## Alcohol & Study

### Difficulty meeting academic responsibilities is one of the most common consequences of alcohol use.

Even if you don’t drink during the week, partying on the weekends can have an impact on your academic performance. Ever experienced the power of a killer hangover? Your plans to wake up early and study all day usually go out the window. You find yourself just trying to survive the pain rather than preparing for that exam on Monday.

“When I think back to my three nights per week drunken stupors—I’m horrified. I cannot believe how much my grades suffered. I even altered my schedule to accommodate my drinking. It scares me to think I did this.”

### Alcohol is implicated in more than 40 percent of all academic problems.

- On average, students who drink the most alcohol earn the lowest grades.
- Students with low grades report consuming an average of 9.5 drinks weekly and students who earn high grades average 3.1 drinks per week.
- Alcohol use is commonly associated with students missing classes, doing poorly on tests or assignments & getting behind in university work.
- A sizable percentage of students have, in the past, attended class with a hangover, studied or taken a test with a hangover.

### Short-term effects

(usually lasts up to 72 hours after heavy alcohol use).

- Memory impairment – alcohol inhibits the transfer and consolidation of information in long-term memory—so alcohol reduces your ability to remember information that you learned prior to going out for drinks.
- Your attention span is shorter for periods up to forty-eight hours after drinking.
- Alcohol suppresses REM sleep. If REM sleep is suppressed we feel tired when we wake up, resulting in low energy levels and difficulty in performing normal day to day tasks.

### Long-term use

(one year of heavy alcohol use)

- Alcohol can ruin and even kill off brain cells.
- Alcohol can cause damage to the connections between nerve cells and cause irreversible brain damage, including memory loss and personality changes.
- The human brain is not fully developed until 25 years old.

### Alcohol’s Effects on Cognitive Abilities

Alcohol has several physiological and psychological effects, which will inhibit your performance as a student.

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### Free Drinkers Checkup!

- Are you drinking at dangerous levels?
- Wondering if your current alcohol consumption levels are affecting your health?

**Personal and Confidential Assessments are Available at the University Medical Centre**

To arrange an appointment or for enquiries please contact: 6488 4651 or 6488 4652

Information Taken From:
2. The Higher Education Centre for Alcohol and Other Drug Prevention College Academic Performance and Alcohol and Other Drug Use INFOSOURCES/RESOURCES, June 1998