



What is Study-Drug-Use?

Study-Drug-Use is the act of taking a prescription medication, supplement, or other stimulant for the purpose of studying, working, or staying awake, without medical advice. The most commonly abused stimulants are Adderall and Ritalin.

Why do Students use Study-Drugs?

Psychologists studying undergraduate students believe Study-Drug-Use is an attempt to compensate for academic decline.

Students who are struggling to “keep up with the material” try Study-Drug-Use as a temporary solution. This leaves the underlying problem unresolved and undefined.

Is Everyone Doing It?

Less than 5% of students participated in Study-Drug-Use within the last year according to nationwide surveys.

Reference: Nugent, Kevin. *Attention-deficit/hyperactivity disorder in postsecondary students*. Neuropsychiatric Disease and Treatment, 2014



Do Study-Drugs Work? You Decide.

- Students who participate in Study-Drug-Use generally have lower GPAs than their peers.
- Study-Drug-Use increases with academic stress caused by skipping class, heavy drinking, and cannabis use.
- There is no scientific evidence Study-Drugs can enhance the cognitive abilities of a healthy person.

Study-Drug-Use Risks

- Acute Cardiac Events
- Chronic changes in cardiovascular function with high-dose use.
- Increased heartrate and blood pressure.
- Expulsion, criminal charges and loss of financial aid eligibility if bought or sold.

Study-Drug Social Impact

Students believe Study-Drug-Use will help them. Therefore, they don't seek **real help** elsewhere, stunting their academic goals.



Real Help On-Campus for Academic Stress

Many college students have never been responsible for their own academic progress before. Being challenged at a higher academic level can reveal areas that you “fall short” and struggle in.

Your struggle is very real and deserves a real solution!

The solution may be as simple as learning how to study. However, stress can sometimes be medical or psychological in nature. The best solution is to be proactive and visit campus resources like tutorial services, student health, and the counseling center to find out.

Fairmont State Pierpont Community & Technical College Resources

- Student Health Center
3rd Floor Falcon Center
304-367-4155
- Counseling Center
Suite 316 Turley Center
304-333-3661



College Resources can
Help You Study and
Learn How to Study.

- Utilize your Professors' Office Hours to Ask for Advice on How to Study and What to Focus on.
- Form a Dedicated Study Group.
- Study in a Distraction Free Environment.

Campus Resources

Professional & Peer Tutoring Center
Ruth Ann Musick Library, 2nd Floor
304-367-4081

Writing Center

Jaynes Hall 3rd Floor room 308
304-333-3699

Math Tutoring in the Fishbowl

Engineering Building 4th Floor
Tutoring webpage

School of Business Peer Mentoring

Janes Hall room 104
304-367-4889

<https://www.fairmontstate.edu/academics/tutoring-services>

Do You Feel Your Study Technique Is Failing You?

- Forgetting to complete assignments?
- Pulling all-nighters?
- Discovering there isn't enough time to study?
- Misplacing notes?
- Sacrificing one class to study for another?
- Working right up to the deadline?
- Skipping class and avoiding the material covered?
- Procrastinating-Facebook, Twitter, Reddit, Pinterest, Youtube, Buzzfeed, etc.
- Feel like you haven't studied enough?
- Studying without a plan?

**How Often Have You
Felt You Needed Help?**

Moving to Better Study-Habits



And

Avoiding Study-Drugs

Authored by: Colton Weese for
the Allied Health Administration
Practicum