

ARE YOU OR DO YOU KNOW A COMPULSIVE GAMBLER?

INVENTORY TEST

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction or suicide as a result of your gambling?

If you answer "Yes" to at least seven of these questions, you might be a COMPULSIVE GAMBLER.

Source: Gamblers Anonymous Twenty Questions.

**Be smart. If you gamble,
do so responsibly.**

**If you think you have a problem,
seek help from family, friends,
and professionals.**

You owe it to yourself and your future!

Websites with Counseling Information and Contacts

- www.gamblersanonymous.org
- www.ncpgambling.org
- www.nrg.org
- www.gamanon.org
- www.problemgambling.com

Information on Gambling Addiction

- www.hms.harvard.edu/doa/index.htm

Gambling and College Sports

- www.ncaa.org/membership/enforcement/gambling/index.html
- <http://mgoblue.com/compliance/gambling/>

Newsletters on Gambling

- www.camh.net/egambling
- www.thewager.org

Information on State Resources

- www.apgsa.org/index.htm

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KNOW THE ODDS...

Most College Students Do.

Did you know?

- **8 OUT OF 10 COLLEGE AGE STUDENTS REPORT GAMBLING EACH YEAR. MOST DO SO LEGALLY AND RESPONSIBLY.**
- **FOR 1 IN 20 COLLEGE STUDENTS, GAMBLING IS A PROBLEM THAT HAS SIGNIFICANT NEGATIVE IMPACT ON THEIR LIFE.**

GAMBLING 101

College Students and Gambling

It is estimated that 80% of college students have engaged in gambling during the past year. Close to 20% report gambling on a weekly basis and 5% have a true gambling problem. These statistics confirm what is being called the "Silent Addiction of the 21st Century." This brochure provides you with the signs of a friend (or yourself) being at risk for problem gambling behavior and what you can do about it. Know the odds and be responsible if you gamble.

What is gambling?

Gambling is the act of betting or risking money or personal belongings on a game's outcome. Inherent in gambling is the risk associated with losing something of value on an uncertain outcome.

What forms does gambling take for college students?

Traditional gambling venues include casino games such as slot machines, cards, and roulette. More popular among many college students include betting on athletic events and buying lottery tickets. The fastest growing form of gambling happens on the Internet via gambling websites.

SIGNS OF A PROBLEM

- Unexplained absences from school or classes.
- Sudden drop in grades.
- Change of personality.
- Possession of a large amount of money; bragging about winnings.
- Big interest in newspapers, magazines or periodicals having to do with horseracing or box scores.
- An intense interest in gambling conversations.
- Selling expensive possessions and not accounting for money.
- Visible changes in behavior, including not caring for appearance or hygiene.
- Going out each evening and being evasive about where one has been.

HOW DOES A PROBLEM DEVELOP?

The first stage starts with **WINNING**. The gambler loves the excitement of the game. Losses are bad luck, but winning makes a person feel good.

The second stage of a gambling problem comes about when losses outweigh winnings. The gambler starts to **CHASE LOSSES**, which leads to gambling more in an effort to try and win back what has been lost.

The final stage of problem gambling is the **DESPERATION** stage. An individual in this stage is likely to be considered a **COMPULSIVE GAMBLER**. That is when all one thinks about is gambling. Debt can pile up. As a result, gambling negatively impacts relationships and engaging in gambling takes priority over other life events like school and family.

KNOW THE ODDS

- Your chance of winning a six number lottery is less than 1 in 10 million.
- The odds of winning are always stacked against you. Don't be fooled. In the end, the house always wins.
- Remember: 1 in 20 college students end up with a serious gambling problem.

WHAT YOU CAN DO TO HELP

If you gamble...

- Set personal spending limits.
- Go with friends who will keep you in check.
- Avoid even modest alcohol use.

If you are concerned about a friend...

- Look for known signs of a problem.
- Share your concerns with your friend.
- Do not lend money to people you are concerned have a gambling problem.