Karen Velazco

Final assignment

Adderall, Stress, and Student

Nothing says it is finals week at a college campus like a crowded library, sleepless nights, and endless coffee.

Students at colleges across the country dread this week more than any other. The pressure is on to make that last effort in order to reach that desired A.

Drinking coffee constantly sometimes is not enough for students on their second all-nighter. The only option left? Adderall.

“I take Adderall every finals week, I can’t study without it,” said Terrie Jackson.

The stress of finals can take students by storm and lead them to prescription drugs.

“I actually have ADHD so of course I have Adderall and people always ask me for some, but I don’t give it to them. I feel bad sometimes, but I really need it and they don’t,” said Linda Rodriguez.

Perhaps the stress is real, but not being able to study comes from students themselves. Finals week can sometimes make or break a students grade and it can become overwhelming very easy.

Everyone gathers in the library to study together but at the end of the day all that has been accomplished is complaining about finals week, wishing they had more time to study, and making plans for the break to come.

Maybe better study techniques could reduce the need for students to turn to Adderall.

“I always put my phone on airplane mode when I study, it doesn’t allow texts or calls to get through so I don’t get distracted as easily,” said Kali Gilday.

“I don’t study with my friends, I study alone when I’m at the library and on a quiet floor. I love my friends, but it’s too easy to get off tract and start talking about other things,” said Ashley Moretti.

A few simple changes may reduce the need of students to feel like Adderall is the only way they can study.

No phone and no friends when studying may be the answer. Although seclusion can definitely help when trying to study, it is also a good idea to step back and take a breather.

Maybe a short work out or a quick texting break to see how your friends are holding up studying.

Samhsa.gov reports that 6.4% of full-time college students used Adderall nonmedically this past year. 89.5% of the students who used Adderall were also heavy drinkers and it becomes an even bigger concern.

Adderall can be harmful to people who aren’t prescribed it by a doctor even if they have the same symptoms as someone who is prescribed it.

“I haven’t slept in 36 hours and I haven’t eaten since breakfast yesterday,” said Terrie Jackson.

Adderall suppresses appetite as well as causes a lack of sleep that can really begin to take its toll on people.

“A lot of people I know take it. I’m kind of scared though, what if it has some sort of weird effect, you never know. I just study the old fashioned way,” said Andrea Wilkerson.

Mary Dell’Amico has been principle of St. Catherine’s elementary school for 20 years and although elementary school is light years away from college, study habits begin at a young age.

“I’ve had many many many students throughout my career as an elementary school principle and each one is very different. From personality to study habits. I always encourage my students to read as that is a major part to learning, being able to sit down and read about math, or science, or just novels,” said Mary Dell’Amico.

“It’s self-control and knowing when it’s time to be serious,” said Leslie Patterson, a high school teacher.

It definitely varies from person to person on study habits and the choice to take prescription drugs that aren’t prescribed specifically for them.

Some believe it is a lack of motivation and self-control that hold students back from studying. Some believe it is all in their mind and that taking Adderall isn’t really necessary at all.

So, if you’re a college student, just keep a few things in mind this finals week.

Remember to study alone, your friends are awesome, but sometimes it’s hard not to talk up a storm about how excited you are to be done with the semester.

Another tip, put that smartphone away. Get it on airplane mode. No phone calls, no text messages, no distractions is the way to go.

And when you think you can’t study anymore and are convinced it’s time find someone who has Adderall, just step away from the notes and study guides and take a little work out break.

College is stressful, but can be overcome with a few steps and without that help of Adderall. Keep calm and study on students.