TURN UP STUDENT SUCCESS!

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Is there a correlation between the effects of binge drinking or alcohol abuse on the student success of first year students?

How do Longwood students compare to other studies and national data?

Student Success- Student Success- For the purpose of this study, I have broadly defined student success as maintaining a GPA that allows the student to remain in good academic standing with the university which is a GPA of 2.0.

Binge Drinking- Data collected by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as having 4 or more drinks in one occasion (females) and as having 5 drinks in one occasion within the past two weeks (males) (White & Hingson). MyStudentBody uses the same parameters for their training course and reporting as well.

NATIONAL RESEARCH

❑ 65% of college students drink alcohol
and most engage in binge drinking

Substance Abuse and Mental Health Administration (SAMHSA)

❑ More likely to miss classes, perform poorly on exams, and experience memory loss *(White & Hingson)*

❑ Excessive drinking is related to academic issues and has adverse affects on student retention and graduation

The Center on Young Adult Health and Development (CYAHD) (Arria & et al, 2013).

MyStudentBody Data:

❑ 52% of incoming Longwood students abstain from alcohol which is 7% higher than at other MSB colleges and universities

❑ 14% of students engage in binge drinking and 34% use alcohol, but are considered lower risk for alcohol abuse.

DATA COLLECTION- MSB

According to MSB, there are 239 students who are in the higher risk category for alcohol abuse. These are the students who are typically targeted for programs surrounding intervention. Of these students, 49% or roughly 117 indicated they were "not at all" ready for a change whereas 4% indicated they were near the "definitely" ready for a change continuum.

DATA COLLECTION- MSB

❑ Less than 1% of students surveyed indicated that they had experienced academic consequences (missing class, concentrating on assignments, etc.) after alcohol use within the past month

❑ Information was gathered in the summer between their senior year in high school and their first semester at Longwood.

❑ Students will be surveyed again in the spring semester to gather additional information

DATA COLLECTION- NLD

Students were asked to rate the following statement about their Peer Mentor Prime Time session:

Peer Mentor Prime Time made me more aware of the alternatives to alcohol use and parties.

- ❑ 27% strongly agreed
- ❑ 42% agreed
- ❑ 22% remaining neutral

"Molecules That Monkey With Your Mind" by Linda Hancock, PhD, CFNP, RN

Does your tolerance for alcohol change based on the setting and environment in which you drink?

❑ 53% said yes, 40% said no

❑ 79% of students stated that Molecules was their favorite NLD program (their favorite was "What's Your Soundtrack?" by Josh Blakely)

CONCLUSIONS

Additional research needs to be conducted to determine the prevalence of binge drinking within the campus community and if this affects student success. It seems likely that if national research reflects current student trends regarding binge drinking as a factor affecting academic performance, graduation rates, and retention of students, then it is relevant at Longwood as well; however, that was not determined by this research.

NEXT STEPS

❑ Additional survey in the spring semester near the time of mid-term grades

❑ Survey will pick up where MSB left off

❑ Questions regarding missing classes, memory loss, testing issues due to alcohol use

❑ Additional information about reasons students leave the institution during the first year

❑ Effects of binge drinking on student success of non-drinkers

SPECIAL THANKS!

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❑ Thank you for your time. If you have questions, suggestions, or if you would like to work together on more research, feel free to contact me at 434-395-4925 or by email at wilkersonsu@longwood.edu or stacewilkerson@gmail.com

RESOURCES

Arria, A. & et al. (2013, May). The Academic Opportunity Costs of Substance Use During College. Retrieved on November 6, 2014 at http://www.cls.umd.edu/docs/AcadOppCosts.pdf.

White, A. & Hingson, R. The Burden of Alcohol Use: Excessive Alcohol Consumption and Related Consequences Among College Students. Retrieved on November 6, 2014 at http://pubs.niaaa.nih.gov/publications/arcr352/201-218.htm