

Grief

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of the counseling center, said she has noticed an increase in the amount of people reporting anxiety due to the attacks. Although many students are probably aware of world events and may understand the hostility against this country, she said, most students are still shocked by what happened.

"Students are feeling worried, angry and frustrated about how to help people," Taylor Kemp said. "They are worried about what is ahead."

Robert Brundidge, a junior history major, is one student who is concerned about the result of the attacks, such as the possibility of going to war.

"I don't think I am personally in danger," Brundidge said. "I think I'm more scared of the direction things are going, and what could be next."

Brundidge added on the day of the attacks, he found himself glued to the television and didn't want to try to get away from it.

"I didn't want to ignore it," Brundidge said. "I wanted to know what was happening. It is such a big event."

Michael Anderson, associate professor of the psychology department, said that generally following traumatic events, people will either face them head on or try to avoid them.

"Most of us try to avoid it part of the time, and you will find yourself

avoiding the media," Anderson said. "Avoiding the media is a good short-term fix. In the long run it is best to work through your feelings by talking to friends or with a counselor."

Serena DeVos, crisis counseling supervisor at White Bird Clinic, agreed that taking a break from the media can help ease anxieties.

"Be real about what is going on, but don't saturate yourself with it," she said.

Many people may also joke about the situation as a way to relieve anxieties, Taylor Kemp said, adding that this coping mechanism is not unusual. But she said making jokes at the cost of others is not a healthy way to express concerns.

"People who make jokes that are not at other people's expense are using a normal stress reliever," she said. "(But) making jokes about people that look different or are a different race is not helpful, and even harmful."

In addition to humor, Taylor Kemp said exercise helps decrease anxiety and relieves tension. Eating healthy meals and drinking water are also ways to remain calm and keep the brain functioning properly, she said.

Counseling center workers also mentioned that many young men are concerned about military action and the possibility of being drafted. DeVos added a lot of people are scared about the idea of going to war, especially when no one is sure who the enemy is.

Ways of coping with catastrophic events:

- Take breaks from news reports
- Don't believe everything you hear; take time to see if information is verified
- Remember to breathe
- Eat healthy meals
- Get adequate sleep
- Avoid overexposure to anger
- Express your feelings by talking, writing, music, etc.

Counseling center phone number: 346-3227

Source: University Counseling Center

"People are fearful that we are reacting too soon without knowing for sure who is responsible," DeVos said.

Brundidge said he dealt with his fears and uncertainties by staying informed, talking with others and listening to what they had to say about the attacks.

"It's been comforting to talk to people and hear what other people are saying and share information," Brundidge said. "I think it is really good to see the nation as a whole coming together for this."

Anna Seeley is a student activities reporter for the Oregon Daily Emerald. She can be reached at annaseeley@dailyemerald.com.

MBA

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ment, said Andrew Verner, director for the Oregon MBA program. Enrollment in the MBA program is up 24 students from last year, though Verner says personnel changes, rather than the languid economy last year, are largely responsible.

"When people find it harder to find or keep jobs, they look for ways

to improve their marketability or skills in a new job environment," Verner said. "That's been going on for years and years."

And when those students return to the workforce armed with improved skills and a renewed sense of vigor, Verner said it's important they take whatever job opportunity helps pave their career path.

"My position is, when there's a job, you apply for it," he said.

"Any experience is good. When you start reading about people being laid off left and right — the airlines alone are laying off thousands of people — that's only the tip of the iceberg. Someone entering the job market this year or next year needs to intensify their job hunting efforts."

Eric Martin is a higher education reporter for the Oregon Daily Emerald. He can be reached at ericmartin@dailyemerald.com.

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