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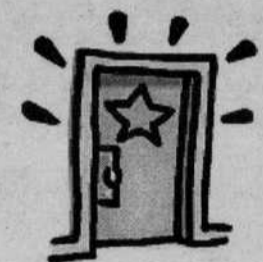
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# Preparation diminishes stress

■ Moving won't give you gray hair if you plan ahead, manage your time and get informed

By Sandra Colton  
for the Emerald

For many University students, moving time is quickly approaching.

Whether it be from dorm life to your first apartment, or the big move from college to career, stress can make that transition more difficult than it has to be.

"There are two parallels between coming into the University as a freshman and moving out of the dorms into an apartment," said Ron Miyaguchi, senior staff psychologist at the University Counseling Center. "You are going from less responsibility, and interpersonal negotiation needs to take place. Figuring out how to get along with new roommates involves negotiating skills. ...

"Communication is the main problem students find when moving into a new living environment."

In fall 1999, University of

Oregon Housing Office Occupancy Data show that 3,243 freshmen moved into University Housing. Adjusting to this new way of life is difficult for many, as is the time when students move out of those living quarters.

"Students planning on moving out of the residence halls need to pay attention to how much things really cost," said Katie Bryant, the University's assistant director of residence life.

Things such as utilities and laundry facilities are often taken for granted in the residence halls. Students need to think about deposits and hook-up costs, Bryant said.

Matthew Lieuallen, ASUO housing advocate, advises students who are moving to "plan ahead and check out places as soon as they can. Students need to get on the ball and get [moving plans] taken care of early.

"Pressured for time and money, students must be

aware of deadlines," Lieuallen said.

The four components of stress are "the precipitating event or condition, the set of assumptions and the belief systems we carry which determine our perceptions of the event or situation, and our responses ...," according to the Counseling and Testing Center Web site.

"The most common thing that students overlook when moving are the most simple things," Miyaguchi said.

By underestimating the amount of work involved in moving and doing the move all at once, students may create unwanted stress.

"Transition to a new place gradually is a lot less disruptive," Miyaguchi said.

Some of the ways to cope with the stress of moving are to "relax, exercise, be more assertive setting limits and priorities, time management, pay attention to sensory nurturing, express emotions and avoid self-medicating," said Linda Sherman, staff psychologist for the Counseling Center. "The major focus is on balancing social, physi-

cal, mental and spiritual needs ..."

Do as much preparation as you can before moving, Miyaguchi said.

"Implement strategies, reminders and to-do lists," he said. "Moving companies offer moving tips on the Internet."

Organizing your boxes by using stickers that designate which boxes to "Move First," "Move Last" or to not move at all can make the task of moving a lot smoother. Miyaguchi recommended leaving "the kitchen and bathrooms to last, gradually moving things, and taking a step back to look at the bigger picture if things get too stressful."

At the end of the year, moving may also involve transporting some unwanted items.

"We will be collecting stuff for St. Vincent dePaul and Food for Lane County," Bryant said. "This will reduce the amount of unwanted items for students, as well as providing things for charity. We are also trying to put on a garage sale."

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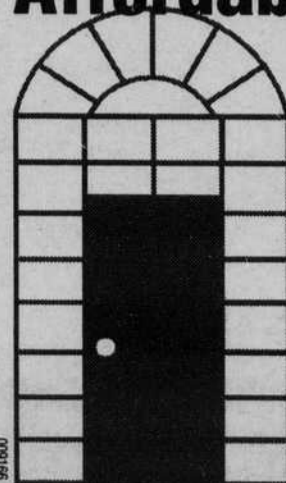
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