

the RED CUP Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q Do sophomores drink more than freshman?

Answer: A. Yes
B. All of the above

One of the most influential goals of newly independent incoming freshmen is to seek out social opportunities and new friends. It comes as no surprise that some opportunities involve alcohol. For freshmen who choose to drink, there is a slight increase in both the frequency and the amount of alcohol consumption as they move through their sophomore year. The UA's 2011 Health and Wellness Survey documented this tendency along with a positive movement of UA students utilizing many protective behaviors over time. In reviewing the data on all four undergraduate years, students reported a trend of increased drinking patterns all the way through their junior year. It is not until the senior year that we begin to see clear evidence of students "maturing" out of high-risk drinking behaviors and opting for more moderation. BTW, the risk is generally higher for males and those who have a familial history of alcohol problems.

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) chronicles that 25% of college students have academic problems caused by alcohol abuse such as lower grades, missing class and falling behind. Another study of college administrators said that alcohol was involved in 40% of students who drop out of college.

What does this mean to you? It means that the choice of how you plan to negotiate social and academic ideals is now ultimately on you. And, if you choose to drink, be aware of the potential of alcohol getting in the way of other things you may want. As a self-regulating adult, it is helpful to be personally aware of the motivations as to why you are attending college, as well as alcohol facts, should you choose to drink. Don't lose sight of your future dreams at the expense of becoming a heavy-partying cliché.

The UA presents many opportunities to have a ton of fun. Stay safe and smart as you celebrate your independence and enjoy the excitement of being a UA student.



wildfact

In 1922, the entire male population of the UA student body was suspended for 10 days for playing leapfrog.

(www.125.arizona.edu/funfacts)



Got a question about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

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