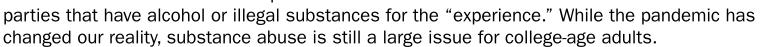
IUP & Advisor Advocate

Substance Abuse and College Students

Underage drinking is a fairly common problem throughout American universities. It's no surprise that students seek out



Prevention

- Challenge conceptions of substance use (party culture, "real" college experience)
- Avoid language that encourages or condones underage drinking
 - Don't change scheduled class, testing, or due dates around times known for heavying drinking (St. Patrick's Day, Homecoming, Halloween, etc.)

Support efforts to curb drinking and substance use: share campus events, reference resources, invite professionals to speak in class. See more from the <u>Student Wellness and Engagement Program</u>.

A A

 \succ

ldentifying

Students are experiencing higher levels of stress (personal, social, and financial); they may have limited access to campus resources if they do not live in a supportive home environment. Increased isolation and difficulty dealing with current events can lead to substance abuse as a coping mechanism.

Confronting a Student at Risk

I'm concerned about you.

Set aside time and a safe, comfortable location to express your concern for a student. No matter where you talk to students, here are some things to keep in mind:

Some *common* signs of substance abuse:

- Appearing under the influence
- Missing coursework or changes in academic performance
- Changes in mood or behaviors
- Drinking and drug use as a priority

Speak in an objective, non-judgemental manner

- Have resource information ready (including contacts for appropriate offices)
- Realize that a student will likely make excuses, deflect, or divert the conversation to argue that "it's not a problem"

Director: Stephanie Taylor-Davis, teaching-excellence@iup.edu Associate Director for Academic Advising: Erin Conlin elconlin@iup.edu

Editor and Designer: Jacklyn Heslop <u>fihcc@iup.edu</u>