

## Why do students gamble?

- Add more excitement to sporting events
- Relieve stress
- Risk-taking rush
- Fast and easy way to make money
- Spend time with friends
- Easy access to credit cards

## What do students usually bet on?

- Internet games
- Poker or other card games
- Slot machines
- Stock market
- Sports
- Lottery games
- Animal racing

## Where does gambling occur?

- Residence hall rooms, home, or friend's house
- Internet
- Casinos
- Work
- Sporting events

## What are some of the signs that gambling may be a problem?

- Skipping class or work to gamble
- Negative attitude or mood swings
- Depression
- Dropped grades
- Withdrawal from friends and normal activities
- Being secretive or preoccupied with gambling
- Gambling with money that they do not have
- Bragging about wins and not losses
- Increasing the money gambled
- Increasing the frequency of gambling activity
- Using gambling to avoid other problems
- Borrowing money
- Illegal acts
- "Chasing"- the urgent need to keep gambling, often with larger bets or taking of greater risks in order to make up for a loss or series of losses.

## For more information about gambling:

- Minnesota Institute of Public Health  
<http://www.invitationhealthinstitute.org>
- Gamblers Anonymous  
<http://www.gamblersanonymous.org>
- National Council on Problem Gambling  
<http://www.ncpgambling.org>