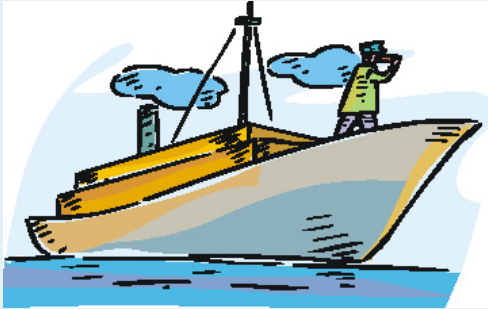


New Student Welcome Issue!

My Ship is Sailing...But Where's my Crew?

Rob Davis, RN, Nancy Kaser, RN & Sheryl Sandahl, RN



Congratulations! Your hard work has paid off. Your ship is docked on Ohio's North Coast and you are ready for your journey. You are preparing for the trip of a lifetime throughout your years at Case. So what now?

This is an exciting time in your life, full of new opportunities! But, to get to those new opportunities it takes some time and adjusting to a new and strange environment. You may not know anyone else here! First, know that it is okay to feel lonely, scared, and homesick. Everyone feels this way to some degree when they're in a new place. Look around. All new students are in the same boat right now. Use

these feelings to motivate you to meet new people.

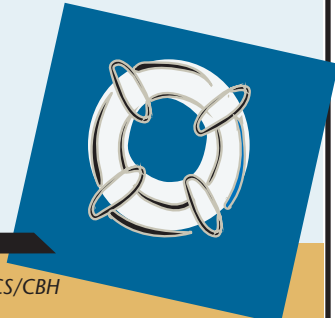
No matter who you are or what your interests are, you'll find a place to get involved and make friends at Case! There are dozens of groups and organizations from which to choose. Interested in sports? There are over 30 varsity, club and intramural sports programs! Or, be part of an official academic, engineering, honor, international, ethnic, media, performance, service, political, or religious group or a fraternity or sorority. With all these choices there's no reason to feel alone! There are students with your same interests all over campus!

Where do I start? Ask yourself a few questions and make a list:

- What kinds of things did I do that I liked in high school?
- What things have always interested me but I never had the chance to try before?
- What kind of job or career do I want?

After you make your list of answers to those questions, put them in order of highest interest to lowest. Now, match your top interests with groups from the list at www.case.edu/studentorgs/undergradorgs.htm. Click on the link to web sites of groups that match and see when they meet. Finally, go check one out. They'll be glad that you came. Have fun!

Even though there are so many groups to join, students can still feel lonely and isolated. If you find yourself feeling this way, again you're not alone. Get in touch with someone at the University Counseling Services at www.case.edu/stuaff/ucs or the Center for Collegiate Behavioral Health at www.case.edu/stuaff/mind-body. It's free and confidential and they'll be glad to help out. Have fun and enjoy the cruise!



College Students and Sleep

by Jes Sellers, Ph.D., Psychologist/ Director, UCS/CBH

Sleep is the last thing college students squeeze into their semester schedule... you know, just behind those late night internet messaging marathons and just before those earlier morning classes. But can you function on a few hours of sleep each night and still make it through Case? Not everyone has the same need, so we can't apply the best tips of sleep hygiene to everyone, but most sleep researchers are in agreement about a few things. Take for instance, Brown University's researcher, Mary Carskadon, PhD, and Stanford University's researcher, William Dement, MD, PhD. Both have been studying young adults and the effects of sleep deprivation for many years. They claim that young adults need more sleep than children and believe that college students need approximately 9 hours of sleep each night (yeah, right) to help protect them from mental and emotional exhaustion.

The most common symptoms associated with collegiate sleep loss include:

- feeling drowsy in class
- unable to focus and concentrate on reading assignments and other intellectual tasks
- sadness & irritability
- diminished athletic performance & susceptibility to injury

If you are experiencing any of these symptom as the semester unfolds, the National Sleep Foundation suggests the following:

- Reduce or eliminate caffeinated beverages, especially after mid-day
- Avoid nicotine but if you do smoke tobacco, try not to smoke late at night
- Be aware that alcohol consumption may make you feel drowsy but it tends to give you a lousy sleep

- Avoid heavy late-night eating
- Exercise in the daytime; avoid nighttime exercise
- Establish a fairly regular bedtime at night

What type of sleep is best? Do power Naps work? Watch for upcoming editions of the Case Mind-Body Connection.

For more information regarding sleep and college life, visit Dr. Dement's website page at: www.stanford.edu/~dement/sleepless.html, or The University Center for Sleep Disorders, Brown University's Sleep for Science site at www.sleepforscience.org.

For more information on our University services for students, contact the Center for Collegiate Behavioral Health at 368-2510 or University Health Services at 368-2450.



The Low-Down on Drinking

Lisa Bunosky, MPH

What role do you think alcohol will play in your college experience? It might surprise you to know that a significant number of college students nationwide do not drink at all or drink very little during their college years. Despite what we may see on television and in the movies, heavy drinking in college is not the norm. So, if you choose not to drink, you have lots of company. If you do choose to drink, you need to know some facts. First, drinking before you are 21 is illegal and carries penalties. Second, binge drinking is very dangerous. Check out these numbers:

A standard drink

- 12 oz. mug of ordinary beer, ale, or malt beverage
- 1.5 oz. or a single shot (whiskey, gin vodka)
- 5 oz. glass of wine
- 12 oz. wine cooler
- 4 oz. of sherry, liqueur, or aperitif

The effects of alcohol on a hypothetically "average" male (5'10", 160#)

- **1 Drink/Hour**
 - o Mild relaxation
 - o Little behavior change
- **2.5 Drinks/Hour**
 - o Impaired social judgment

Peer Helpers Want to Help Others

Peer Helpers are student volunteers who provide outreach programming to peers in residence halls and Greek organizations, and support other efforts to improve the health and wellness of our campus community. They are non-judgmental listeners who refer students to campus/community resources and provide information and assistance through informal conversations and programs.

If you were in a peer helper service in high school or are interested in getting involved here, check us out. For more information on the Peer Helper Network, just go to <http://studentaffairs.case.edu/living/residencelife/> and click on Peer Helper Network in the Student Groups column.

Healthy Choice Clinics at Collegiate Behavioral Health!

Health Services, 2nd Floor

Healthy Sleep Clinic
Mondays – 1:30-3:00pm

Alcohol & Drug Clinic: What Is Right For You?
Tuesdays, 2:00-4:00pm

Anxiety & Stress Management Clinic
Fridays, 2:30-3:30pm
Meditation Group: 3:30-4:30pm

o Behavioral inhibition suppressed-becoming boisterous/aggressive

• 5 Drinks/Hour

- o Legally drunk in all 50 states
- o Very poor social/behavioral judgment
- o Muscle coordination impaired-staggering/slurred speech
- o Altered perception-thinks he can function normally

• 10 Drinks/Hour

- o Erratic/rapidly changing emotional states
- o Serious memory impairment/blackouts

• 15 Drinks/Hour

- o Possibly conscious
- o No sensory perception being registered

• 20 Drinks/Hour

- o Alcohol-induced coma
- o Heartbeat/respiration significantly depressed

Alcohol affects men and women differently

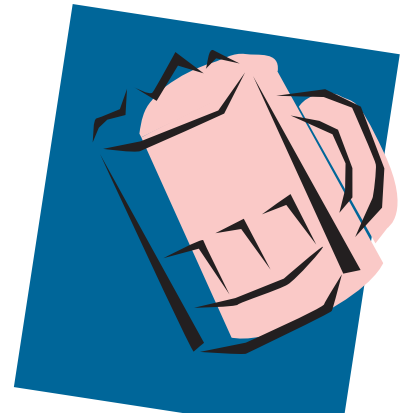
- Although a male and female may drink the exact amount of alcohol, the female's bloodstream will contain a higher alcohol concentration.
- Female's become intoxicated more rapidly before their period.
- Female's taking birth control pills become intoxicated more quickly.

• Alcoholic beverages that women drink enters the blood stream more as pure alcohol because they have less alcohol dehydrogenase, an enzyme that breaks alcohol down.

Avoid alcoholic beverages if you are

- The designated driver
- Taking prescribed medications
- Taking over-the-counter medications

If you plan to drink, please remember these facts. Your life could depend on it. Please visit www.wi-drunkdrivinglawyer.com for research statistics on blood alcohol level and its effects.



Attention Graduate Students!

The Graduate Student Senate serves as a voice for graduate student needs and concerns at Case. For more information on what the GSS does and how to be involved visit www.case.edu/orgs/gradsenate/index.html

Talk To Us

For more information or if you would like to see a specific topic presented in this newsletter, please email william.hale@case.edu

For any other questions or comments, please e-mail Collegiate Behavioral Health at mind-body@case.edu

Collegiate Behavioral Health
Health Services, 2nd Floor,
2145 Adelbert Road
216-368-2510
Monday - Friday, 8:30 - 4:30

University Counseling Services
Sears 201
216-368-5872
Monday - Friday, 8:30 - 5:00

Sex, Drugs & Rock 'n' Roll

Join us for our annual educational entertainment event on Friday, September 16th in and around Thwing Center. Preceded on Thursday night by "Nerd Feud" hosted by Toby Radloff, from the movie American Splendor.

Look for details in the near future.



Center for Collegiate Behavioral Health Mission Statement

The Center for Collegiate Behavioral Health promotes a university environment dedicated to the development of healthy life practices.