

College Student Gambling

Why Do Students Gamble?

- Curiosity/experimentation
- The promise of quick riches
- To combat boredom and depression
- For entertainment purposes
- Increased campus proximity to casinos
- To add more excitement to sporting events
- Fascination with the stroke of luck
- Natural adrenaline-induced high
- To relieve stress
- Availability of credit cards and ATM machines
- Free alcohol in casinos

Why Should You and Your Campus be Concerned?

85% of college students in the U.S. report having been involved in some form of gambling and 23% report being involved on a weekly basis.

Studies suggest that 4-8% of college students can be classified as problem/pathological gamblers.

Studies show that another 10% of college students can be considered serious social gamblers where several negative consequences are still experienced.

What is Problem Gambling?

Gambling behavior which causes disruptions in any major area of life.

Warning Signs To Watch Out For!

- Preoccupied with gambling
- Secretive about his/her gambling habits, and defensive when confronted
- Trying unsuccessfully to control, cut back or stop gambling
- Increasing bet amounts when gambling in order to achieve the desired excitement
- Restless or irritable when not gambling
- "Chasing" losses with more gambling
- Lying about the extent of time and/or money gambled
- Using financial aid money, or committing crimes to finance gambling
- Missing classes, work, or social events because of gambling
- Relying on family or friends to bail him/her out

Tips for Responsible Gambling

Gamble for fun. *Think of the money you lose as the cost of entertainment.* **Set a dollar limit and stick to it.** *Set a time limit and stick to it. Accept losing as part of the game.* **Don't borrow money to gamble.** *Don't let gambling interfere with family, friends, or work.* **Don't gamble to win back loses.** **Don't use gambling as a way to cope with emotional or physical pain.** *Know the warning signs of problem gambling.*