

# College students and mental health

## What to do if you're experiencing depression, anxiety

By Lea Houston  
Contributing Writer

Battling anxiety and depression isn't something that comes and goes like a common cold. It leaves when you allow it to leave.

While making a transition from high school to college, there can be major changes, not only physically but mentally, too.

According to the Healthline website, nearly one in three college freshmen reported suffering from mental health disorders in the years leading up to their college arrival.

Depression is a mental disorder characterized by a depressed mood and/or loss of interest in activities. Anxiety,

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however, is the body's natural response to stress. It's a feeling of fear and apprehension about what's to come, according to the Mayo Clinic website.

Austin Hughes, senior psychology major, said depression and anxiety motivated him to choose his major.

“Believe it or not, these are

the two mental illnesses that helped me become who I am today,” Hughes said.

Hughes explained that he didn't think he was going to make it in college by himself. Not having friends, family or even money triggered his anxiety and depression.

“It was important that I

fought back,” Hughes said. “I had to get myself outside of these four walls.”

It wasn't until Hughes' sophomore year that he decided to not let the anxiety and depression get the best of him – Hughes was sure to find friends and people to hang out with to get certain things off his mind.

College students can easily be anxious trying to balance school, work, friends and family while also trying to figure out the rest of their lives.

According to the Anxiety and Depression Association of America, 30% of college students reported that stress and depression had negatively affected their academic performance, and 85% reported they had felt overwhelmed

by everything they had to do at some point within the past year.

“It is important to talk to someone who has a background in mental health about your mental health,” said Jorell Smallwood, senior music education major. “Talk to someone who's been trained about the same issues as you.”

If you feel you have experienced any mental health issues, the counseling office is located on the first floor of University Women, Rooms 110 and 111.

If a counselor is not available, leave a message at 405-466-3400. If these sources are not available, call Student Assistance by Mercy (CallSAM) at 1-855-225-2726.

## Students prepare to study for exams during Thanksgiving

By Walter Harris  
Staff Writer

As the end of the semester approaches, students are getting ready to study for finals on Thanksgiving break, instead of actually taking a break.

Normally, each semester, students have a week before finals – usually termed “dead week” – which is used for studying and reviewing with professors.

Vice President for Academic Affairs Dr. Ruth Ray Jackson said this decision was based off timing, but it was not done intently. Most colleges and universities have terms or semes-

ters comprised of 15 weeks.

“We started the semester at the same traditional time,” Jackson said, “a week ahead of a lot of universities. However, due to the way calendar dates came about this year, the 15th-week mark came earlier than normal.”

Though it was purely coincidence, students are taking a displeasure to the calendar dates this year.

Senior health, physical education and recreation major Eugene Fuller thinks that not having an actual dead week is not fair to students who need assistance with reviewing for their

final exams.

“Most students are used to hands-on assistance from their teachers during the review time during dead week,” Fuller said. “Being that we are going to be on break with lack of communication with our professors, how can we get a full understanding on questions we have?”

Dakecia Hall, junior child development major, agrees with Fuller and thinks it is interfering with one's family time over break.

“Not being able to have dead week before finals is draining because I [normally] use my Thanksgiving break to go home

and take a break from school,” she said. “Now I am forced to study my work on top of trying to enjoy my family time.”

Though dead week has been removed this semester, the university is taking steps to ensure this does not happen in the future.

“I asked the [Office of the Registrar] to create a few variations of a calendar for the next academic year, looking at when we start to determine when we close,” Jackson said. “This is one of the major considerations that we are looking at so that we don't walk back into finals during Thanksgiving week.”

## Library to be open until midnight during finals week

By Marquala Ealom  
Staff Writer

The Langston University G. Lamar Harrison Library hours will change during finals week to give students more time to study and prepare for their exams.

The library will be open on Sunday, Dec. 1, from 2 p.m. to midnight and Monday-Thursday, Dec. 2-6, from 7:30 a.m. to

midnight.

Many students agree that it's necessary to extend library hours because it gives them an opportunity to review their material in an academic environment until right before they go to sleep.

“I have two jobs outside of school, and it is hard to go straight home and study,” said Ronrico Brown, junior psychology major. “I normally go to the library during finals week to

keep me up and motivated, versus when I'm at home, I'm sluggish and ready to go to bed.”

Students also take advantage of the late hours for group study sessions. Oftentimes, people's schedules are too hectic to meet at earlier times, so they go to the library at night.

Library personnel said many students request the library stay open later so they can finish everything they need before finals,

so the library staff is committed to doing what they can, when they can.

“We're always interested in what students would like us to do more of or to start doing,” said Caitlin Corbett, head of technical services. “We are very interested in student feedback, so please don't hesitate to let us know things you would like to see happen or things you don't like.”

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incident was “unauthorized and unofficial.”

“In an abundance of caution given the incident that took place earlier this week, we have taken the necessary precautions by activating enhanced security protocols on campus,” Holland said in the email.

According to Stephens, Williams is now at home in Tulsa after a successful surgery, and he is currently unsure about returning to Langston to continue his education.

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ferent things people are concerned about,” Horn said. “We had a great question about the tax bill and the implications on that, and a great question on why funding has slowed down...I love questions that don't back down on how our systems work... but I wasn't surprised at all with the good questions and the people interested in it... I loved it.”