



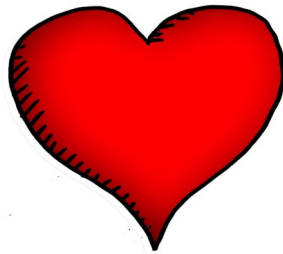
# reCAPS

**Counseling & Psychological Services**  
**University of California, Santa Cruz**

## Love in Many Forms

With Valentine's Day just past, this is a time when people are thinking about love, typically romantic love. February can be difficult for those who are not seeing someone, because there's so much talk about romance. Our society often idealizes being partnered, which can make people feel incomplete and unloved if they are not. However, it doesn't have to be that way! Romantic relationships are not the only way we experience love and closeness.

One aspect of having a healthy and balanced



emotional life is to be able to appreciate the good things. When folks feel down, they may ignore or temporarily forget the things that are going well and focus exclusively on problems or "what's missing" in their lives. For instance, single people may spend so much time trying to find a partner or worry-

ing about not having one that they disregard any other loving connections they do have.

If this is true for you, spend some time reflecting on the joys of non-romantic love. Maybe you're close with a family member or have a good friend (or several) you can talk and laugh with. Maybe you have a pet that gives you unconditional love or a mentor who gives you advice and support. Perhaps you feel love and connection through being part of something

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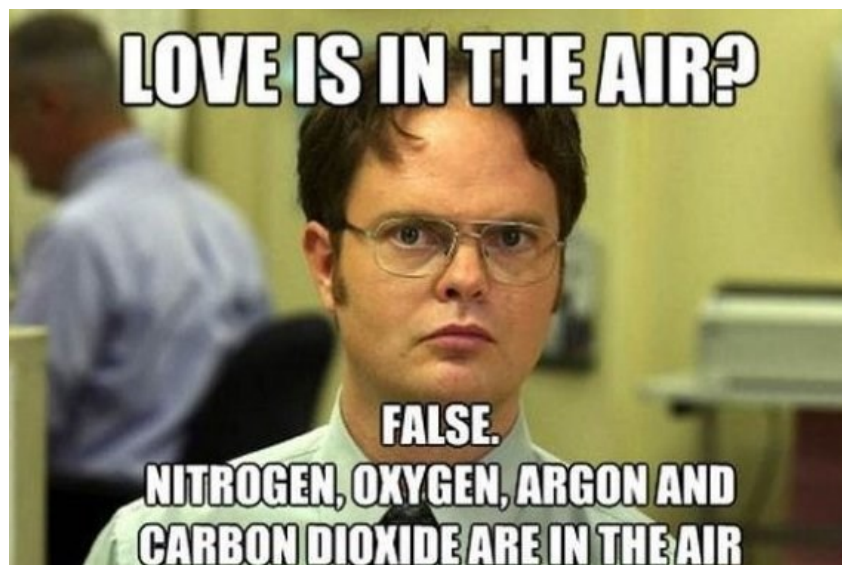
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### All About CAPS

Counseling and Psychological Services (CAPS) offers FREE, confidential mental health services to registered UCSC students:

- Brief individual, couples' and group counseling
- Awesome workshops and trainings around campus
- Referrals to on- and off-campus resources
- Crisis services (in person Mon-Fri 8 am-5 pm; by phone 24/7 at 831-459-2628)

To make an appointment, call us at 831-459-2628 or stop by (Student Health Center, East Wing, 2nd floor) between 8 am and 5 pm. Check out the [CAPS blog](#), visit our [website](#) and like us on [Facebook](#)!



## Love (continued from p. 1)



larger than yourself, like a religious or spiritual group or volunteering. All the places you find love have value. It's important to recognize and appreciate these sources of love and not view them as "second best."

It's also very important (and often tough) to love yourself. February is a good time to practice building self-love:

Recognize what makes you unique and work on celebrating what you like and accepting what you don't. Do something special to nurture yourself. Try to challenge critical self-talk and change it to supportive messages. Write yourself a love letter.

Take this opportunity to show your appreciation to those who love you.

Send a valentine to your mom or a friend.

Give thanks to your higher power. Pat your pet or Skype home to talk to it if it's not with you at school. Send an email to your mentor expressing your thanks.

Let February become a time to celebrate love in all its forms, not just romantic love.

## Dear CAPS,

*I get super anxious when I have to take an exam. Help!*

—Testy Test-Taker

Feeling nervous about a test is common. In fact, a little anxiety can even help make you more alert on exam day. However, high test anxiety can produce strong symptoms, like nausea, dizziness, panic attacks and the mind going blank. If test anxiety occurs in the days before an exam, it can also lead to procrastination or avoiding studying, which can lead to bad grades and create more anxiety.

What can you do? First, reflect on why you're anxious—are you behind in class? Don't understand the material? If so, get some extra help before the exam from your prof or TA, a tutor or a friend. If your anxiety is related to harsh self-criticism or unrealistic expectations, you might consider talking to a mentor or counselor to get some perspective and support. Trying to remember that your self-worth is not based on a grade can help.

Next, prepare! Make sure you are keeping up and studying. Visit the Learning Support Center or your advisor if you need help with study skills. Try to break work into small "chunks" and spread them out over time—don't leave it all until the last minute.

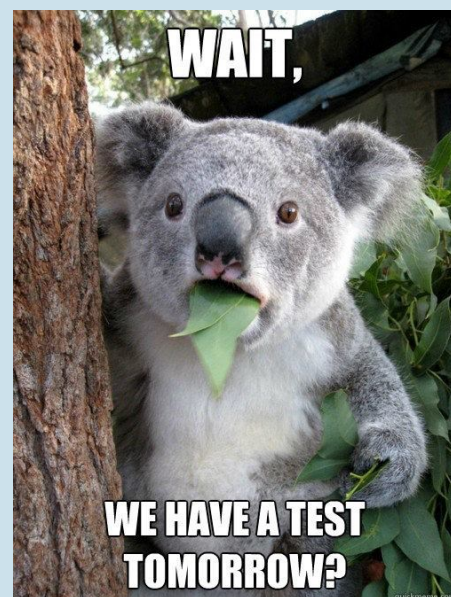
It's also important to learn to find healthy ways to relax, like stretching, meditation, yoga, music, a hot shower, exercise or being outdoors. Practice using these stress relievers on a regular basis—don't wait until anxiety is out of hand. The more you practice them, the better you'll be at combatting overall stress.

Avoid drugs and alcohol for coping. Try to get enough sleep and eat well. Pounding energy drinks and coffee all day just fuels anxiety. Yes, it's hard to balance it all during college, but the better care you take of yourself, the better you'll be at managing stress and anxiety.

The night before an exam, review but don't cram. Get a good night's sleep. On the morning of the test, eat a healthy breakfast containing protein (e.g., eggs, cheese, soy) but

not a huge meal that will leave you in a food coma. Avoid people who are stressed and freaking out. Get to the exam location a few minutes early so you won't worry about being late. If you start to panic, take some deep breaths. Try to cultivate positive thoughts and keep the test in perspective.

If using these tips doesn't work, seek out some help from CAPS, Learning Support Services or your advisor.



## Wellness Tip of the Month: Safe Driving

Most people know that it's illegal and dangerous to drive drunk, so why do they still do it? There can be many reasons: failure to plan ahead, misjudging limits, getting caught up in the moment or having a drinking problem that makes it difficult or impossible to drink safely.

If you're under 21 or have trouble controlling alcohol intake, it's safest not to drink. For those who do drink, *planning ahead is key* because even after just one or two drinks, your judg-

ment will start to become impaired.

The safest strategy is to have a designated driver who remains completely sober. Other tips include setting a limit on drinks (your body can only process one drink an hour) and knowing how many drinks is too many for you. A Blood Alcohol Content (BAC) calculator can estimate when you're over the legal limit to drive (see box).

Something else to keep in mind is that driving while high is also against the law.

Although there is conflicting research on whether pot impairs driving, many studies suggest it does. People who smoke may overestimate their reaction time and driving ability. Because there's no objective measure for what is "too much" pot (its strength and effects are not standardized like alcohol), it's safest to have a designated driver.

Finally, texting has become a new menace to driving. Put that phone away when you're behind the wheel!



### Tools for Safer Decision-Making

#### Websites

- Blood Alcohol Calculator: <http://bloodalcoholcalculator.org>
- BAC Calculator from University of Notre Dame Student Affairs: <http://oade.nd.edu/educate-yourself-alcohol/blood-alcohol-concentration/bac-calculator/>

#### Smartphone Apps

- Alcohol Calculator (Android), free.
- ALCalculator (Android), free.
- BAC Calculator (Windows Phone), free.
- R-U-Buzzed (iPhone), free.

## Upcoming Events

### EATING DISORDERS AWARENESS WEEK:

Events the week of 2/24/14 at various locations to raise awareness about eating disorders and body image. Contact CAPS for more info.

All week: Info fairs at CAPS and Student Health Center, main lobbies

Mon, 2/24: Info table, College 9/10 Dining Hall, 11:45 am–12:45 pm

Tues, 2/25: Movie night and discussion, "Do I Look Fat?" Cantu Center, 5–7 pm

Wed, 2/27: Info table, OPERS Wellness Center, 11:30 am–1 pm

Thurs, 2/27: Movie night and discussion, "Beyond Killing Us Softly," College 8 Red Room, 5–7 pm

Fri, 2/28: Workshop, "Making Friends With Your Body," Student Health Center, Mural Room, noon–1:30 pm

**FEBRUARY FESTIVAL:** Come to the College 9/10 Multipurpose Room to learn about lots of student orgs and campus resources, including CAPS, and play some fun games. You could win bookstore vouchers. Fri, 2/28, noon–3 pm



## Spotlight on African American Psychologists

In honor of African American History Month, CAPS salutes a few of the black pioneers in the field of psychology.

Inez Prosser, PhD, was America's first black female psychologist. She conducted important research on segregation. Her dissertation research helped highlight the need to improve educational systems that were already integrated. Dr. Prosser was also

instrumental in assisting many African American students in obtaining funds for college and graduate study.

Mamie Phipps Clark, PhD, and Kenneth Clark, PhD, were the first African Americans to obtain doctoral degrees in psychology from Columbia University. Kenneth Clark was the first black president of the American Psychological Association. Mamie Clark's research

explored racial identity and self-esteem, which was the foundation for the couple's famous Clark Doll Experiment. They also were involved in the groundbreaking case Brown vs. Board of Education. To learn more about the Clarks, watch this short YouTube video:  
[http://www.youtube.com/watch?v=\\_RqsGTS5TPQ](http://www.youtube.com/watch?v=_RqsGTS5TPQ)

### Contact CAPS:

Student Health Center  
East Wing, 2nd Floor  
Phone: 831-459-2628  
(24-hour crisis help)  
[caps.ucsc.edu](http://caps.ucsc.edu)



Dr. Inez Prosser (left) and Drs. Mamie and Kenneth Clark (right).

## Meet Your CAPS Staff and Student Advisory Board Members!

Periodically, the CAPS blog features a bio of a staff person or one of our fabulous Student Advisory Board members. Visit <http://ucsccaps.wordpress.com> to get to know us better, and check back regularly for new bios and other articles.



CAPS doctoral interns Amy, Susie and Quade, with Sammy.