

# The Impact of Alcohol on Academic Performance: Summarizing the Research

## Research Finding #1: High-risk drinking negatively impacts class attendance

- ✓ Frequent binge drinkers are more likely to miss a class, fall behind in their schoolwork (Wechsler et al., 1998)
- ✓ The number of drinks consumed correlates positively with the number of classes missed (AlcoholEdu, 2008-2009)
- ✓ Frequency of alcohol consumption was associated positively with absenteeism from classes disliked (Wyatt, 1992)

## Research Finding #2: High-risk drinking negatively impacts time spent studying

- ✓ Alcohol consumption has a negative predictive effect on study hours under all definitions of drinking (binge, frequent binge, drunkenness, and frequent drunkenness) (Wolaver, 2002)
- ✓ More frequent use of alcohol usually produces larger negative effects on study hours, with frequent drunkenness having the largest negative effect (Wolaver, 2002)
- ✓ There is a negative relationship between heavy episodic alcohol use and the time students spend on academics (Porter & Pryor, 2007)

## Research Finding #3: Inverse relationship between high-risk drinking and grade point average

- ✓ Binge drinking two or more times in a typical two week period is linked to significantly lower semester grades (Pascarella et al., 2007)
- ✓ The probability of getting a high GPA significantly decreases as the frequency of heavy episodic drinking increases (Porter & Pryor, 2007)
- ✓ The heaviest drinkers obtain the lowest grades (Preseley, 1993)
- ✓ The amount of alcohol consumed correlates significantly with GPA (Singleton, R. 2007)
- ✓ Alcohol consumption has a negative predictive effect on GPA under all definitions of drinking (binge, frequent binge, drunkenness, and frequent drunkenness) (Wolaver, 2002)
- ✓ Heavy college drinking predicts a reduction in the probability of having an "A" average cumulative GPA (Wolaver, 2002)
- ✓ There is a significant relationship between GPA and the percent of students who drink or are heavy drinkers (Engs et al., 2001)
- ✓ Among drinkers, the lower the GPA, the higher the percentage who drank or were heavy drinkers (Engs et al., 2001)
- ✓ Those students with 4.0 GPAs consumed a third fewer drinks compared to those with GPAs under 2.0 (Engs et al., 2001)
- ✓ There is a significant decline in GPA when comparing abstainers to heavier drinking categories (Rau & Durand, 2000)

AlcoholEdu® for College National Survey Database, 2008-2009, Outside The Classroom.

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