Smoking Cessation Course

at

The College of Saint Rose
All the students are WINNERS!
“Do you want to quit?” test
IF AT FIRST YOU DON’T SUCCEED
QUIT, QUIT AGAIN.
“Why do you smoke?” test
Chart smoking behavior:

Why did you pick up the cigarette?

- Time of day
- Emotions
Triggers:
What are your triggers?
Develop a strategy:

• Quit date will follow after all the steps previously mentioned.
• You’re fighting a war!
• You will lose battles.
• THE GOAL IS TO WIN THE WAR!!!
Social Support Group

• Groups of 4

• Meet at least once a week.
Smoking Cessation Props

Most effective props:

• Smoking Suzy

• Jar of Tar
Guest Speakers:

• Usually ex-smokers
The Insider Movie (1999)

- Touchstone Pictures
  And
  Spyglass Entertainment
- Starring Russell Crowe
  And
  Al Pacino
- Based on the true story of a 60 Minutes segment about Jeffrey Wigand
Research Article

- Students are required to find research articles on smoking and health.
Exercise!
• College course grade is not based on quitting.
Credits:

• Ms. Hannah Suarez
• Ms. Katie Brown
• Dr. Ann Neilson