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.
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.