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reCAPS

Counseling and Psychological Services
University of California, Santa Cruz

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(Check out the groups sponsored by
CAPS this Fall quarter!)

Understanding Myself & Others

Eating Awareness

Mood Surfing

Undergraduate Women Support

Graduate Women Support

Chicana/Latina Support

Stop Stressin' Me

Finding Focus/ADHD Skills

Queer and Questioning Women

Loved Ones of the Addicted

To sign up or get more info, give CAPS a
call (831) 459-2628 or check our website
caps.ucsc.edu/groups



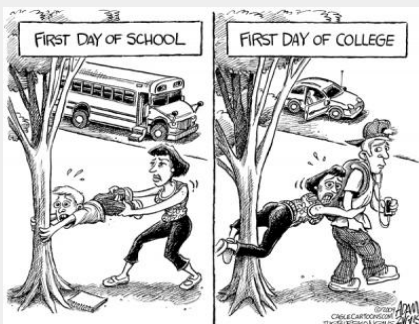
That's right.

Becoming a Slug

The difference between college and high school is like the difference between decaf and espresso. They may look alike, but they sure don't make you feel the same. If this is your first year at UCSC, you will be going through a big little thing we like to call *adjustment*.

Adjustment is the process of adapting to a new environment, with a new set of demands and challenges. The time it takes and stress it causes vary from person to person. But one thing's for sure - it involves trying new things and making some mistakes, because that is how growth happens (yes, even for Banana Slugs)!

Article continues on pg. 2



What is CAPS?

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

- Individual, couples', and group counseling year-round
- Awesome workshops and trainings around campus

To make an appointment, call us at (831) 459-2628.

Check out the [CAPS Blog!](#)

Like us on [Facebook!](#)



Dear CAPS,

A friend of mine isn't eating anything in the dining hall. I think he might be anorexic or something. He works out waaay too much. I feel like I should talk to him about it, but I don't know what to say.

~Speechless

Dear Speechless,

Your friend is lucky to have someone like you noticing what's going on! The best place to start is expressing your concern for him, in private, by simply and honestly telling him what you notice. If he doesn't want to talk about it, you can call CAPS at (831) 459-2628 for help figuring out what to do next.

If your friend does open up, be supportive by listening to what he has to say. Don't say, "You look skinny," or "If you just ate, you would get better."

Here are some other ideas:

1. "How to help a friend with eating and body image issues" is a helpful brochure available at CAPS or at NationalEatingDisorders.org
2. Check out the [Self-Help](#) section of the CAPS website that addresses eating awareness.
3. Your friend could come into or call CAPS at [831-459-2628](tel:831-459-2628) to make a counseling appointment.
4. There is a CAPS group called "Eating Awareness" on Tuesdays from 10 -11:30 for all genders. Your friend could call psychologist Susan J. Gulbe Walsh, Ph.D. at [831-459-2377](tel:831-459-2377) and find out whether this group could be helpful to him.

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Becoming a Slug (cont.)

There are two major ways that university life is different than high school or community college:

School Life

The good news - In college, there is no law that says you have to attend class. But of course, you won't be here very long if you don't! Plan to spend more time studying outside of class than you did before. Also, profs will expect you to think more critically and will emphasize writing way more than you might be used to. You'll also be expected to create a structured study schedule for yourself.

Social Life

Congrats...you've now got 17,000 potential friends! There are a lot of students here but figuring out where you fit in can be a challenge. You'll be exposed to all types of people with backgrounds and experiences both similar to AND very different than yours.

Strategies for Adjusting

Be patient with yourself. Even the best students take a while to adjust to the pace of a university. Keep at it, and realize that every struggle teaches us valuable skills for real life.

Use your resources. Profs and TAs are not just there to lecture and grade. They can help you, but only if you show up to office hours and ask for help (the earlier in the quarter, the better). Also check out [Learning Support Services](#) and the [Academic Resource Center](#) and don't be afraid to use the tools available to you!

Build a new community. All the stuff you'd typically do to make friends still applies here - join clubs, attend events, chat up people in class or dorms, join or start a study group. And don't rule anyone out as a potential friend. College is a great time to look past stereotypes and make connections with people very different than your usual clique. Get out of your comfort zone, try some different activities, and stay open to new experiences and people.

Transitions can be great, but may also cause stress. Call CAPS if you feel overwhelmed.



Dr. Gary Dunn

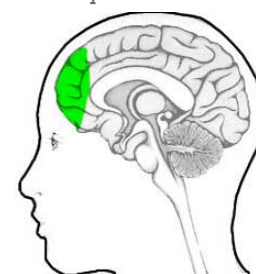
Meet Your CAPS Staff

Dr. Gary Dunn likes to cook, garden, and check out music in the Santa Cruz area. And oh yeah, he's also kinda the Director of the entire counseling center. Learn more about him and the other awesome folks waiting to meet you at CAPS.

[View Full Profile](#)

Wellness Tip of the Month

Stress can make you feel less than smart, restricting activation of the parts of your brain that help you think on your feet. If you find that your mind freezes whenever the pressure is on, take a minute to breathe deeply (you should feel your abdomen fill up with air when you inhale and leave your body completely when you exhale), and focus your mind only on the present moment. Then say out loud "What I am feeling is normal anxiety" and remind yourself that you've made it this far, and you've got what it takes to keep going. Then re-direct your brain to focus fully on the task at hand. Strategies like this help to literally re-train your brain to operate more efficiently under stress.



Dear CAPS (cont.)

5. There is also a team of doctors, nurses, psychologists, psychiatrists, and nutritionists who meet monthly to make sure UCSC students are getting the support they need with eating and body image issues.

Feel free to use all of these resources, and contact CAPS if you want any support for yourself as you are supporting your friend.

Got a question for CAPS? Email it to caps@ucsc.edu. You just might get an answer in our next issue!

National Depression Screening Day



There's a 60% chance she's totally faking it.

According to a 2011 survey, 60% of college students report feeling *very sad* within the past 12 months.

Stop pretending. Take the first step toward healing with a free assessment.

UCSC Student Health Center
Thursday Oct 10th 12 – 2 p.m.
Take a free, anonymous self-assessment, get a free donut!

Roommates: "Can't live with em..."

College may be the first time you're living with someone outside of the family. Dealing with roommates is not always easy. It's wise to make sure that you and your new roomies:

- Get to know each other
- Communicate
- Remain open and friendly
- Decide what you mean by "neat"
- Discuss visitation hours
- Find an activity you can share
- Discuss study times and habits
- Give each other space
- Discuss sharing personal items
- Discuss pet peeves

And you can avoid all the roommate drama (or much of it, anyway) by using better communication strategies than "Dude, move your stuff."

A few key rules of effective communication:

1. **Try listening first** - the active kind with eye contact, paraphrasing, and non-verbal signals that show you are genuinely hearing the other person
2. **Delay your reactions** - Wait until you have all the information before drawing any conclusions or responding based on your assumptions
3. **Use "I" statements** - talk about your own feelings, not the other person or the reasons behind his or her behavior.

For more help dealing with roomies (and everybody else), check out these [communication tips!](#)



Is My Drinking Normal?

by Blair Davis, PsyD

As a counselor with a focus on substance abuse issues, I often hear the question, "Is my drinking normal?"

The answer is, "It depends." Yeah, I'm sure that wasn't the answer you were hoping for, but as with many things in life, alcohol use is not a simple issue. What seems OK for one person may cause someone else major problems.

Alcoholism means being physically addicted to alcohol. The two main signs someone is an alcoholic are *tolerance* (needing more alcohol to feel drunk) and *withdrawal* (tremors, anxiety, nausea or insomnia when cutting back or quitting). *Alcohol abuse* means continuing to drink despite negative consequences (like missing school or work, problems with the law or relationships, hangovers, blackouts), but without a physical addiction. Yet alcohol abuse can lead to alcoholism and many other problems.

Not drinking may be the healthiest choice for you—especially if you're under 21. But if you do drink, you should know some facts: "Binge drinking" (over 4 drinks in a sitting for a woman and over 5 drinks in a sitting for a man) is unhealthy and can be dangerous. And, your height, weight, health and other factors play a role. For instance, a smaller person should drink less than a larger person. Drinking on an empty stomach can affect you differently than drinking after you've eaten. How fast you drink also matters—doing shots is more dangerous than sipping a drink slowly.

If you drink, take a good, honest look at how your drinking is affecting you. If it doesn't seem OK, it may be time to ask for help. For more information, check out our page on [Alcohol and Other Drugs](#).