

What you need to know about ALCOHOL:

One drink equals:

- 12 ounces of beer
- 10 ounces of microbrew beer or wine cooler
- 8 ounces of malt liquor, ice beer or Canadian beer
- 5 ounces of wine
- 1.5 ounces or a "shot" of 80-proof (40% alcohol) distilled liquor



Binge drinking= 5 or more drinks in one sitting (for males)
4 or more drinks in one sitting (for females)

25% of college students report academic problems caused by alcohol use, such as earning lower grades, doing poorly on exams and papers, and falling behind in classes



- Do you lose time from drinking due to classes?
- Do you drink to escape school or home worries?
- Do you feel guilty or depressed after drinking?
- Do you drink because you are uncomfortable in social situations?
- Do you drink alone?
- Do you drink to build up self-confidence?
- Is drinking affecting your relationship with friends?
- Do you get into financial troubles over buying alcohol?
- Have you ever had a "black out" from drinking too much?
- Have you ever been to a hospital or been arrested due to drunken behavior?

Did you know...?
Death from alcohol overdose can occur when a BAC level reaches .3 or higher

If you answered yes to some of these questions, you have symptoms that may indicate a problem with alcohol.

If you or someone you know would like help, or just more information on the effects of alcohol use, you can visit:

Counseling and Psychological Services (CAPS): 631-632-6720
Walk-in hours: M-F 9AM-4:30PM