

# Problem Gambling on Campus: Educate, Prevent, Sustain

## Gambling Defined

**Gambling** is defined as any activity (eg: a game of chance or skill) where an item of value is placed at risk in an attempt to gain something of greater value.

Approximately 75 percent of college students gambled during the past year (whether legally or illegally, on campus or off) – betting on lottery, card games, small-stakes games and sports.

*How might that impact the college experience?*

## Why is it a concern?

About 6 percent of college students in the U.S. have a serious gambling problem that can result in psychological difficulties, unmanageable debt and failing grades.

Compared to students without gambling problems, students with gambling problems are more likely to use tobacco, drink heavily or binge drink, smoke marijuana or use other illegal drugs, drive under the influence, and have a low GPA.

## Effects on college life

- Progressive preoccupation with gambling
- Absence from classes
- Spending college money on gambling
- Decline in health, increased symptoms of depression

## What can you do?

**Educate:** Invite PGRC staff in to provide a problem gambling training to residence life and athletic teams.

**Policy change:** Develop a policy that limits gambling activity in places such as dorms and common areas.

**Gambling-free zone:** Designate an area, i.e. counseling center, as a "safe-zone" that prohibits gambling activity.