Can you believe we’re cruising into the second half of fall semester already?! Wow, how the time flies… With the end of fall semester in sight, some of us may turn to alcohol & other drugs to help cope with impending finals, papers, and presentations; however, alcohol & other drugs can actually prohibit us from performing our best academically. Did you know that 1/5 of UND students reported performing poorly on a test or important project, and 1/4 of UND students missed class due to drinking or drug use? (2012 UND CORE Survey) Keep reading to learn how to engage in low-risk alcohol use, minimize the negative consequences, and ensure you’re prepared to succeed academically for the remainder of fall semester.

Alcohol & Academic Success

Alcohol use affects different areas pertaining to an individual’s academic achievement, including earning lower grades, doing poorly on exams and papers, missing class, and eventually falling behind. You may think having a few beers before sitting down to write a paper will make the process move faster or elicit more brilliant ideas from your mind; in actuality, it slows your cognitive functioning. Your ability to think abstractly significantly decreases with each drink. It may seem appealing to miss a class if you’re hung over; but eat something and head to class. You’re paying for it!

Generally speaking, students with a higher GPA consume far fewer drinks than individuals with a lower GPA. For example:
- "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" and "F" students average 9.97 drinks per week

Think before you drink; refrain from going out for the night if you know there is a big test coming up or a huge assignment due.

Adderall: Myths & Facts

**MYTH:** It’s okay if my friend gives me one of their prescription Adderall pills because it was prescribed by a doctor for the same problem.

**FACT:** Sharing a prescription is against state and federal law and can expose you and your friend to dangerous health and legal consequences.

**MYTH:** Adderall is not addictive.

**FACT:** Adderall is classified as a controlled substance by the Drug Enforcement Administration (DEA) due to its potential for abuse and dependence.

**MYTH:** Everyone at UND uses Adderall to help them study.

**FACT:** Over 97% of UND students do NOT abuse prescription drugs, including Adderall.

**MYTH:** Misusing prescription drugs is fine “every once and a while” and can help me better manage my life and the stress associated with being academically successful.

**FACT:** Students who take prescription drugs for non-medical reasons are more than 5 times more likely to develop a drug abuse problem than those who do not.

Adderall & Academics

Instead of turning to prescription drugs (like Adderall) and using them in a way they were not prescribed, try these tips for finding focus and energy:

1. Exercise.
2. Eat a healthy, balanced diet.
3. Get plenty of sleep.
4. Remove distractions like cell phones, ipods, or television.