

BOOZE, SEX, & REALITY CHECKS

ACADEMIC IMPACTS AND RETENTION

Arria, A. M., Caldeira, K. M., Bugbee, B. A., Vincent, K. B., & O'Grady, K. E. (2013). *The academic opportunity costs of substance use during college*. College Park, MD: Center on Young Adult Health and Development.

Available at www.cls.umd.edu/docs/AcadOppCosts.pdf.

WHAT KIND OF EXPERIENCES DO YOU WANT TO HAVE AT UNIVERSITY?

op·por·tu·ni·ty cost:
what a person sacrifices when they choose one option over another

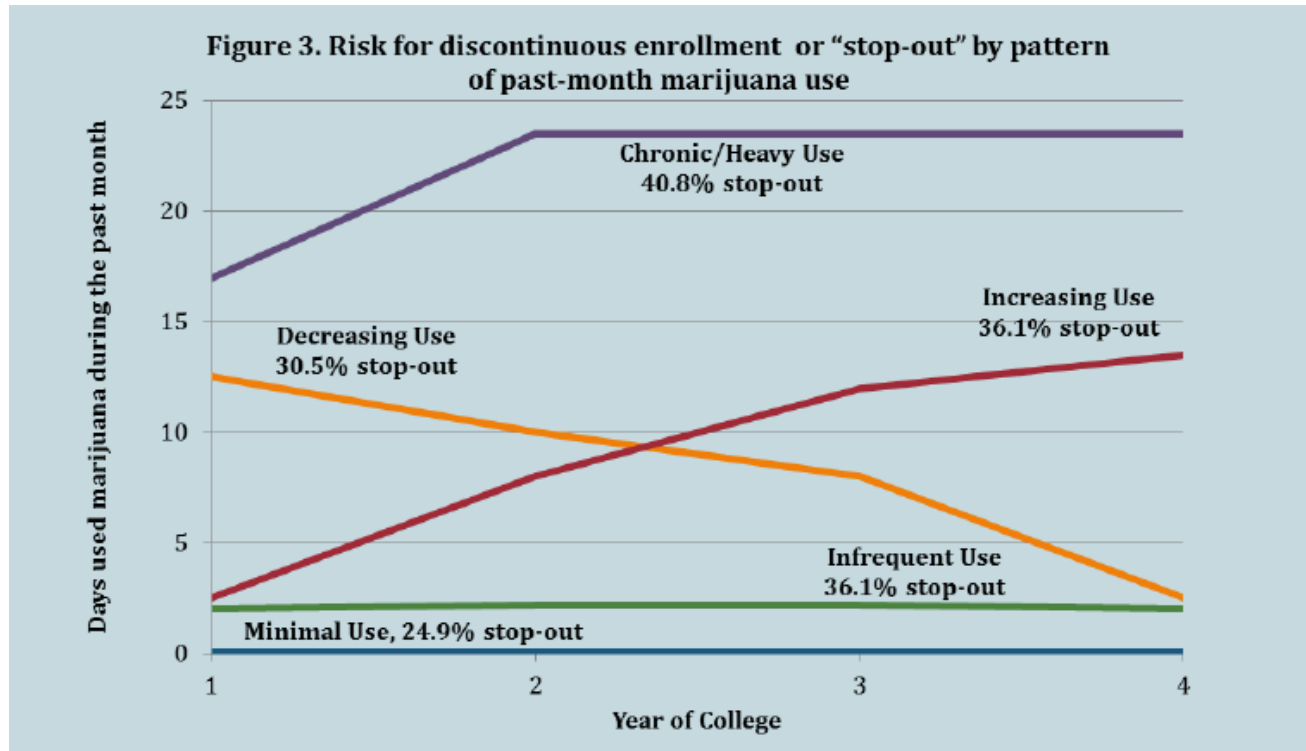
How can substance use & mental health concerns affect your opportunity costs?

LET'S TAKE A LOOK AT RETENTION & STOPPING OUT OF UNIVERSITY

Nationally, 58% of students who attend a four-year college complete a degree there within six years. Trends indicate little sign of improvement.^{1,21} Moreover, many college graduates have not mastered the skills employers demand.²²

How does mental health & substance use interact with this statistic?

EXAMPLE: CANNABIS USE



Students who used marijuana very frequently all four years (i.e., “Chronic/Heavy” users) were **twice as likely** as “Minimal” users to experience discontinuous enrollment.

Even “Infrequent” marijuana users were **66% more likely** than Minimal users to be discontinuously enrolled.

How does mental health & substance use interact with academic outcomes?

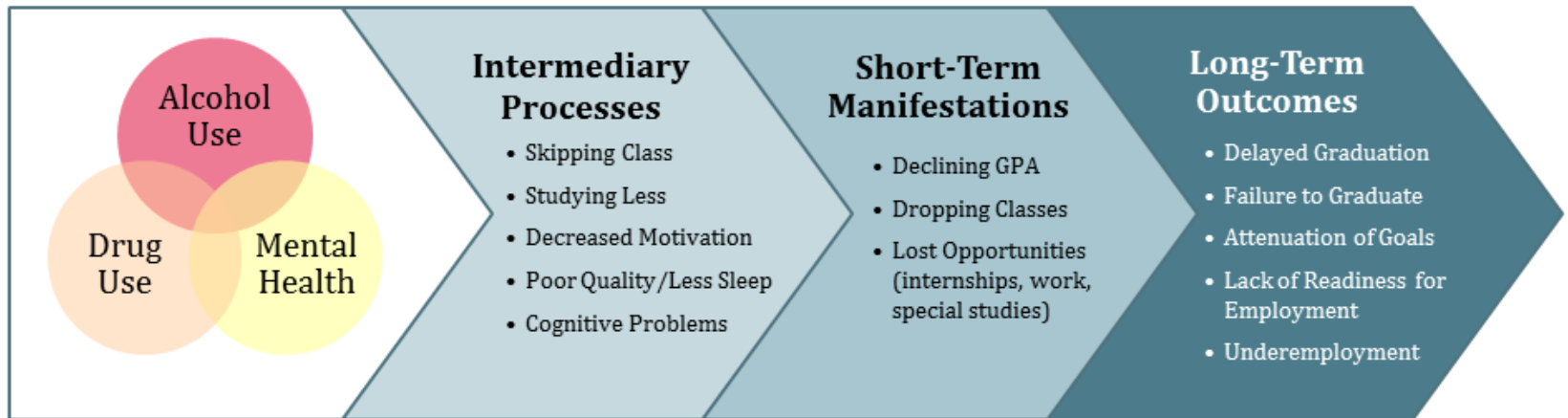


Figure 2. Alcohol use, drug use, and mental health outcomes have a cascade of effects on college students' academic outcomes

Research shows a strong association between early and chronic substance use and mental health problems such as depression, anxiety, feelings of overwhelm, sleeplessness, PTSD, etc.

WHAT KIND OF EXPERIENCES DO YOU WANT TO HAVE?

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The message is 2 fold:

- Be aware that substance use, mental health, and academic outcomes interact
- Reflect on what kind of experiences and opportunities you want to have at university – academic, social, etc.