## BASICS

## Office of Student Accountability

901.678.2298

You have been assigned to complete the BASICS for Alcohol program at the University of Memphis Counseling Center.

There are several steps to complete the program: Print this form & visit the Bursar's Office at 115 Wilder Tower to pay the \$35 BASICS Fee, Keep the Receipt. 2. Take your receipt to the Counseling Center in 214 Wilder Tower to schedule your BASICS appointment. Write down your BASICS appointment Date & Time: 3. Complete the eCHECKUP TO GO program: Click I HAVE NOT completed the eCHECKUP To Go Previously Print or Save your user Identification Number Click Begin BEGIN

Answer all of the questions on each page and click next

Review your Profile (10 pages)

Drinking Profile Cost Physical Costs Risk Factors Comparisons Tobacco Considering a Change Goals & Aspirations Changes Resources PAGE 1 OF 10 YOUR DRINKING PROFILE

On Page 10 Click the button to



Print your full results and review them. BRING THESE RESULTS TO YOUR APPOINTMENT!

5. Attend your BASICS appointment in 214 Wilder Tower on \_\_\_\_\_/\_\_\_\_/\_\_\_ (DONT FORGET TO BRING YOUR PRINTED RESULTS WITH YOU)

