

Substance Use and the Impact on Academics

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Substance use amongst adolescents is often linked to gender, age, peer pressure, family substance abuse, personal curiosity, and poor academic achievement. The use of drugs and alcohol can have a devastating impact on an individual's overall academic performance.

As a result of the impact substances can have on an adolescent's frontal lobe, there is an increased risk of short and long-term cognitive effects. These effects include frontal lobe damage, decreased executive functioning, low cognitive performance, loss of focus, poor time management, and issues with emotional learning. Due to brain growth and development, an adolescent also increases their risk of academic failure, early school dropout, learning challenges, and memory issues. There are also social and emotional repercussions of early substance use. These repercussions include mental illness, change in friends and familial relationships, truancy, engagement in criminal activity, and disobedience of social norms. If your child is struggling with substance use, there are resources available to assist- school counselors, substance abuse counselors, and trusted adults.