



Binge: What Your College Student Won't Tell You

Barrett Seaman

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In *Binge*, Barrett Seaman reveals what every parent, student, and educator needs to know about the college experience. Seaman spent time with students at twelve highly regarded and diverse colleges and universities across North America. During his two years of research, he immersed himself in the lives of the students, often living in their dorms, dining with them, speaking with them on their own terms, and listening to them express their thoughts and feelings. Portraying a campus culture in which today's best and brightest students grapple with far more than academic challenges, *Binge* conveys the unprecedented stresses on campus today. While sharing revealing interviews and the often dramatic stories, Seaman explores the complexities of romantic relationships and sexual relations, alcohol and drug use, anxiety and depression, class and racial boundaries, and more. Despite the disturbing trends, Seaman finds reasons for optimism and offers provocative and well-informed suggestions for improving the undergraduate experience. Sometimes alarming, always fascinating, and ultimately hopeful, *Binge* is an extraordinary investigative work that reveals the realities of higher education today.

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