

## **Case Study Analysis—Part I**

Aaliyah is a 25-year-old, single, Caucasian woman, who lives in an apartment with a friend. She moved out of her parents' house at 18, after completing high school, to remove herself from her father's alcohol use. Aaliyah smokes cigarettes and drinks alcohol occasionally.

She is dissatisfied with her current job. She works full time as an administrative assistant at a contracting company, but she is ready for a career change. Aaliyah has decided to return to school to pursue a degree in criminal justice. She will be working and taking classes at the same time, fitting her school schedule around her work schedule.

During her first session of school, Aaliyah notices that she is having difficulty staying awake to complete her schoolwork at night after a full workday. She does not want her grades to fall, as her education is very important to her. However, she cannot afford to reduce her work hours.

Her roommate makes coffee at night to help her stay awake. Soon, Aaliyah is drinking three or more cups of coffee a night to help her stay awake to complete her schoolwork.