



Course: UNIV 100 – Section 016 **Theme:** Science & Health

Course Topic: *Addiction: It's an Epidemic*

Description: Addiction: The real epidemic of the 21st century and the truth about substance abuse nobody is talking about. Michael Jackson, Prince, Demi Lovato, Lady GaGa... being an iconic musician is not the only thing these celebrities have in common, they have all struggled with drug and alcohol related problems. This course is designed to educate students on the truth about the disease of addiction, the risks associated with social use and abuse, and how to make healthier choices. Students will learn about how substance abuse affects the body/mind/spirit and the potential long-term consequences of heavy abuse. The course will discuss popular topics such as “college partying,” legalizing marijuana, and ADD/ADHD medications. This class is designed to better educate students on the effects of substances on their body and brain and assist them in making educated choices during a time in their life filled with social pressures, experimentation, and high stress.