

# ALCOHOL AND ACADEMICS

Research regarding the effects of alcohol on academic performance all report some type of negative consequences.

## **NEGATIVE EFFECTS ASSOCIATED WITH HEAVY EPISODIC DRINKING:**

- Alcohol impairs the ability to transfer information - learned prior to drinking - from short term to long-term memory.
- Attention span may be shortened within 48 hours after drinking.
- Alcohol disrupts the necessary sleep cycle, including REM sleep. Without adequate quality of sleep, a student will feel tired, despite sleeping for 7-8 hours.
- The time it takes to recover from heavy drinking (i.e. hangover) could be better spent on more important tasks (i.e. learning)

## **IMPLICATIONS FOR STUDENTS:**

- Information a student studies before drinking is harder to recall
- Harder to pay attention in class and concentrate on work
- When sleep is disrupted a person is more susceptible to depression disorders and a decrease in cognitive abilities. Studies show that normal memory function (learning) is dependent on adequate sleep.
- Heavy drinking often results in missing classes and falling behind in assignments.

## **STEPS TO MINIMIZING NEGATIVE EFFECTS:**

- Balance academic and social commitments
- Manage time, giving priority to academics
- Drink responsibly and in moderation



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