

eCheck Up Sanction Checklist

Task	Estimated Completion Time	Done
After Assignment from Conduct Officer		
Take online course(s) assigned (alcohol or marijuana) using link(s) below	3 Hours	☐
Log 12 digit number at the end of the survey (also known as UID)	>3 minutes	☐
Schedule your first meeting with a Wellness Educator using the link below	10 minutes	☐
Attend Meeting with Wellness Educator	1 Hour	☐
After First eCheck Up to Go Meeting		
Schedule second meeting with Wellness Educator	10 minutes	☐
Log use of alcohol and/or marijuana for two weeks	2 weeks	☐
Attend second meeting with Wellness Educator		☐
After Second eCheck Up to Go Meeting		
If additional meeting is required, schedule before leaving second meeting		☐

Sanction Complete! Notification of Completion will be sent to Conduct Officer

Course Links

eCheckUp TO GO – Alcohol

<https://echeckup.sdsu.edu/usa/alc/coll/marshall/#!/>

eCheckUp TO GO – Marijuana Education

<https://echeckup.sdsu.edu/usa/mj/coll/marshall/#!/>

First Meeting with the Wellness Educator Link

https://marshall-advocate.symplicity.com/collections/wellness_programs/cdf6958535f08b87dbb0f5096e32146a