

Donna Freitas' *Sex & the Soul* (Preface, Section 1)

Freitas paints a grim picture of sex on campus: Students participate in “hook-up culture” but don’t like it, have trouble finding romantic partners, can’t integrate religion/spirituality & sex/romance.

Two types of colleges: religious (evangelical) and spiritual (public, Catholic, nonreligious private)

At spiritual colleges, “high levels of religion and spirituality seem to have no effect on reining in or shifting the pressures of hookup culture.” Religion has a marginal connection to students’ sex lives.

Catholic colleges are mostly indistinguishable from nonreligious ones

Evangelicals colleges are infused with religion and abstinence before marriage is the public norm. “Far from turning students into automatons, faith seems to make them more self-conscious and thoughtful; as a rule, I found that the more committed students at evangelical colleges were also the more articulate and worldly. The students at evangelical colleges were more engaged, reflective, and nuanced during interviews than were students at spiritual colleges when it came both to their self-understanding as people of faith and to their understanding of their place and responsibilities in the wider world” (p. 65).

“Spirituality” mostly involves rejecting religion: “Few do anything actively or practically to pursue a spiritual path” (p. 30). Spirituality doesn’t seem to influence students’ sex lives. Students may become “spiritual but not religious” because of sex. Students at spiritual colleges don’t talk about religion.