



reCAPS

Counseling & Psychological Services
University of California, Santa Cruz

A Note About the Recent Events in Baltimore and Other Cities ...

We at CAPS are deeply distressed by recent events in Baltimore, New York, and other cities around the nation associated with the death of Freddie Gray. These and past events may be affecting some of us in the UCSC community: Such events can bring up many uncomfortable or painful feelings, especially when they are related to our sense of identity and self. It's clear that the impact of this most recent death of an African American man highlights the need for continued productive dialogue on race relations and policing in the United States.

You may have noticed yourself or your friends experiencing a range of reactions, concerns, or questions about hate

crimes, racism, heterosexism, violence/safety, and social justice. Reactions can differ from person to person, and can look and feel many different ways—there is no one “right” way to feel or react.

Please access CAPS if you are in need of counseling support. If you're overwhelmed with reactions, it can be helpful to have a place to voice personal experiences and to feel heard. We invite students to access CAPS for this purpose. Please call 831-459-2628 for information about appointments or other supports, or visit the [CAPS website](#). We are also available 24/7 at 831-459-2628 to assist any student in crisis or if you have concerns about

a fellow student. More information about CAPS crisis services can be found [on our website](#).

Many students might find our one-time drop-in Let's Talk consultation services to be all that's needed. Let's Talk is offered several times a week at different locations around campus. See the [CAPS website](#) for times and locations.

We welcome opportunities to collaborate with student groups to create a more immediate space for dialogue about these issues. To request an outreach, please contact the Central Office at CAPS at 831-459-2628.

Sincerely,

Your CAPS Staff



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All About CAPS

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

- 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) weekdays between 8 am and 5 pm. To learn more, visit our [website](#), check out the [CAPS blog](#), and like us on [Facebook](#)!

Candlelight Vigil Held

At dusk on Wednesday, April 15th, CAPS partnered with Porter College to host a candlelight vigil to remember and honor those lost to and affected by suicide and mental illness. Participants created luminarias decorated with messages and artwork that were lit with tea lights and placed on the Porter “squiggle.” As the sun went down and stars filled the sky, the luminarias created a beautiful and meaningful scene.

Some of the messages were to or about specific people. Others were meant to inspire and connect with people who might be having a hard time, such as “Been there, it gets better” and “You do matter.” Still other messages sought to reduce stigma around mental health issues, such as “I am not my mental illness.” About 50 students and staff took part in the event.

If you or someone you care about is considering suicide, please reach out for help. You can call CAPS for help any time. During business hours, you’ll be connected to one of our staff. After hours and on weekends and holidays, you can talk to an after-hours counselor by phone. Call 831-459-2628. You can also call the National Suicide Prevention Lifeline at 800-273-8255.



Dear CAPS,

I'm stressed about my finals. How can I be as prepared as possible and deal with exam stress?

—Stressed About Tests

Most people don't love exams. They can be stressful, but with a little preparation, you can give yourself the best chance possible to do well. Here are some tips for preparing and for exam day:

Before the Exam

1. Start preparing early. Giving yourself enough time to review and study is important.
2. Consider forming a study group or studying with a friend.
3. Don't wait until the last minute to ask for help if you don't understand some of the material.

On Exam Day

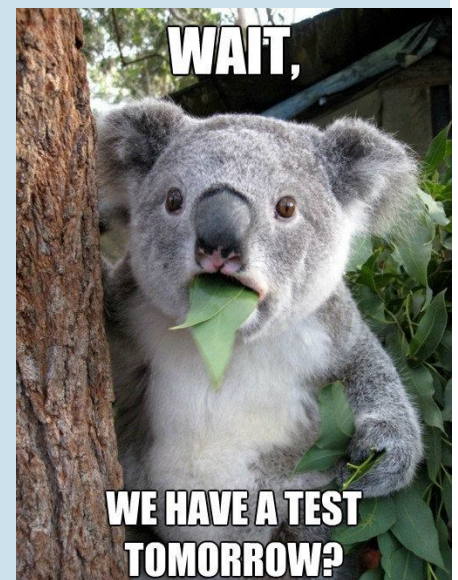
1. Be awake and alert—get a good

night's sleep the night before. (Of course, this means you have prepared by studying ahead of time and not staying up all night cramming!)

2. Eat a small but nutritious breakfast. Eating complex carbs (e.g., whole grain toast) and protein (e.g., milk, nuts, cheese, yogurt, soy, eggs, peanut butter) can give you the energy you need to focus during the test.
3. Avoid talking to stressed-out/stressful people before the exam. Listening to someone freak out is not going to help you!
4. Bring exam aids if allowed (e.g., calculator, notes); bring other stuff you might need, like tissues, cough drops or water.
5. Visualize yourself doing great on the exam. Imagining a good outcome can actually improve your performance and confidence.

6. Be aware of the time allotted for the exam and pace yourself accordingly.
7. If you are feeling anxious during the exam, take some slow, deep breaths. Think positively and combat negative thoughts when they come up.

Kick some exam butt, Slugs!



Is UC Santa Cruz Really a Stoner School?



Santa Cruz has a reputation as a marijuana-friendly place: It is home to an underground industry of pot farmers and a number of legal medical marijuana dispensaries, and enforcement of local laws around recreational use are lax. UC Santa Cruz is reputed to be a pot-heavy school, partly due to the annual high-profile (and unsanctioned) 420 celebration that happens on campus and attracts students, locals, and visitors. This year, several thousand attendees came to the 420 festival. Many students, as well as people outside of Santa Cruz, have the perception that “everyone” at UCSC is smoking pot. Is UCSC’s reputation as a stoner paradise deserved?

First, let’s look at some basic facts about pot use. Pot is the most-used illicit drug in the United States. Use among teens and young adults began rising in the 1960s, peaked at an all-time high in 1979, and then declined until the early 1990s. After 1992, use began increasing again and has shown ups and downs but has never been as prevalent as in the 1970s. While today, college students drink more alcohol than non-college peers, rates of pot use between college students and non-

college peers are similar. Studies generally show that males, whites, and cigarette smokers are more likely to use pot than are women, people of color, and non-smokers.

So, how does marijuana use at UCSC compare to use among college students nationwide? Annually, the American College Health Association conducts the National College Health Assessment, a survey of college students’ habits, behaviors, and perceptions related to health, including alcohol and other drug use. The 2013 study, which included 986 UCSC students (all grades, including grad students), produced some interesting statistics. First, although UCSC students were more likely to be current pot users (meaning any use in the past 30 days) than the national average (29% at UCSC vs. 18% nationwide), the rates for heavy users (every day for the past 30 days) were the same—3% of students at UCSC and nationwide. Second, the figures were similar at UCSC and nationwide for students who had smoked pot but were not current users (defined as having used marijuana but not in the past 30 days): 25% at UCSC versus 21% nationwide.

Something else that is interesting to note is that students always overestimate how many others are using pot. At UCSC, the students surveyed believed that only 4% of their classmates had never used pot and that 93% were current users; in actuality, 46% of UCSC had never used pot, and as stated earlier, just 29% were current users. That’s quite a difference! Mistakenly assuming that “everyone is doing it” is something that’s seen nationwide.

Finally, one statistic that is tougher to interpret is the fact that UCSC was

ranked #1 in non-alcohol drug violation disciplinary referrals in 2012 and 2013 by Project Know’s “Drugs on Campus” study. Drug violation referrals are allegations of misconduct related to drug use. Pot is the most widely used drug (other than alcohol) at UCSC and across the country. Some interpret this ranking to mean that there is more drug use at UCSC than at other colleges; others see it as indicating that drug violations are taken seriously at UCSC. “I don’t see those increased numbers as alarming,” Meg Kobe, director of UCSC’s Student Health Outreach and Promotion (SHOP), said in response to the 28% increase in UCSC drug violation referrals in 2013. “It means we have high standards. We hold our students accountable and we intervene.” The same study showed that UCSC is *not* a top school for drug arrests.

What to make of all these statistics? One could safely say that while overall pot use may be higher at UCSC than at some other universities, that doesn’t mean we are a “stoner school.” Heavy use is no greater here than at other colleges, and the university takes pot use seriously and tries to help students make healthy choices. And, despite student perceptions of widespread use, most (71%) UCSC students do not currently use pot.

If you have questions or concerns about pot use for yourself or someone you care about, there are several on-campus resources. You can call CAPS (831-459-2628) or SHOP (831-459-3772) for help, or you can drop in for a short, anonymous consultation with a counselor at Let’s Talk About Alcohol and Other Drugs (Thursdays, 2-4 pm, Kresge building 393, Suite 153).



Contact CAPS:

Student Health Center
East Wing, 2nd Floor
Phone: 831-459-2628
(24/7 crisis help)
<http://caps.ucsc.edu>

Upcoming Events

DROP-IN GROUPS: CAPS offers several drop-in groups students can check out any time with no appointment or commitment. These are the Queer Men's Group (Mondays, 5:30–7:00 pm, Cantu Center), Women of Color Support Group (Wednesdays, 2:00–3:30 pm, CAPS central office), Queer and Questioning Women's Group (Wednesdays, 5:00–6:30 pm, Cantu Center), and Men of Color Group (Thursdays, 3:30–5:00 pm, Bay Tree Building, 3rd Floor). Check out our [groups web page](#) or call us at 831-459-2628 during business hours for the latest group information.

LET'S TALK: Let's Talk is a drop-in space where you can have a brief, confidential one-time chat with a CAPS counselor. It's free, and you don't need an appointment—just walk in! Let's Talk is held on Mondays at the Cantu Center from 3 to 4:30 pm, Wednesdays at McHenry Library, Room 2285, from 1:30 to 3:30 pm, and Thursdays from 2:30 to 4:30 pm at Baskin Engineering, Room 153B. There is also a special Let's Talk focused on substance abuse and addiction and recovery on Thursdays from 2 to 4 pm at The Cove recovery space, Kresge Building 393, Suite 153. Read more about Let's Talk on the CAPS [website](#).

FINDING FOCUS WORKSHOPS: CAPS has been offering a series of workshops during spring quarter to address problems with concentration and focus, whether you have ADHD or not. These workshops are held Thursdays at Kresge. Remaining workshops for this year are May 14th and May 21st, 3:30–4:15 pm at the Writing Center, Kresge Study Center Building. No preregistration is required, but if you want to RSVP or get more info, call Julia Ragen at 831-502-8029.

BODY IMAGE AND EATING DISORDER

WORKSHOP & TABLING: CAPS is offering a workshop on developing positive body image on Tuesday, May 19th, noon to 1 pm, at the Namaste Lounge at Colleges 9/10. There will be a body positive activity and discussion to promote compassion and love for oneself and positive self-esteem. CAPS will also be tabling at the College 9/10 dining hall to provide info about eating disorders and body image for Eating Disorder Awareness Week Tuesday, May 19th, from 11 am to 2 pm.

STRESS MANAGEMENT WORKSHOP: Feeling stressed? Stop by one of CAPS' stress management workshops to get some tips and support. These workshops, offered at the CAPS central office, are presented by our peer educators. The final workshop for the academic year will be held on Thursday, May 28th. No preregistration required, but if you want to RSVP or get more info, call Maya Borgueta at 831-459-2572.

PAUSE FOR PAWS: Those loveable canines are coming back to help you de-stress during finals week! Petting and interacting with dogs is a great way to take a break from studying to relax and smile. Therapy dogs are specially trained to enjoy interacting with a lot of new people. Come to the McHenry Library lawn on Sunday, June 7th, 5–6 pm or the Science and Engineering Library on Monday, June 8th, 6:30–7:30 pm. Sponsored by the University Library. Like the [University Library's Facebook page](#) to get updates!