

Did You Know? A bimonthly column from:

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Students beware!

Starting UConn is a very exciting time of change for students. It can also be a stressful period for individuals who are making the transition from high school to college. Students must adjust to a new schedule, new school and the stress of building new friendships and relationships. Unfortunately, some individuals deal with these stresses by turning to drugs and alcohol.

You may be reading this article and thinking that there is no problem with your drinking or drug taking. In fact, you may also consider it the “normal” thing to do. After all, “everyone” that you know does it.

Let’s consider the **dangers** of drinking and taking drugs. Perhaps, the most danger you have experienced is a night of partying too much followed by a hangover the next day. However, research now tells us that our thinking after a night of partying (with alcohol or other drugs) can be impaired---for up to 30 days after the event. Imagine what multiple times of partying can do. According to statistics, these are some of the problems that have occurred:

1. Students do less studying.
2. Students tend to have more unprotected sex.
3. College students have been insulted or humiliated during drinking or drug abuse.
4. Students have more unwanted sexual advances or have been victims of rape or sexual assault.
5. College students have been in verbal or physical altercations.
6. Students have caused accidents and deaths due to driving under the influence of alcohol and other drugs.
7. College students have died from chemical use.

I am sure that you have heard much this before, but now that you are in college, you may be listening to these dangers. If you have any questions about this or other personal issues, please contact ***your student assistance counselor. The services are free and confidential to all UConn Waterbury students.***