

SCENE 1 SET THE SCENE

Casey and Andy are friends, hanging out in Andy's dorm room and studying for mid-terms. Both are studying quietly, until...

CASEY: Hey, Andy, do you have any idea what Professor Taylor really wants us to know for this exam? I just feel like there's so much that we need to study, and the exam is tomorrow morning ...

ANDY: Yeah, I know what you mean. This mid-term covers way too much material. I really should have started studying earlier. Oh man...

CASEY: Yeah, and you're even using your Adderall® to help you study, right? If you can't do it, then I guess there's no hope for the rest of us.

ANDY: What? No, I take my Adderall® every day for my ADHD, not just to help me study. It helps keep me focused at work and with friends, too. Without it, I can hardly stay focused on anything. It just makes me feel like everybody else.

CASEY: In Professor Taylor's lecture on Wednesday, I overheard a student next to me talking about how they took their friend's Adderall® before the last exam, and it helped them pass. They said they would've failed for sure without it. I know you said taking the Adderall® every day helps you feel normal, but don't you think it could help people who are not diagnosed with ADHD study better?

ANDY: Uhh ... I'm not sure. It's considered a "controlled substance," so I'm not sure that it's a good idea to take it for a different reason than that intended by a healthcare professional when they prescribed it.

CASEY: We both need to pass this class in order to graduate with our declared major. What if we fail this exam tomorrow because we couldn't focus enough while studying? My parents are already on my case about getting a D in chemistry last semester; I can't afford to fail this time. Maybe taking Adderall® is just what I need to pass this exam and get back on track in this class. Could you help me out?

ANDY: Uhh...



HOW WOULD YOU HANDLE THIS SITUATION?

If you were Andy, how do you tell Casey "no"—that you will not share or sell your prescription stimulant for use as a study aid? How could Andy safely store or dispose of his or her medication to ensure others don't access it? Lastly, consider Andy's position—how do you think Casey's request makes him/her feel?

Think through these questions. Be prepared to perform the written portion of the skit (you can read the lines) and perform how you would handle this situation. Try to include a positive alternative for studying and achieving academic success without misusing prescription stimulants.

SCENE 2 SET THE SCENE

Jamie and Alex are at a large house party together, searching for their friend Taylor.

JAMIE: Wow, when Andrea told me about this party I had no idea it was going to be so big. Do you see Taylor anywhere? S/he isn't answering my texts.

ALEX: No wonder! This place is so crowded that s/he probably can't even hear the phone. This party is off the hook! Where can we find a drink? Oh, I see a fridge over there...I'll go check it out.

JAMIE: Taylor! Finally...did you get my texts?

TAYLOR: Hey! Oh, sorry! No...it's just so noisy in here. Are you enjoying the party?

JAMIE: So far, it's not too bad. We just got here and don't really know a lot of people. My friend is just grabbing us some drinks.

TAYLOR: Good to hear...you know, if you want to have a really good time, I've got some stimulant pills with me. It'll give you all the energy you need to stay up all night and enjoy the party.

JAMIE: Stimulant pills? As in the prescription medication my roommate takes for ADHD?

TAYLOR: Yeah! That's what's so great about it. It's a prescription, so it's WAY safer than the stuff they sell you on the street to stay awake. I would never do anything illegal like that. But these pills are great! I can go grab one for you, if you want. It's just \$5 a pill and that'll last you all night. Like, half the people here have taken it already.

JAMIE: Uhh...



HOW WOULD YOU HANDLE THIS SITUATION?

If you were Jamie, what would you do? How would you handle this situation? Is it dangerous to mix alcohol with other drugs? Is it legal to sell prescription medication? Could the individual selling the prescription stimulant be held liable if anyone was harmed after taking it?

Think through these questions. Be prepared to perform the written portion of the skit (you can read the lines) and perform how you would handle this situation. Try to include a positive alternative to have fun without misusing medications or mixing alcohol with other substances.

SCENE 3 SET THE SCENE

Chris just graduated from college and is working on an important project for his/her job at an advertising agency, but s/he is having a difficult time focusing. The deadline for the project is tomorrow. Chris is desperate and calls a friend, Jordan, for help.

CHRIS: If I don't get this project done, they'll fire me! It's my first job out of college... this is so stressful!

JORDAN: Didn't you have three weeks to work on it?

CHRIS: Yeah, but I kept getting distracted. I was looking for a new apartment, and then I had to travel for my friend's wedding.

JORDAN: But didn't you always meet project deadlines in college? How did you do that?

CHRIS: How I did everything in college...I relied on a pill. My roommate was diagnosed with ADHD, but would allow me to use some medication when I needed to cram for an exam or complete a big project. I'd buy our drinks afterwards to celebrate—it was a great setup.

JORDAN: Hmm...interesting. Didn't your roommate move out-of-state last month?

CHRIS: Correct—that's why I have no idea what to do. I can't just call and ask him/her to FedEx me some pills, that sounds so sketchy. I didn't realize how much I relied on that medication until now.

JORDAN: That's really unfortunate...what are you going to do?



HOW WOULD YOU HANDLE THIS SITUATION?

How could Chris best handle this situation? If Chris could go back in time, would you encourage him/her to make similar or different choices with regards to relying on prescription stimulants for academic success? What approaches could Chris have taken in college to better prepare for long-term academic and professional success?

Think through these questions. Be prepared to perform the written portion of the skit (you can read the lines) and perform how you would handle this situation. Try to identify safe, sustainable approaches for academic and professional success.