



- **Grinnell College's own data** from the National College Health Assessment show that there is a statistically significant increase in the following conditions among students who use cannabis: anxiety, depression, sleep difficulties, stress, and suicide consideration. Students who use cannabis are also more likely to binge drink.
- **It is possible to become addicted to cannabis.** Cannabis is addictive, and those who start early in life and/or use regularly have an increased risk of addiction.

### What should I know about how cannabis use affects academic performance?

- About half of Grinnell students report using cannabis at some point. Twenty percent report having used cannabis in the two weeks before the survey. Of those, about 9.5% reported that cannabis use negatively impacted their academic performance. Because this information is self-reported, there are likely students who do not realize that their academic performance was negatively impacted by cannabis use.
- Using cannabis has a negative impact on executive function, impairing attention, concentration, decision-making, inhibition, impulsivity, and working memory, according to the National Institutes of Health. Effects can linger for between seven hours and 20 days after last use.
- Research at the University of Maryland School of Public Health found that students who used cannabis more frequently tended to skip more classes, leading to a lower GPA. GPAs dropped with increase of cannabis use and improved with decline of use.

### How can I talk to my student about cannabis use?

- The American College Health Association reports that 84% of students take their parents' rules and expectations about alcohol and other drug use seriously. Those students who have better relationships with their parents are more likely to delay drinking and have lower alcohol use.
- In any situation, you can support your student in a conversation by
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