

# Binghamton University

# e-TOKE Program

As part of your judicial sanction, you must complete the e-TOKE Program. The electronic THC Online Knowledge Experience (**e-TOKE**) is a marijuana-specific assessment and feedback tool designed to give you the opportunity to objectively appraise your marijuana use. This self-guided assessment takes approximately 5 minutes to complete. We believe this program will assist you in making safer and healthier decisions so you can avoid similar problems in the future.

When you access the e-TOKE Program, you are prompted to enter information about yourself. In addition to demographic information, you enter information about your use of marijuana, spending patterns, and lifestyle. After all information has been entered, you submit the form. The information you entered is validated and then processed. The e-TOKE calculates a number of variables and compares your responses to national and local college norms. Then, that information is displayed in an easy-to-read format.

To begin e-TOKE:

1. Go to: [http://smartchoices.binghamton.edu/aod\\_ed.htm](http://smartchoices.binghamton.edu/aod_ed.htm) . Scroll to the very bottom of the page and click the e-TOKE link.
2. Once at the e-TOKE program, click the 'Begin' button.  
Although the opening page has a location for a "UID", it is not necessary to enter any information into the form to start the program. The "UID" space is used for those returning to the program. The program takes about 15 minutes to complete.
2. When you complete the program, you will be presented with a completion certificate which you **MUST** print and present to the charging administrator as proof that you successfully completed e-TOKE.
3. The program will also issue you an "UID" which you can retain and use to access the program again to obtain more information.

Should you experience any difficulties or require support, contact the Alcohol and Other Drug Program Office at 777-2254.