

Coping with Stress

By Megan Mitchell

College freshmen encounter a most dramatic change in their routine lifestyle. For example, living conditions, eating conditions, relationships, both with women and men, and even how they manage their time changes once they are at school.

What does all this change do to a person? All this change causes stress to your body which may lead to mental and physical fatigue which leads to a greater chance of getting illness, disease or more stress! Stress needs to be controlled in order to achieve overall wellness and peace-of-mind. A person needs to learn how to cope with stress so that it doesn't interfere with daily routines and/or academic achievement.

Two ways to control stress are through exercise and nutrition. Exercise is good for both physical and mental wellness. It provides an outlet for your daily stresses. It also may decrease depression and anxiety which are brought on by stress. Exercise also improves mental alertness. It is much easier to hit the books with a fresh mind!

There are many forms of exercise that are fun and easy to do alone or with a friend that do not take much time out of your day. These include: walking, running/jogging, bicycling, tennis, racquetball, basketball, swimming or hiking.

Stress also depletes the body of essential nutrients, weakens the immune system and taxes the internal organs. Too much stress can lower the body's storage of energy and leaves the body with no way to make needed fuel supplies. The key is to eat right and avoid foods that will aggravate the stress response.

Here is a list of a few rules to follow and be aware of when you select your next meal:

Limit caffeine and alcohol consumption. Caffeine in stressful situations makes the symptoms of stress worse.

Eat vitamin C-rich foods. Fresh fruits, especially citrus fruits, and vegetables.

Eat lowfat protein and complex carbohydrates. This includes peas, beans, fish, poultry, wholegrain cereals and pasta.

Avoid refined flour and sugar found in foods such as: white bread, pastries, cookies, muffins and candy. These foods aggravate the stress response.

By following these simple rules of exercise and nutrition your transition to the University of Oregon will be easier and you will enjoy more of a stress-free environment for your studying and play.

So remember, eat right and find an exercise routine that fits your schedule and you'll be off to a great start.



ADULT STUDENTS FACING UNIQUE CHALLENGES

By Lynda Westcott

Are you a bewildered, befuddled, bewitxed 'n between new adult University student? If you have recently downshifted and left the well-worn fast track traveled by working adults, welcome to the world of academia, and the road less traveled. To help you prepare for potholes and hairpin curves that you may encounter along the way, here are a few traveler's hints for unwary returning adult students.

How Not to be a Stranger in a Strange Land: The first phenomenon greeting you on campus is the undulating wave of fresh faces smiling above neon bright shirts, skirts, shorts and jeans. These faces belong to the natives, the "typical" university students. Take time to observe them carefully. Yes, the natives are restless and, yes, their manner and language is somewhat different, but they are friendly and will not harm you.

Indeed, it is in your long-term best interest to demonstrate gestures of friendship toward at least one native in each of your classes. You will build on this contact later. It is also in your best interest to immediately establish in your mind that professors are personalities and not beleaguered, bespeckled briefcase carrying icons. Approach your professors and initiate brief but direct conversations until each

one represents a personality to you.

You are building a structure of support for yourself, and select professors will become part of this structure. Frequent interaction with both the natives and the chiefs reduces the feeling of alienation experienced by many returning adult students.

Life Lines & Support Systems: There are several organizations ready to help the adult new-comer along the way, and a good place to start is the Educational Opportunities Program office (EOP). This office is the "Chamber of Commerce" of non-traditional students.

The EOP staff assesses, assists and refers students according to their specific needs. They will put you in touch with other specialty groups oriented toward returning older students, like Adult Learners and Women in Transition.

Make an appointment with one of the EOP "guides" and let them help you with what you want to know, but don't know how to ask. And stay informed throughout the year by checking the bulletin boards and reading the University paper, the *Oregon Daily Emerald*.

How to Communicate: When the Lines are Down: You may notice that your new direction and altered family schedule create feelings of anxiety or resentment on the home front. Children, including teenagers, may suddenly exhibit

behavior not seen since their "terrible twos" stage. According to EOP counselors John Bundy and John Powell, the familiar daily routine at home doesn't work when the additional demands of class schedules, study time, projects and tests are added to the schedule. Talk with the family in advance and let them know that you'll need their cooperation.

Both Bundy and Powell say it is important that an adult student horde energy for the unrelenting academic challenge ahead. This means anticipating where one's energy might be adversely tapped and putting in place a preventive backup plan. Bundy calls this pre-thinking.

If you are unsure of your finances down the road, look into financial aid and student housing requirements now. If there are children, have an alternate plan for child care. If you anticipate shedding blood, sweat and tears over tests, talk to one of the EOP counselors right away and get tips for controlling test anxiety.

Whatever problems you foresee, pre-thinking and pre-planning can reduce a little stress here and a little stress there, ultimately making the load light enough to manage.

How to de-befuddle: Returning adult students have excessive demands on their time, energy and money. For many the

stakes are high and, consequently, some adults become obsessive compulsives. When Powell talks to a student exhibiting obsessive behavior, his advice is to do something irresponsible. Go fishing, go to the beach or take in a light-hearted or trashy movie. If appropriate, Powell also advises the student to choose one class in which he or she will allow a C-grade. The object is for the obsessive-compulsive adult to do something that relieves the overpowering drive of over-achieving. Powell, in essence, gives the student permission to let down, and perform within a range of comfort.

Feeling Like a Native: There were more than 2,800 students over the age of 30 enrolled at the UO last year. This is 17 percent of the student population. Although you are not alone, the number of returning adult students is not significant enough to ensure you will automatically feel at ease. Establishing yourself as part of the University life is an on-going process requiring personal energy and active participation and your efforts for doing so greatly enhance your sense of well-being.

By the time the undulating neon wave of typical students engulfs the next group of befuddled adult students, you'll be dancing the potholes and hugging the curves like the "natives." Enjoy your journey!



CLUB SPORTS NOTE

Club Sports is located in Room 5 of the EMU. The Erb Memorial Union Club Sports Program at the University of Oregon is a co-ed competitive, recreational program for students, faculty and staff.

It is designed as an athletic alternative bridging the gap

between existing intramural and intercollegiate programs.

The basic philosophy and key to the success of the program is the students' involvement in the coordination and administration of the program.

Emphasis is placed upon participation in competition and in offering students the opportunity to be recognized as collegiate athletes. Students organize each club and select coaches who perform on a volunteer basis.

For more information about Club Sports and the following activities, call: 346-

3733. Offerings include: Aikido, Badminton, Baseball, Bowling, Crew, Cycling, Equestrian, Fencing, Judo, Karate, Lacrosse, Ranger Challenge, Rifle, Rugby, Sailing, Snowboarding, Skiing, Soccer, Swimming, Table Tennis, Tae Kwon Do, Ultimate Frisbee, Volleyball, and Waterpolo.

Other recreational opportunities include: EMU Recreation Center, Ground Floor EMU 346-3711; Recreation and Intramurals, 103 Gerlinger 346-4121; Outdoor Program, Room 23 EMU 345-4365.

Reality Check

It is easy to become absorbed in the "university world." Staying in touch or practicing for the "real world" will make outside encounters and holiday breaks less uncomfortable.

Make it a point to speak to a child and senior adult at least once a week.

Pet or play with an animal as often as possible. Drop your peer slang and engage in proper English once a day.

Hang-up the trendy casual clothes and dress up for classes occasionally. Stay mindful of global and local events by reading the newspaper or watching the news.

The rest of the time, relax and enjoy the freedom of the "university world"!



Looking for adventure...

By Kathryn Holmes

For all those adventure seekers searching for the "ultimate" thrill...wanting to obtain that stimulating RUSH...wanting to explore those greater wilderness experiences...come bring your interests to the Outdoor Program located past the Recreation Center and through the arcade in the EMU.

With fall in full bloom, the anticipation of being outdoors is a tantalizing thought. Why not engage yourself in

the excitement of whitewater rafting with your pick of the Deschutes, McKenzie, or Rogue rivers? How about a backpack trip deep into the beauty of the old growths? Maybe a kayaking trip, or better yet, a bungee jump will get your juices flowing! Whatever your desire may be, take advantage of all these exciting opportunities!

What does the Outdoor Program have to offer? Trip Board, Magazines, Guide Books, Book Lending Library, Equipment Catalog, River Information, Map File, Environmental Board, River and Snow Condition Board, State Vehicles, Used Equipment Board, Adventure Video Library, Bike Maps, Winter Touring Maps, Darkroom, Multimedia Production Lab, Video Production Lab, Outdoor Equipment Lending Library, A Staff Who Loves to Plan Trips!

There are a variety of resources available to get just about any trip up off the ground. In addition, the Outdoor Program has rafts, tents, sleeping bags, and a variety of outdoor gear for Outdoor Program trips.

On top of it all, they have an eager staff ready

Look here! You can get help: Services at the U of O

By Darcy Held

Looking back on my freshman year, I came here feeling alone and that I was going to have to deal with everything on my own. I remember I had so many questions about graduation options and class requirements, and I had no clue as to where I could get my questions answered.

Your first year here at the University can be a scary experience, but it is important to know that there are people here with the resources to help you get through it all.

Academic Advising and Student Services is located on the first floor of Oregon Hall. Here you can either drop in if you have a quick question about any sort of University requirements, or if you need more time with an adviser, you can make an appointment.

These people are here to answer the students' questions and it is a good idea to get your questions answered quickly by someone who knows about University regulations. In the same building located on the second floor is the Financial Aid office.

If you are having financial problems or need to ask questions about current financial aid that you already have, this is the place to go.

Academic Learning Services Center (ALS) is located in the basement

of PLC. They offer tutors in most lecture classes like chemistry and biology and also small classes such as any math class. They offer group tutor sessions or individual private sessions.

ALS also has a drop-in math and English Lab, where you can bring homework or papers and they will help you with the mechanics of the paper or homework.

For health-related issues on campus, there is the Health Education room, located in the Student Health Center. The Health Ed. room has many resources of information on AIDS, rape awareness, nutrition, fitness, stress management, and other health related issues of today.

The Health Education peer advisors also provide counseling in their specialty areas and present lectures on campus.

There are many places you can get help or go to just talk to someone. The UO Crisis Center and the University Counseling Center are located in the Student Health Center. Both programs provide a 24-hour hotline. Sexual Assault Support Services (SASS) provides confidential support to woman after a sexual assault.

The Office of Student Advocacy helps students who have problems with university faculty, staff,



policies or procedures including: student conduct code charges, sexual harassment, discrimination, university housing (roommate problems), academic disputes, financial aid, faculty misconduct, public safety, business affairs, athletics, university records and university employment.

These programs are here for us to take advantage of. There are experienced people all over campus who can give accurate answers and who are eager to help make your years here at the University a less hectic experience.

Alcohol Sabatoge

By Brett Fisher

Don't let alcohol sabotage your college experience. Many new students unfamiliar with college life use alcohol to help them "fit in" or to alleviate stress.

Examine your use of alcohol and if you may be using it as a crutch to support new college life experiences. If you need help making the transition away from alcohol, the U of O Counseling Center offers assessment and treatment for alcohol and drug abuse.

There are also weekly AA meetings on campus at the Koinonia Center located at 1414 Kincaid Street. These meetings take place on Tuesdays at 8:30 p.m. and on Fridays at 10:30 p.m. Additional information and support can be obtained by calling: Alcoholics Anonymous (AA) 342-4113 or the Alcohol & Drug Helpline 1-800-621-1646 (24 hour service).

Resources for Reducing Distress

- Conflict Resolution: University Counseling Center
13th Street at Agate • 346-3227
- UO Crisis Center Hotline • 346-4488 24 hours a day
- Sexual Assault Support Services • 484-9795
- U of O Mediation Program
EMU 318 • 346-4240
- Office of Student Advocacy
EMU 334 • 346-3722
- Women's Resource and Referral Center
Suite 3 EMU • 346-3327
- Physical Ailments: Student Health Center
13th Street at Agate • 346-4441
- Health Information: Lifestyles Planning Program
Health Education Center • 346-4456
- Financial Concerns: Office of Student Financial Aid
260 Oregon Hall • 346-3221
- Job Location and Development
1511 Agate Street • 346-2314
- Academic Concerns:
Office of Academic Advising and Student Services
164 Oregon Hall • 346-3211
- Career Planning and Placement
244 Hendricks Hall • 346-3235
- Center for Academic Learning Services
68 PLC • 346-3226

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I would like to extend my appreciation to Melanie Steed for sharing her editing expertise with me over the last term. As always the staff of Health Education welcomes any suggestions for or interest in contributing articles for the Well Now. Please feel free to drop by the Health Education Office located in the Student Health Center or call 346-4456.

Carla Borovicka, Editor