University must be established with an emphasis on providing entertainment accessible to those under the age of twenty one. Events must be scheduled and coordinated, and students must be made aware of the under 21 event.

It is proposed that the University reach out to interested bar and tavern owners in State College to establish a dialogue with the specific goal of increasing social offerings available to those under the legal drinking age. These social offerings would revolve around entertainment such as live music, dancing, comedy or any event where alcohol is not served, and not available. The lines of communication between State College and the surrounding community are already being utilized. The Partnership: Campus and Community United Against Dangerous Drinking exists, as its name implies, to address the issue of high-risk drinking by college students. Communication would likely stem from this group in order to establish a dynamic relationship between bar owners and the University with the common goal of facilitating more under 21 events downtown.

Once the relationship between interested bar owners and the university is established, the events must be scheduled and coordinated. A circulating schedule of events is proposed. The parties involved would organize to determine which night each establishment would hold an under 21 event. In this way, the under 21 event would circulate around town on a weekly or bi-

weekly basis, being held at a different venue each week. No one bar owner would have to host the under 21 event more than once in a two month period, depending on the schedule decided upon. In conjunction with the weekly calendar, major media presences in State College such as The Daily Collegian and Onward State, could advertise the events.

An online calendar where under 21 events could be scheduled and available for all to see could be created to help make students aware of which tavern is holding the week's under 21 event. This would serve as a marketing tool and create a sense of community among bars involved in promoting safe drinking habits. Promoting such a calendar would be done jointly by Penn State and the bars involved since both are stakeholders in such a venture. Penn State would be promoting alcohol free events and the bar owners would be promoting a profitable venture. Furthermore, an online calendar would allow students to keep track of where the next event downtown will be and in this way a following could be developed. An online calendar would provide a central source of event information available to all students regardless of living arrangement.

With increased discussion about allowing under 21-year-olds into bars for select events among bar owners and the university, venues for positive social interaction could be created. Aforementioned generational research concluded that today's college student is accustomed to a highly scheduled, active lifestyle and it is hypothesized that providing more social options through the establishment of under 21 events at downtown bars and taverns could reduce high-risk drinking behavior. There is interest in hosting these alternative activities. Under 21 events would draw students away from unsafe drinking environments. They have the potential to be profitable and may also provide a disincentive to the practice of pre-gaming.

Various downtown bar owners have shown a keen interest in helping to promote safer drinking habits. Group members who spoke with bar owner's downtown received positive feedback in regard to the idea of hosting under 21 events at their establishments. The Chief of University Police was also receptive to the idea. Under 21 nights at bars and taverns is not a new concept, not even in State College. Several bars downtown have tried it in the past. One bar owner was quoted in a *Daily Collegian* article titled "Bar Hopping Made Legal in State College" saying "Students don't really have anywhere to go to dance and have a good time in town. We wanted to give them a place that is exciting and drug and alcohol free."(Pompanino). If it was done before, it can be tried again. With University support the events have a higher probability of success. It is only a matter of tapping into interest that already exists to catalyze positive change.

Apartment parties, house parties, and fraternity parties constitute a dominant source of weekend entertainment for many college students. One study found that the legal drinking age is not a predictor of binge drinking among college students, yet those under the age of 21 still clearly exhibit high-risk drinking behavior (Wechsler). In fact, according to another study, underage students were "found to drink heavier amounts [of alcohol] than the older students" (Smith 5). Under 21 year olds do not go to bars to drink, yet have been shown to be a high-risk demographic so they must be getting their alcohol from somewhere. Many underage and of age students frequent venues lacking "serving restraints and other social controls [allowing for] for the rapid consumption of large quantities of alcohol" (Wells, 6). This is a major source of high-risk drinking, and a diversion is needed.

Much of the entertainment downtown is centered around alcohol, and many underage students who aren't allowed into bars downtown go to unsupervised venues to participate in high-risk drinking due to a lack of other entertainment. An editor for CollegeProwler.com, a

college review website, stated that “The lack of nightlife accounts for the large drinking problem at Penn State” (Bunting). Students may feel almost forced into drinking for a variety of reasons, but more options could draw students away from high-risk drinking. In an informal interview, one student said "I would definitely not drink as much if there were other things to do [downtown]. I would love to go watch a band play or something, but I can't get in [to the venue]." There are many students who would forgo a night of drinking given the right alternative. Out of a group of over 970 college students questioned, 80.3% believed alcohol is used because it is simply something to do (University of Florida). Given more options, it is likely that students will choose drinking less.

There are over 20,000 underage students at Penn State who are not spending their money at bars. These students often have just as much or more expendable income than their of-age classmates. Currently, this is a largely untapped market for the bars in downtown State College where there is a large potential for profit. If entertainment such as music, dancing, or DJ's were brought in and marketed correctly, students would pay a cover charge to get into a bar or club hosting an over 18 night. The university and bar owners could collaborate to find appropriate entertainment. This could improve the local music scene, generating bigger audiences for bands because their audience would not have to all be over 21 in order to enjoy. By bringing a new age group to the bars, the establishments would generate revenue due to the cover charge for the group. This would compensate for lack of alcohol sales on a particular night. Bob Schmuft and Carl Yungman, owners of Generation Xtremes in Baltimore, Maryland, closed their over-21 establishments and started an under-21 club, saying “after being in an over-21 [nightclub], I found that it was easier to run and more profitable”(Ditkof). The owners indicated that they accrued expenses due to alcohol-related violations and altercations; therefore, when alcohol was

removed from the atmosphere, the owners' revenue increased due to the decrease in expenses. Although alcohol is a big seller downtown, it does not have to be the only one.

Under 21 events at downtown bars and taverns could actually increase the safety of some student's drinking behavior. After students engage in pre-gaming, they often proceed to a house party or other venue and continue to drink. Changing this behavior by facilitating entertainment downtown where alcohol is not the focus would curb high-risk drinking by providing at least a few hours of alcohol-free activity that otherwise may have been filled by more drinking.

Students who engage in pre-gaming often do not face serious consequences for arriving to a house or apartment party intoxicated. If they are underage and arrive at a party intoxicated, it is likely that they will not be questioned. Authorities who attempt to break up a party face the difficult task of sorting out who is of legal drinking age and who is not in order to administer appropriate citations. This burden is often logistically impossible; therefore, only the hosts are penalized for the actions of the group. The rest of the people are usually able to leave without consequence. Because those between the ages of eighteen and twenty are not allowed into bars, a significant number of students go directly to apartment parties and houses to engage in underage drinking. When underage drinking goes unpunished, there is no incentive to change behavior. Bouncers are already trained at identifying overly intoxicated individuals. These standards could be made stricter for underage patrons. If these people are not allowed into the venue, it provides a poignant disincentive for pre-gaming.

It could be argued that making events available to students does nothing to combat the practice of pre-gaming. However, as it stands, students who engage in pre-gaming often do not face serious consequences for arriving to a house or apartment party intoxicated. If they are underage and arrive at a party intoxicated, it is likely that no one will question them. Also,

authorities who attempt to break up a party face the difficult task of sorting out who is of legal drinking age and who is not in order to administer appropriate citations. This burden is often logistically impossible; therefore, only the hosts are penalized for the actions of the group. The rest of the people are usually able to leave without consequence. Because those between the ages of eighteen and twenty are not allowed into bars, a significant number of students go directly to apartment parties and houses to engage in underage drinking. When underage drinking goes unpunished, there is no incentive to change behavior. Bouncers are already trained at identifying overly intoxicated individuals. These standards could be made more strict for underage patrons. If these people are not allowed to into the venue, it provides a poignant disincentive for pre-gaming.

This policy is by no means a quick fix, but nothing will be. The drinking problem at Penn State is cultural in nature. Alcohol plays an increasingly central role in the social lives of many college students on Penn State's campus. The previously mentioned generational characteristics provide insight into alcohol's use as a "social crutch". With the implementation of the proposed policy, it is hoped, that the University could help to heal the need for such a crutch. By choosing to participate in events not centered around alcohol, students may begin to dissolve the perception of alcohol as a necessary component in their social lives. Efforts must be made to give students such a choice.

## **Conclusion**

High-risk college drinking is a widespread issue that is not limited to a specific demographic or geographic region. It is an important issue that is present at almost every university and college campus, and Penn State is no exception. With over 50% of Penn State

students identifying themselves as moderate to heavy drinkers, it has evident that action must be taken against this detrimental activity.

In recent years, pre-gaming has become more prevalent on college campuses, more specifically, Penn State. There are many contributing factors that lead to the hurried consumption of alcohol, such as generational characteristics, social anxiety, alcohol expectations, peer pressure, and economics.

The millennial generation's need for instant gratification causes students to drink as much as necessary in order to get drunk fast. In addition, the notion that alcohol alleviates social anxiety causes students to drink, even if they may not have otherwise. In the last several decades, the focus of a party has changed from an event with some drinking to solely drinking; therefore, there are expectations that come with college parties, such as the necessity of alcohol in order to have a good time. Furthermore, the negative peer pressure associated with the drinking environment causes many students to drink in order to be "cool." Lastly, the price of alcohol in bars as compared to the price at wholesale distributors leads students to the often dangerous practice of pre-gaming.

The dry dorms policy addresses the venue where pre-gaming occurs. After students engage in pre-gaming, they often proceed to a house party or other venue and continue to drink. Changing this behavior by facilitating entertainment downtown where alcohol is not the focus would curb high-risk drinking.

Pre-gaming is influenced by almost every aspect of a student's experience. Understanding this phenomenon involved an examination of generational, social, behavioral, and economic factors. Professionals and community members with varying perspectives on the issue of pre-gaming were consulted. Finally, the policies proposed were decided upon because it is

believed that, given the chance, they have the ability get at the heart of the issue of pre-gaming, which is cultural in nature. Punishments can be made more severe, but the inclination to pre-game would nevertheless remain. Dry dorms would help to remove the prevalence of alcohol in living quarters, while the facilitation of non-alcohol related entertainment would help to remove alcohol's prevalence in the social lives of students. Implementing a dry dorms policy, together with providing alternative activities in the downtown area, aim to minimize not only the practice, but the very inclination to engage in pre-gaming. Combating high-risk college drinking may not be accomplished by any one specific policy, but it is the sincere hope of this group that the above report provides valuable insight into pre-gaming and its prevalence at Penn State.

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