OneLess Sanctions for Student Conduct Hearings

**OneLess Sanction Option 1:**

This OneLess sanction requires students to visit the Bentley OneLess campaign website and dedicate one Thursday, Friday, or Saturday to an activity that does not include drinking. The student then must turn in to their hearing officer a graphic representation of their OneLess night (possible ideas include a “pic-stitch,” collage, video, or Spotify list) as well as answer the following questions:

- What new information did you learn about yourself or alcohol in reading the website and taking part in your OneLess night?
- Will you apply any of this knowledge to your actions or behavior moving forward?

**OneLess Sanction Option 2:**

This OneLess sanction asks students to consider a negative consequence that has impacted them as a result of consuming alcohol. In a reflection paper at least 1 page in length, the student should discuss what that consequence is, and how their life might be different if it did not occur, or if steps were taken to avoid it in the future. Also, the students should include information or action steps that they have learned from the OneLess website or Facebook page.

For more information check out the Choose OneLess at Bentley website at: [http://www.bentley.edu/campus-life/choose-oneless](http://www.bentley.edu/campus-life/choose-oneless)