

Students face stress

by Roberta Franchuk

"Students are down more than they used to be."

Stress at the university is nothing new. Midterms, term papers, and labs have always caused anxiety in students.

This year, however, the pressure seems to be increasing. A tighter economy has forced more people back to school. Classes are larger, pressure to succeed is greater. The result, according to some student watchers on campus, may be higher levels of stress than in years past.

Student Help, the SU-run counselling service, has noticed a "slight increase" in requests for peer and crisis counselling, said Greg Ingram, Associate Director.

"Problems seem to get magnified when it comes to midterms."

Some bar staff have not noticed an appreciable difference over last year, but they note that stress is present.

"You can tell when there's midterms," said Jill Fischer, a waitress at Dewey's. "You get a lot more people

who just want to pound back a few drinks... they don't normally drink like that." She noted that some customers order two drinks at a time, "just to make sure they have a drink in their hand."

"People seem a lot more surly, a lot more preoccupied, a lot more short tempered," said Dewey's manager Greg Holmes. "We normally see a certain amount of stress in our customers, but it's a different feel this year."

RATT Manager Don Moore notes that "people seem to be a lot more tense this year." He said that Friday nights are busier than usual, with "many people trying to get in." Holmes said that Dewey's is busier Friday nights, also. "It's like they abstain all week and go crazy on Friday."

Others disagree. "The general stress levels are not really as bad as last year," said Dr. Francis Cookson, Director of University Health Services.

He noted a drop in the number of people requesting excuse slips for missed exams. "In a bad year

you get a lineup of people waiting for excuse slips."

Stress "comes out in different ways," said Barb Paulson of Student Counselling Services. Basic signs of stress include apathy, insomnia, difficulty in concentrating, weight loss, increased dependence on alcohol or drugs, increased irritability, and difficulties with studying. Health problems may also appear or be aggravated by stress.

"It's like they abstain all week and go crazy on Friday."

"It depends on the person," said Paulson.

"When you're in a stress situation in its early stages, that's the time when you see acting out, like drinking too much, rudeness..." said Cookson. "When they get to the advanced stages, that's when we see them."

Economic conditions may have something to do with the stress levels, said Maxine Crooks, a psychologist and Mature Student Advisor. "Some students who are on campus really don't want to be here," she said. "Also, funding is hard to come by."

Mark, a bartender at the Power Plant bar, noted that although the students are spending "a lot more, our tips are down. A lot of students are crying poverty because their student loans didn't come back."

Dewey's manager Holmes noted the presence of nickels and dimes, American money, and \$2 bills as signs that "students are a little tight on money."

"People used to collect \$2 bills as their nest egg. Now they're breaking into their nest egg to buy a drink. That we usually don't see until December."

Academic pressures are also increasing, noted Crooks. "Levels of achieving at University are much more stressful. Students are concerned with goals and employment.

They're focussed on what's going to happen after they graduate."

More students are turning to graduate work, she said, and so the standards are higher. "More people are competing for fewer spots."

"I think students are a lot more serious than they were 10 years ago," said Paulson.

Dr. Cookson at Health Services noted that the service is seeing a lot of people suffering from chronic fatigue and overwork. "It's not an epidemic, but there is a considerable amount of that in students who have been around two or three years."

Overcrowding may also be a stress factor. Dave Oginiski, student representative on the Board of Governors, notes that this year's enrollment included 995 extra new full time students, and an 8.2 percent increase in new first year students.

Crooks agreed, saying "Classes are overcrowded, you can't get

Student Counselling Services is operated by the University. It offers the services of counsellors to assist with academic, personal and career difficulties. Workshops on subjects such as Test Anxiety Reduction and Study Skills are offered, as well as stress reduction techniques. Offices are in Room 102, Athabasca Hall. Waiting time for an individual counselling appointment is about one week.

Two psychiatrists are available at University Health Services. The waiting list, according to Cookson, is about a week.

Student Advisory Services mainly offers advice on academic difficulties, such as seminars on Writing Competence Test petitions. They are located in 300 Athabasca Hall.

A 24-hour stress line is operated by Alberta Blue Cross for its policy holders. Callers can get an appointment with a psychologist within 24 hours of calling.

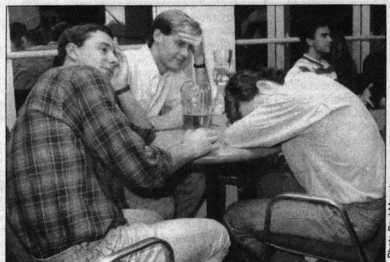


Photo: Paul Macintosh

books from the bookstore... it's hard to find a place to sit down and have a cup of coffee with a friend."

"A lot of people have come in feeling really bogged down, lost on campus," said Student Help volunteer Ken Maxwell. "It's mostly first and second year students, probably because the number of students has risen dramatically."

Fortunately, there are many sources of help for students feeling the pressures of stress.

Student Help offers peer counselling by specially trained student volunteers. "We're here for talking and reassurance," said Maxwell. "We're definitely here to listen."

Student Help is located in room 250 S.U.B. Face to face counselling, as well as a crisis line service is available.

However, one of the most effective methods of coping, noted Crooks, is for students to "pull out

"It's hard to find a place to sit down and have a cup of coffee with a friend."

their own support systems," to develop a network of family and friends whom they can turn to for help.

EMPLOYMENT OPPORTUNITY



Academic Commissioner

Duties:

- Assists the Vice-President Academic in the investigation of current academic issues and developments.

- Promotes cooperation and coordination among faculty associations, departmental clubs and General Faculties Council Student Caucus.

- Acts as co-chairperson of the Clubs Council.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

- Serves as a member of the Academic Affairs Board, the Council of Faculty Associations, Students' Council and the General Faculties Council Student Caucus.

GRAD PHOTOS

FACULTY OF SCIENCE

OCT. 20 & 21 — NOV. 9 & 10

All Departments

FACULTY OF ARTS

OCT. 28 & 29 — NOV. 25 & 26

GOERTZ STUDIOS

8919 - 112 Street

433-8244

Make Your Appointment Now!!!

Gateway staff party November 6

PROFESSIONAL

★ TUTORING ★

That Works!

- EXPERT TUTORING at affordable rates.
- Math / Physics / Chem / Bio Eng. 1st/2nd/3rd yrs.
- Skilled Instructors (many with Masters, Ph.D. & Doctorate degrees).
- Edmonton's Largest Tutoring Agency

MONEY BACK GUARANTEE

CANADA HOME

TUTORING

AGENCY

432-1396