



Campbellsville University's code of conduct prohibits alcohol use whether it is "in you, on you or around you".

During the 2014 Alcohol Use and Perceptions Assessment that launched #TigersChoose, 99% of students said they were hopeful about their future.

Campbellsville University strives for excellence in faith, learning, in living and in developing Christian leadership. Whatever you want to be, this is the place to "find your calling."

#TigersChoose to be leaders and make choices to achieve success and protect their future goals.

Campbellsville University Office of Counseling Services

The Counseling Office is located on the top floor of Student Services. Appointments are available either by calling 270-789-5070 or by walk-in Monday-Friday 8:00 am-4:30 pm.

Your visit to the Counseling Office is kept separate from any of your other information at CU. Often, students feel better after just a few meetings with one of our counseling staff. There is no charge to see a counselor and students are able to come in to address the issues at hand.

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Campbellsville University
Office of Counseling Services

#TigersChoose



What is Binge Drinking?

Binge drinking is a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08 mg/dL. This typically occurs after four standard drinks for women and five standard drinks for men within about two hours.

What is a standard drink? 12 ounces of beer, 1 shot (1.5 ounces) of spirits, and 5 ounces of wine all contain the **SAME** amount of alcohol.

Drinking this way can pose serious health and safety risks such as:

- Academically, "About 25% of college students state that some consequences of drinking is missing class, falling behind, doing poorly on exams and papers, or getting a low grade overall" (Eng et al., 1996; Presley et al., 1996a, 1996b; Wechsler et al., 2002).
- Safety concerns, "About 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking. About 97,000 students between the ages of 18 and 24 report experiencing alcohol-related sexual assault." (Hingson et al., 2009).
- Alcohol abuse/dependence, "31% of college students met criteria for a diagnosis of alcohol abuse and 6% for alcohol dependence in the past 12 months, according to questionnaire-based self-reports about their drinking" (Knight et al., 2002)

What is #TigersChoose?

In 2014, the Office of Counseling Services sponsored an anonymous survey of students. According to the results we know that:

- * **Most #TigersChoose not to drink and drive**
- * **Most #TigersChoose to remember what they did the night before because they don't need alcohol to party.**
- * **Most #TigersChoose not to drink when hanging out with friends.**
- * **Most #TigersChoose to support friends who choose not to drink.**



What is Alcohol Poisoning?

Alcohol if consumed can cause short and long term effects. While consuming alcohol most think of the short term effects. Short term "feel good" effects are things such as being relaxed, and feeling more confident (can talk to girls/guys). If binge drinking, the short term effects can result in feeling nauseous, headaches, and vomiting.

Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex (which prevents choking). A fatal dose of alcohol will eventually stop these functions. Binge drinking **CAN** result in an alcohol overdose.

Critical Signs and Symptoms of Alcohol Poisoning

- Mental confusion, stupor, coma, or person cannot be aroused.
- Vomiting
- Seizures
- Slow breathing (fewer than eight breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Hypothermia (low body temperature), bluish skin color, paleness

If the person is unconscious, breathing less than eight times a minute or has repeated, uncontrolled vomiting, call 911 or Campus Security (270-403-3611) immediately.

Even when someone is unconscious or has stopped drinking, alcohol continues to be released into the bloodstream and the level of alcohol in the body continues to rise. Never assume that a person will "sleep off" alcohol poisoning.