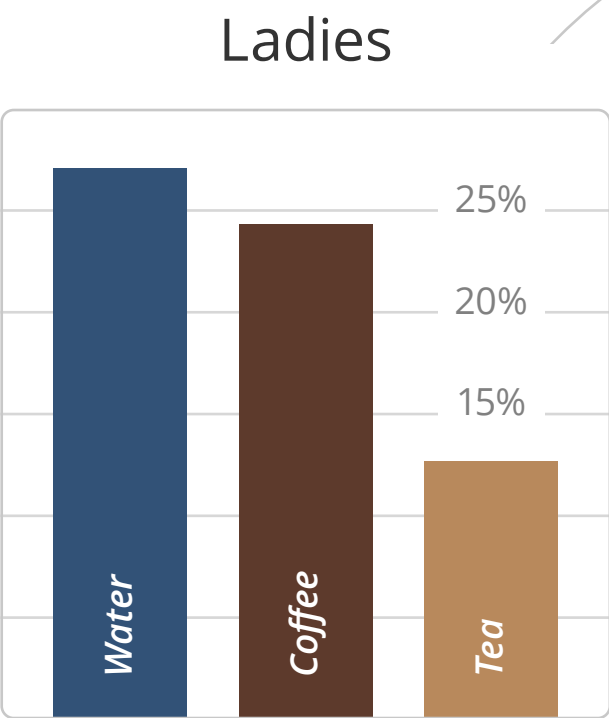
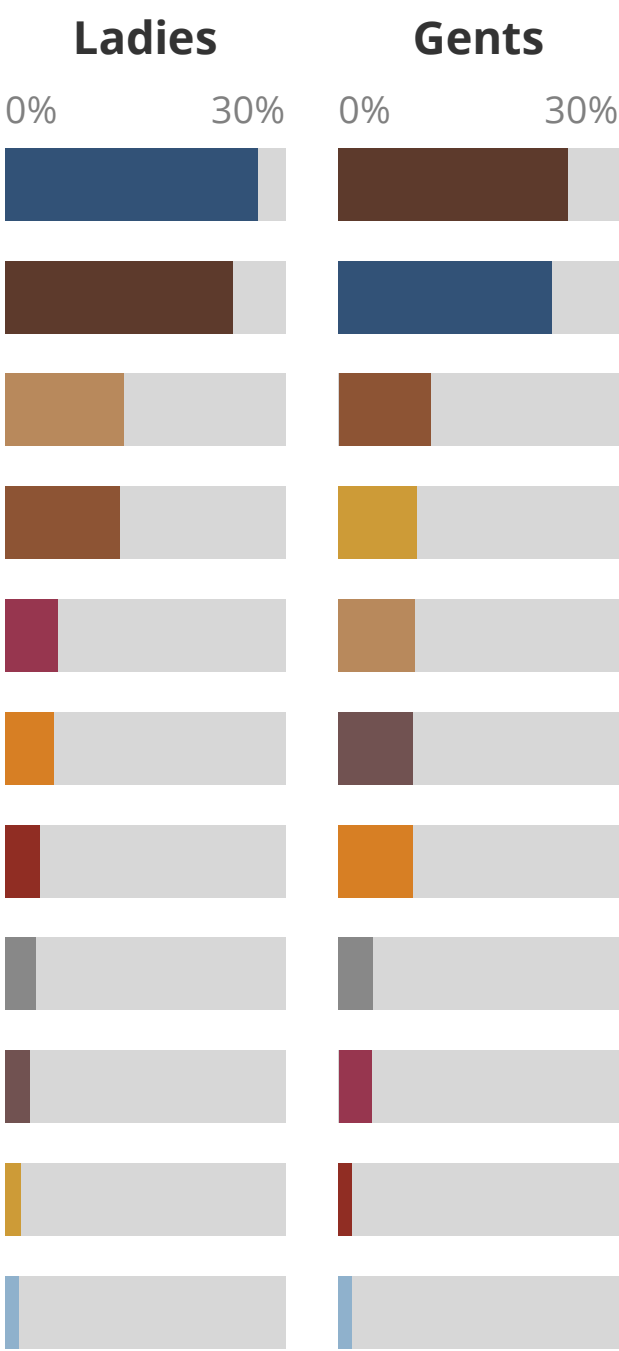
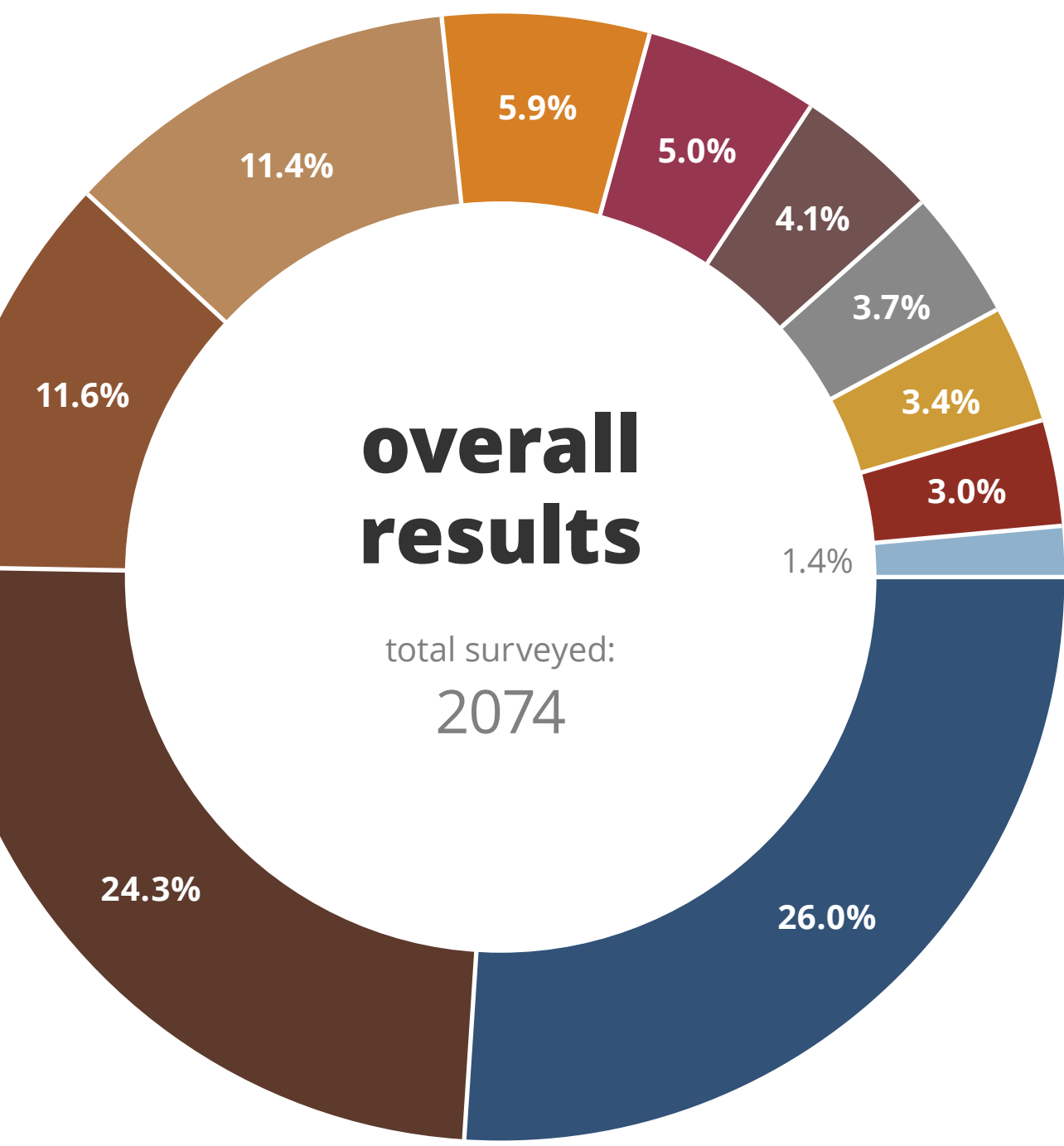
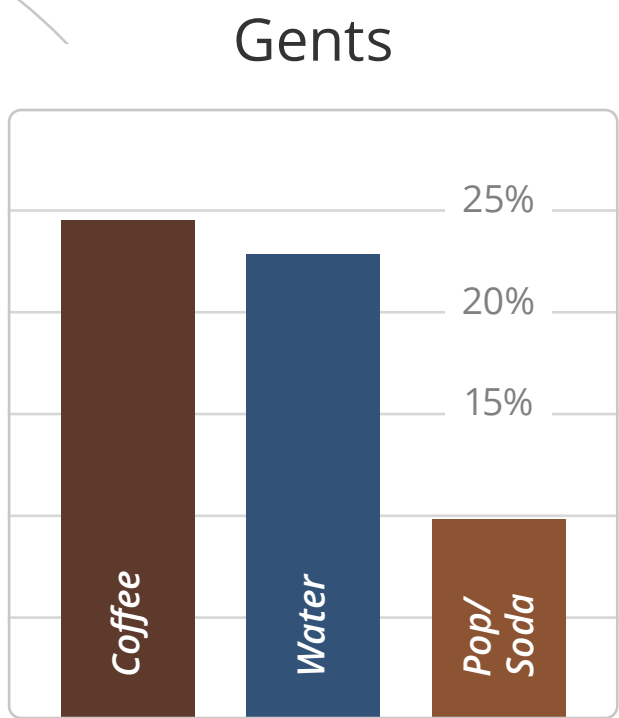


What do you drink while studying?

Here's what they said.



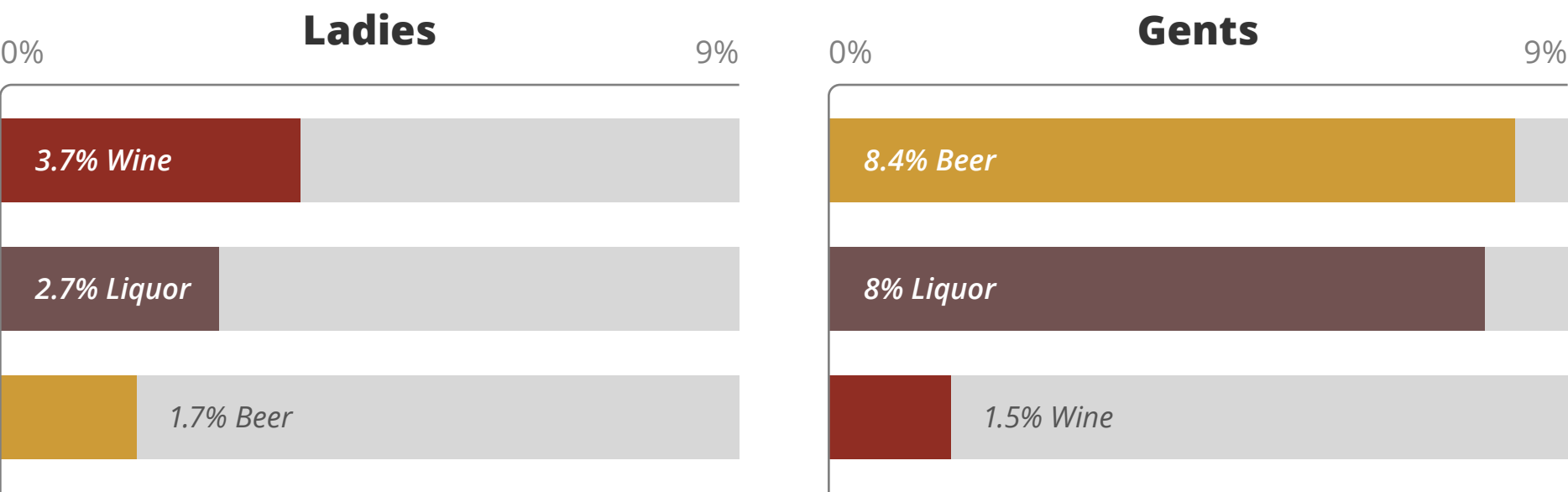
TOP 3



When things get alcoholic

Alcoholic beverage preferences: females vs. males

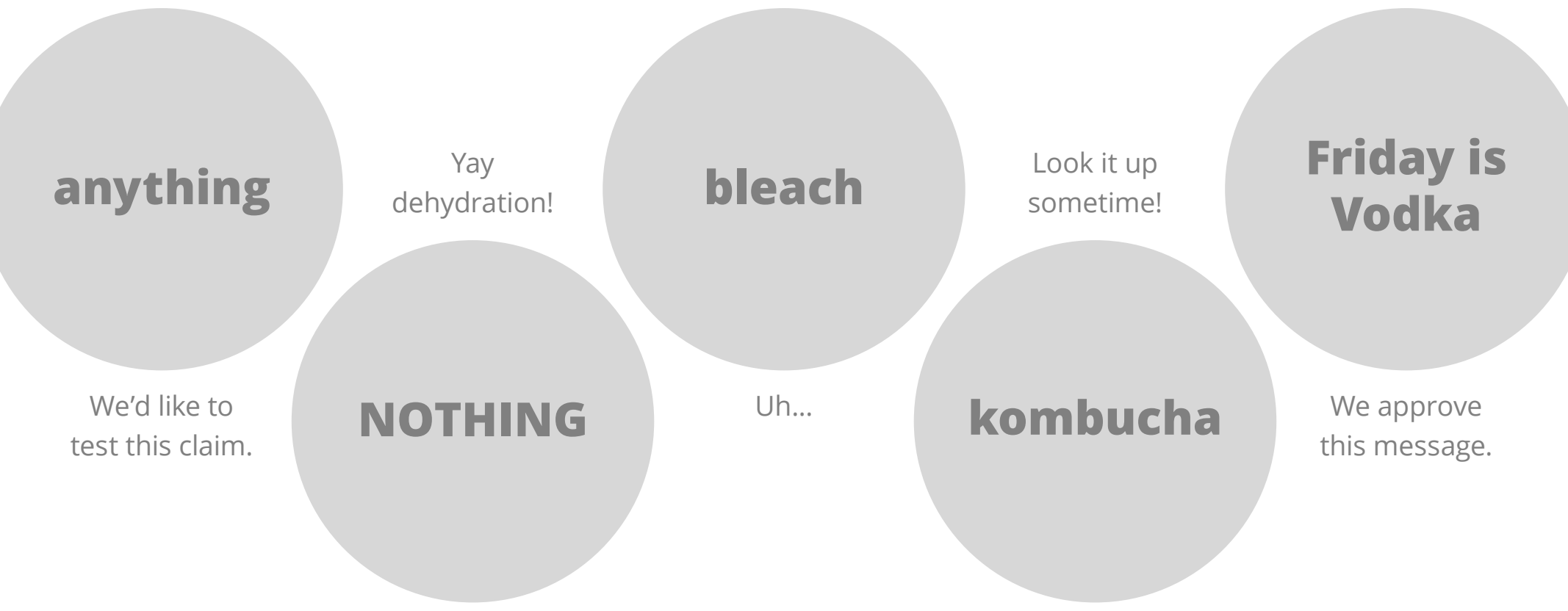
Alcoholic drinks were chosen by males at a more than 2 to 1 ratio to females: 17.8% vs. 7.9%. Here are the numbers:



The outliers

The misfits; the rebels; the ones who dared to stand alone

Some answers stood out more than others. Here are a few of our favorites:



It matters what you drink

Tips from Kasey Marquardt, Health & Wellness Coach

“**Water** is always the best option. Not only does it keep your body and brain hydrated, which promotes more effective studying and brain function; but it will help keep your fatigue levels low, which can improve effective studying time.”

“**Coffee and tea** are the next best options because they contain water. However, they may be slightly dehydrating. The caffeine will give you a small boost of energy but may make you crash later; effective studying will be nearly impossible when you feel the crash. Other drinks like energy drinks and pop/soda have sugars and chemicals that are not good for you.”

“**Research has shown** that the state of your body when you are studying may alter how the information is processed and absorbed. If you are hyped up on caffeine while studying but then exhausted when you take the test, your brain will not function as well because it is in a different energy state while trying to pull information for the test.”