

### Being a Responsible Student is Knowing Your Limits

The following guidelines are from a brochure entitled "How to Help a Friend With A Drinking Problem" written by the American College Health Association. When studying abroad it has been the experience of students who warn "It's easy to adapt to the cultural drinking habits of the people and forget the reality of the negative consequences of alcohol abuse."

A social drinker typically:

- Drinks slowly (no fast gulping)
- Knows when to stop drinking (does not drink to get drunk)
- Eats before or while drinking
- Never drives after drinking
- Respects nondrinkers
- Knows and obeys laws related to drinking

A Problem drinker typically:

- Drinks to get drunk
- Tries to solve problems by drinking
- Experiences personality changes-may become loud, angry, or violent/or silent, remote, or reclusive
- Drinks when he or she should not-before driving or going to class or work
- Causes other problems - harms himself or herself, family, friends, and strangers

An alcoholic: Spends lots of time thinking about drinking and planning where and when to get the next drink

- Keeps bottles hidden for quick pick-me-ups
- Starts drinking without conscious planning and loses awareness of the amount consumed
- denies drinking, drinks alone needs to drink before facing a stressful situation
- May have "blackouts"- goes from having hangovers to more dangerous withdrawal symptoms, such as delirium tremens, which can be fatal
- has or causes major problems-with the police, an employer, family, or friends.

Please also be aware that drug use and drug law violations are not tolerated and can result in various serious consequences such as incarceration. Seek out professional help if you are needing assistance. Counseling services are available in our programs through referral basis in Italy. A full-time Advisor is available with a 24-hour emergency cell in Italy for student assistance.