

Preparation diminishes stress

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

By Sandra Colton
for the Emerald

"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 to more responsibility, and interpersonal negotiation needs to take place. Figuring out how to get along with new roommates involves negotiating skills." In fall 1999, University of Oregon Housing Office Occupancy Data shows 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.

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

Do as much preparation as you can before moving,

Miyaguchi said.

"Implement strategies, reminders and to-do lists," he said. 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."

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