

CANNABIS is this the dried flowers and leaves from the cannabis plant. It contains varying levels of THC, the component responsible for euphoria and intoxication, and cannabidiol (CBD), among other cannabinoids. While CBD is not intoxicating and does not lead to addiction, its long-term effects are largely unknown, and most CBD products are untested and of uncertain purity. There are many forms of cannabis, and each one can affect an individual differently.

WHAT TO CONSIDER WHEN USING CANNABIS?

Cannabis, *also known as marijuana or weed*, is a widely debated topic, especially among college students. What are your reasons for using or considering cannabis? Consider the potential risks associated with cannabis use.

- **FREQUENT CANNABIS USE**, especially in high doses, may impact memory, attention, and learning abilities, potentially affecting academic performance.
- **CANNABIS CAN BE ADDICTIVE**, leading to dependency and difficulty controlling use, which can impact personal and academic life.
- **CANNABIS IS FOUND TO HAVE POTENTIAL ANALGESIC PROPERTIES**, offering relief for certain chronic pain conditions. This should only be done under the direction of a medical provider.
- **FOR SOME INDIVIDUALS**, cannabis use may increase the risk of developing or worsening mental health conditions such as anxiety, depression, suicide, or psychosis.
- **BE AWARE OF THE LEGAL IMPLICATIONS** associated with cannabis use.

EDIBLES, or food and drink products infused with marijuana, have some different risks than smoked cannabis, including a greater risk of poisoning. Unlike smoked cannabis, edibles can:

- **TAKE FROM 30 MINUTES TO TWO HOURS TO TAKE EFFECT**, so some people may eat too much, which can lead to poisoning and/or serious injury.
- **BE UNPREDICTABLE**. The concentration or strength is very difficult to measure and is often unknown in edible products. Many people who use edibles can be caught off-guard by their strength and long-lasting effects.

It's easy to mistake marijuana products, particularly edibles, for regular food or candy. Consuming marijuana can cause sickness, symptoms may include having problems walking or sitting up and/or having a hard time breathing.

REFLECT ON IMPACTS to your academic performance, study habits, and overall goal of achieving academic success. What impact does cannabis have? Consider how cannabis use aligns with your overall health goals and well-being. Reflect on alternative strategies for sleep, relaxation, and stress management. Evaluate if cannabis use aligns with your personal growth goals, ambitions, and values. Reflect on other ways to explore creativity and inspiration.

SUPPORT AND RESOURCES

Utilize the resources available to you on Grounds, such as those at **STUDENT HEALTH AND WELLNESS** like:

- **Medical Services** our providers can meet with you to discuss the health impacts of cannabis use.
- **Counseling and Psychological Services** CAPS therapists and psychiatric providers can discuss the mental well-being impacts of cannabis use.
- **WahooWell** offers free, confidential, one-on-one meetings with a well-being facilitator. In these meetings, students can discuss cannabis use.

Students should seek guidance from healthcare professionals to discuss habits in a supportive and non-judgmental environment. Even minimal efforts over time can yield positive results.