

# ALCOHOL AND ACADEMICS

ALCOHOL USE CAN RESULT IN MISSING CLASS, DOING POORLY ON TESTS OR PROJECTS, DISCIPLINARY ISSUES, OR OTHER PROBLEMS.

In many instances, college is seen as a protective factor for substance abuse; however, alcohol use tends to be higher for college students than non-college students. In their 2008 survey of substance use, the Monitoring the Future study found that full-time college students had higher 30-day prevalence rates of alcohol use (69%) than non-college students (55%) and higher rates of high-risk drinking (drinking five or more drinks in a row in the past two weeks).

More college students reported consuming flavored alcohol beverages than their non-college peers (65% versus 51%). Of those who drank, 18-25 year olds reporting the highest percentages of driving after drinking, with 16.7% of 18-20 year olds and 26.1% of 21-25 year olds reporting driving under the influence.

Students who are out late partying often oversleep and miss classes. Someone who is hung over is more likely to sleep in or may be too sick to attend class. People who party several times a week can fall behind on their homework, projects, or papers—causing a low GPA and even dropping out of school.

Students participating in high-risk drinking not only negatively affected their academic performance but also caused their friends to be concerned. Of the students who engaged in three or more episodes of high-risk drinking in the two-week period, 41% admitted other people were worried about their behaviors.

**THE FOLLOWING STATISTICS SHOW, ON AVERAGE, STUDENTS WHO DRINK THE MOST ALCOHOL RECEIVE THE LOWEST GRADES:**



**AVG 4.21 DRINKS PER WEEK**



**AVG 6.03 DRINKS PER WEEK**



**AVG 7.76 DRINKS PER WEEK**



**AVG 9.97 DRINKS PER WEEK**

Students who **DID NOT** partake in high-risk drinking = **GPA OF 3.19**

**ONE EPISODE** of high-risk drinking = **GPA OF 3.11**

**TWO EPISODES** of high-risk drinking = **GPA OF 3.06**

**THREE TO FIVE EPISODES** of high-risk drinking = **GPA OF 3.04**

**SIX TO NINE EPISODES** of high-risk drinking = **GPA OF 2.98**

**TEN+ EPISODES** of high-risk drinking = **GPA OF 2.95**

