

the RED CUP

Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q Why is it that on some nights when I drink I have a good experience and on others it's bad?

A. Really good question! Generally, good or bad experiences depend upon whether your expectation for the night was met or not. Contrary to popular belief or what it may seem like among your circle of friends, not all college students drink. However, for those who do, most report a positive drinking event when they drink just to feel a little buzz, loosen up a bit, have fun, and be social. Most college students would probably agree that a bad drinking experience is when you throw up, become overly dramatic, violent, end up with regrets, injuries, get busted, drunk-text, black out, or experience alcohol poisoning.

So how did you go from a good to a bad experience? We here at the Red Cup Q & A would say that it went bad because you went past your alcohol "sweet spot." Your sweet spot is that place where all your intended positive outcomes of drinking alcohol are most likely to happen.

We could easily predict that all the aforementioned negative consequences occurred after you exceeded your sweet spot. For example, no one intends to let loose a Technicolor yawn, while bowing to the porcelain god. But, when it happens, it was because you passed your sweet spot. You were no longer in control of your alcohol experience – the amount of alcohol you consumed was. Ya dig? Word!

Your sweet spot is that level when you keep your blood alcohol concentration (BAC) at .05% or under. So what does that look like for the average college student? For a 150 lb. male, you could drink 3.2 standard drinks over two hours and not go over your sweet spot. A 120 lb. female could drink 2.2 drinks in the same time and still remain in her sweet spot.

Stop by Health Promotion and Prevention Services on the third floor of the UA Campus Health Service to get your free Safer Drink Guideline Card and discover your alcohol Sweet Spot.



wildfact

Arizona Sweet Tea is a popular beverage made by a company in New York.



Got a question about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

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