

UO counselors help students with depression

Several campus mentors are available to help scholars survive the various stresses associated with college life

Jillian Daley
Family/Health/Education Reporter

Depression tops the list of student mental health issues at the University, and the number of students suffering from these disorders seems to be on the rise.

In an April 2002 study, the World Health Organization reported that by the year 2020, depression would be second only to heart disease as the leading cause of premature death and disability worldwide, and that depression is increasingly affecting young people.

Many University Health Center and Counseling and Testing Center experts concur with these findings, and have said that their own observations of the student body support these conclusions.

There are some proposed hypotheses for the phenomenon, but few clear answers.

"More of the general population is going to college than there used to be, and because of effective medications a lot of people who wouldn't be attending school before are," former University Health Center director Gerald Fleischli said. "It used to be only very high-functioning people were going to college."

Now, with the advent of new medication, possibilities are open to those who struggle with heavy depression and anxiety.

The two interlocking aspects — a higher general population and more effective medication — could be con-

tributing to the increase in the numbers of student clients attending the Counseling and Testing Center and the amount of people on medication.

Some say there may be other reasons for the perceived increase.

Counseling and Testing Center Director Robin Holmes remarked on what she called a steady increase in the number of students coming in, and the higher number of those who have full-blown depression.

"More people in general are much more willing to come in than 20 or even 10 years ago," Holmes said. "Students are reporting more serious issues than ever before."

Holmes said her colleagues across the nation had mentioned

similar increases in depression and anxiety cases and the severity of those cases, and there may be a combination of reasons for it.

"I do think student life is particularly

stressful and different than other times (in life)," she said. She listed stressors such as an increase in life decisions and increased academic and social pressure.

She said another reason might be the weak economy, which has decreased job opportunities for many college graduates and caused students to pursue advanced degrees or to prolong their stay in higher education, which can increase struggles with debts and finances.

Others said it is not student life, but the age group in which students fall that makes the time of life difficult.

Fleischli said the need to establish one's identity and achieve independence from one's family make the late

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"I do think student life is particularly stressful and different than other times (in life)."

Robin Holmes
Counseling and Testing Center Director

Students can shop around for books

University scholars looking for good deals on textbooks can search the campus area, or try the Internet

Ken Paulman
Freelance Reporter

Among the rites and rituals of the first week of class is a trip to the University Bookstore to buy textbooks for the coming term, usually resulting in a big hit to the wallet for many students.

Those frustrated with high prices have a number of alternative sources for textbooks to choose from, but will they save students any money? A good way to compare is to choose a book at random and do some shopping, so here's a comparative look at one textbook.

"Psychology," Fourth Edition, by Peter Gray, is a required text for Psychology 201. New editions of the book sell for \$93.15 at the University Bookstore and include supplemental texts and a CD-ROM. Used copies of the textbook alone are priced at \$69.85.

The Internet didn't have much to offer in savings. Used copies of "Psychology" could be found for \$73.00 on www.amazon.com, and \$74.88 on www.half.com.

New copies of the book sell for \$96.60 at Amazon.com and a whopping \$102.75 on Barnes & Nobles' Web site, which also operates as

www.textbooks.com.

Smith Family Book Store, at 768 E. 13th Ave., had a used copy of the book for \$58.95, nearly 15 percent cheaper than the University Bookstore. But there is a catch — at the time of this report, there was only one copy of the Fourth Edition on the shelf.

Smith Family did, however, have a large stack of Third Edition copies priced at \$20 each. Online, Third Edition copies were selling for as little as \$3.49 through Half.com.

Saving upward of \$90 on an older version of a textbook may be tempting, but it may not be the wisest strategy.

Dr. Ulrich Mayr, who will be teaching Psychology 201 in the fall, says that students in his class will be better off buying the current edition.

"Substantial changes have been made (in the Fourth Edition) that affect the structure of chapters," he said. "My syllabus will contain page numbers for the Fourth Edition, not for the Third Edition."

"Trying to keep abreast with the material is usually hard enough. (It's) better not to waste time worrying about whether what you are reading is really relevant or whether you may be missing out on something critical."

While some may feel pinched by

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