

Alcohol and Academics

Alcohol use can result in missing class, doing poorly on tests or projects, disciplinary issues, or other problems. The following statistics show on average, students who drink the most alcohol receive the lowest grades:

A students average 4.21 drinks per week

B students average 6.03 drinks per week

C students average 7.76 drinks per week

D/F students average 9.97 drinks per week

College is seen as a protective factor for substance abuse in many instances; 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): 40% of college students versus 30% of non-college students. More college students reported consuming flavored alcohol beverages than their non-college peers (65% versus 51%). Of those who drank, 18-25 year olds reported the highest percentages of driving after drinking, with 16.7% of 18-20 year olds and 26.1% of 21-25 year olds report 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 may even drop 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.

Source

The BACCHUS Network:
<http://www.bacchusnetwork.org/ncaaw.asp>
<http://www.bacchusnetwork.org/documents/10AlcAcadem.pdf>
 Design: Screening for Mental Health, Inc., 2011

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-five episodes of high-risk drinking = GPA of 3.04

Six-nine episodes of high-risk drinking = GPA of 2.98

Ten+ episodes of high-risk drinking = GPA of 2.95