

# What are you really wasting when you're #Wasted?

You're wasting **money**.

The average college student spends about **\$500 per year** on alcohol (2010). The total cost of alcohol over four years is upwards of **\$2,000!**

With the average student taking five years to graduate and borrowing about \$23,000 in the process, that means that more than **10% of all college loans are actually used to finance alcohol consumption.**

You could use that money for a new set of textbooks, buying a whole new wardrobe, saving up for a new car, or putting it towards your students loans.

# What are you really wasting when you're #Wasted?

You're wasting an **education**.

About **¼ of college students** report having negative **academic consequences** because of drinking.

Getting wasted can result in missing classes, falling behind, doing poorly on exams or papers, and receiving lower grades overall.

Heavy and binge drinkers are **4-6 times** more likely than nondrinkers to say they **cut classes or skipped school**. They are **twice as likely** as nondrinkers to say that their **school work is poor**.



# What are you really wasting when you're #Wasted?

You're wasting your **reputation**.

If you've ever woken up after a night of drinking and thought to yourself: **What did I just do?** You know how much of an effect alcohol can have on a person's **judgment**.

Binge drinking frequently results in impaired judgment, inappropriate behavior, slowed mental processing, and lower inhibitions .

Although you might think it's uncool not to go out and drink every night, there are plenty of students who choose not to go out and drink every weekend, around **40%** in fact.



# What are you really wasting when you're #Wasted?

You're wasting your **health**.

Alcohol contains what are known as **empty calories**, meaning that they have no nutritional value. A pint of beer can have as many calories as a large slice of pizza!

In addition, alcohol can seriously affect your long-term health.

**31%** of college students meet the criteria for a diagnosis of alcohol abuse.



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# What are you really wasting when you're #Wasted?

You're wasting your **time**.

You'll likely only get **one chance** to be in college.  
Why waste it?

Consuming alcohol can cause **severe memory  
impairment and blackouts**.

Of those who drink, **51%** of college students  
report having experienced blackouts.

You want to remember all the good times you had  
in college, not the nights you got blackout drunk.



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