

Counseling for Wellness

Veterans Day Remembrance

Inside this issue:

Veterans Day Remembrance	1
Got Sleep?	2
Test Anxiety Got You Tied up in Knots?	3
T'is the Seasons for SAD	4
Meet Kate Ricchiuto	4

Wednesday, November 11th is Veterans Day. Initially founded as Armistice Day in 1919. The 11th hour of the 11th day of the 11th month which marked the end of fighting in World War I. In 1954 President Dwight D. Eisenhower, at the urging of the Veterans Service Organizations and state legislatures renamed Armistice Day to Veterans Day.

This day is meant to honor the service our veterans who have given and continue to serve their country. Veterans Day holds a heightened meaning for veterans who perhaps have a greater understanding for what *sacrifice to country* means.

On behalf of Notre Dame Counseling Center we wish to extend a special thank-you to all the veterans in our NDC community, both past and present, and their families for the sacrifices made serving our nation, and what for what they continue to do to support our friends and families still offering sacrifice to our country.



Got Sleep?

By Melanie Faithwalker, M.A, PC-CR, CDCA

Just how important is it for you to get the proper rest at night? How much sleep do we need to function at our best? And how can sleep affect my grades and brain power? These questions are very important due to the fact that lack of sleep can not only affect our mood, but also our ability to concentrate and do well in school.



There have been numerous of studies which focus on Sleep and the college student, but we will just concentrate on two studies for now. The first study is, "Relationship Between Sleep Quality and Health Risk Behaviors in Undergraduate College Students" by Karen Vail – Smith, Michael W. Felts, and Craig Becker. This particular study focused on 859 undergraduates at a southeastern college. This study found that 76.6% of the 859 college students in the study reported occasional disrupted sleep patterns. That is a big number. Some of the other important statistics in this particular study stated that 82% of the students in the study reported "general morning tiredness" while 28% reported some form of "insomnia". Wow, those are some pretty scary numbers considering how important sleep is for your performance as a college student.

The second study that we will focus on is "Sleep patterns of College Students at a Public University" written by authors LeAnne M. Forquer, Adrian E. Camden, Krista M. Gabriau, and C. Merle Johnson. This article was looking to find key solutions to problems concerning sleep in college students. There were 313 students who actually participated in the study. In this study they found that 33% of the students in the study had difficulty falling asleep, 43% of the students polled woke more than once nightly, and lastly 33% of the students in this study revealed that they felt tired most of the day. It would be a good idea after reading about these statistics to ask yourself if you are bothered by any of these symptoms or do you fall into one of these categories.

In conclusion, sleep deprivation can affect our emotional health as well as our physical health and it is good practice to rest as often as possible. It will improve your grades and you will function better. If you have difficulty sleeping contact the counseling center or your primary care physician. You do not have to continue to be without sleep. Sleep, although as simple as it sounds, is essential to our emotional, mental, and physical health and to our performance.



Remember these? See if you can see what's hidden in this picture. Answer on back page.

Test Anxiety Got You Tied Up in Knots

Most students experience some level of anxiety during an exam. However, when anxiety affects exam performance it has become a problem. The following information can help you learn how to take control and even lessen your test anxiety.

It Begins with the Prep Work

Develop good study habits and strategies

Manage your time. Deal with issues of procrastination, distractions and laziness.

Organize materials to be studied. Take a step by step approach to avoid feeling overwhelmed.

Minimize outside pressures. Success/failure consequences (grades, graduation), peer pressure, competitiveness.

Review past test performance to improve and learn from experience.

12 Tips to Reduce Test anxiety

1. Approach the exam with confidence using strategies you can personalize: meditation, visualization, talking to yourself, journaling, teamwork etc.
2. Be prepared! Learn the material thoroughly and organize the materials you will need for the test.
3. Allow yourself plenty of time to do the things you need to do before the test so that you don't feel rushed.
4. Avoid cramming just before the test.
5. Strive for a relaxed state of concentration.
6. Avoid speaking with fellow students who have not prepared, who express negativity, who will distract you.
7. Exercise is said to sharpen the mind.
8. Get a good night's sleep the night before the exam.
9. Don't go to the exam on an empty stomach.
10. Fresh fruits and veggies are recommended to reduce stress.
11. Avoid high sugar content (candy) which may aggravate your anxiety.
12. Take a small snack, or some other nourishment to help take your mind off of your anxiety.

TENSE AND GETTING ANXIOUS DURING THE TEST

- *Relax*; you are in control. Take slow, deep breaths to clear your mind.
- Don't think about the fear. Pause: think about the next step and keep on task.
- Use positive reinforcement for yourself: Acknowledge that you have done, and are doing, your best.
- Expect *some* anxiety. It's a reminder that you want to do your best and can provide energy, just keep it manageable.
- Realize that anxiety can be a "habit" and that it takes practice to use it as a tool to succeed.



If you're struggling with test anxiety, The Counseling Center provides

Free

consultation, support, therapy, and education programs to all registered NDC Students.

T'is The Seasons of SAD

During the fall and winter months as temps drop, daylight hours become shorter, then add in the increase in gray and cloudy days and you have the perfect ingredients for the onset of Seasonal Affect Disorder, affectionately referred to as SAD.

SAD has actually been linked to a biochemical imbalance in the brain brought on by the shortening of daylight hours and a lack of sunlight in winter. As the seasons change, people experience a shift in their internal biological clock or circadian rhythm that can cause them to become out of sync with their usual schedule.

Folks struggling with SAD often find themselves experiencing:

Increased fatigue and need for sleep, binging on carbs with it's accompanied weight gain, loss of interest in stuff usually found enjoyable, and social isolation.

If you struggle with mild cases of SAD you may benefit from additional exposure to the sun. This can include long walks outside or arranging your room so that you are exposed to a window during the day. For those suffering from more severe cases of the condition, light therapy (phototherapy) has proven an effective treatment option. Additional relief has been found with psychotherapy sessions, and in some cases, prescription of antidepressants.



Down in the Dumps?

The Counseling center provides **Free** consultation, support, therapy and education programs to all registered NDC students

One Hit Wonders

Need a place to vent, process stuff, work out a particular problem, the counseling center offers brief counseling and consultation services to all NDC students.

Contact us at 216-373-5211
or via email at slipiec@ndc.edu



www.NotreDameCollege.edu/Campus-life/counselingHealthServices.asp

www.ndc.edu/CampusNDC/counseling_services.aspx

MEET KATE RICCHIUTO

My name is Kate Ricchiuto and I am a Counselor Trainee at the NDC counseling center for the 2009-2010 school year. I graduated in 2007 with my Bachelor of Science degree in Psychology from John Carroll University. I am currently working on my Master of Arts degree in Community Counseling at JCU and am a member of the Beta Chi chapter of the Chi Sigma Iota Honors Society. I am interested in working with young adults and the college population in my counseling career and have been enjoying my time at NDC so far! In my spare time, I enjoy photography, music and cooking. I have also recently embraced



Answer to picture maze: Flowers in a vase