

First Year Seminar

Substance Abuse and Addiction Prevention

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What is Substance Abuse?

Substance abuse and addiction is a term used to describe excess use of drugs or alcohol that can end up being dangerous and fatal. For example, by resulting in a car crash or an overdose on a certain substance. Some of the most common drugs abused in college are alcohol, marijuana, opioids, and prescription drugs such as Adderall, Valium, and Xanax.

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How And Why Does Substance Abuse Occur?

Students in college face pressure on campus that can cause substance abuse. These include social and academic pressure. To gain an academic edge some students may abuse prescription stimulants such as Adderall to improve focus and to stay up for long periods of time to study. Some other factors for substance abuse in college students include Peer Pressure, Curiosity, Greek Life, and coping with mental health issues.

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Where Does Drug Use Take Place College And Who Is Most Prone to Substance Abuse In College?

Members of sororities or fraternities have been shown to have a higher rate of excessive drinking and substance abuse than students who are not involved in these types of organizations. Also, drug use and abuse can happen off campus at parties and concerts. So when attending these events, it is important to be responsible about how much you have to drink and to avoid illegal drugs that can be laced with fatal substances like fentanyl.

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What Do To Stop and Prevent Substance Abuse

Some reasons to not get into drugs in the first place are that they are highly addicting, and once used in excess, they can cause a variety of health issues such as a weakened immune system, heart problems, liver problems, seizures, strokes, and many other unpleasant side effects. If you have started taking drugs and are struggling with addiction, some things you can do to prevent future negative impacts on your health are to explore addiction treatment, learn healthy ways to cope with stress, find alternatives to keep cravings in check, and not get discouraged if you fall into relapse.

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Sources



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