



Drug Impact Assignment

Instructions:

This assignment is not meant to convince you of the hazards of drugs. Neither is it meant to persuade you to stop using drugs. Admittedly, drug use has consequences, but it is assumed that you already know that. This exercise is intended to encourage you to reflect upon the person that you desire to be and to independently evaluate whether drug use aligns with your personal goals.

Throughout this assignment, please feel free to be honest. Since this exercise is intended to reflect your personal thoughts, there are no right or wrong answers.

Format:

- Typed Word Document
- Minimum of 800 words

Please submit your assignment to rezrules@uoguelph.ca by your assigned due date.

Please answer the following questions:

- 1) Has your drug use had any negative impacts for you, your friends, family or your community? Explain.
- 2) Consider a person who inspires you. This person could be a celebrity, a friend, a family member... anyone whose example motivates you. What is it about this person that inspires you? What qualities does this person possess that you would like to adopt for yourself?
- 3) How do drugs impact your ability to adopt the admirable qualities that you see in the person who inspires you? Do drugs help or prevent you from following their example? Explain.
- 4) Now think about your goals. Five years from now, where would you like to be? What do you hope to have accomplished, or be pursuing?
- 5) How do drugs align with your long term goals? Do drugs help or prevent you from accomplishing your goals? Please explain.
- 6) After considering the impact of your drug use, list 1-2 goals you have for yourself in the future. For example, what steps might you take towards reducing or ending your use of drugs?