

Alcohol and Other Drugs

Students don't usually set out to develop an addiction to alcohol or drugs. Rather, the addiction process often sneaks up on them and takes them by surprise. Due to the psychological and physiological processes involved, what starts out as moderate use can transform into higher and higher tolerance for the substance, which then leads to a requirement for a larger amount of the drug or drink to achieve the same effects. This process is involved in the early stages of addiction, and it can sometimes go by almost unnoticed to the user.

There are other milestones in the addictions process, ones that are easier to detect if you know what to look for. Here are some common alcohol and drug-related problems that students may experience:

- Diminished academic performance (missing classes, papers turned in late, grades slipping)
- Conflict in intimate relationships
- Depression
- Sleeping problems
- Unwanted sex, sexual coercion, or sexual difficulties
- Indifference to appearance and behavior
- Legal or campus judicial entanglements
- Health issues, such as chronic colds, infections, digestive issues, etc.
- Alienation of friends or family members
- Financial concerns
- Loss of interest in former hobbies or pastimes
- Lack of pleasure from normal, positive things in life

If you are experiencing one or more of these problems as a result of your alcohol or drug use, you have an early warning signal for addiction. Don't wait until the warning signals accumulate! Do something now. Call the Counseling Center at 336 316-2163.