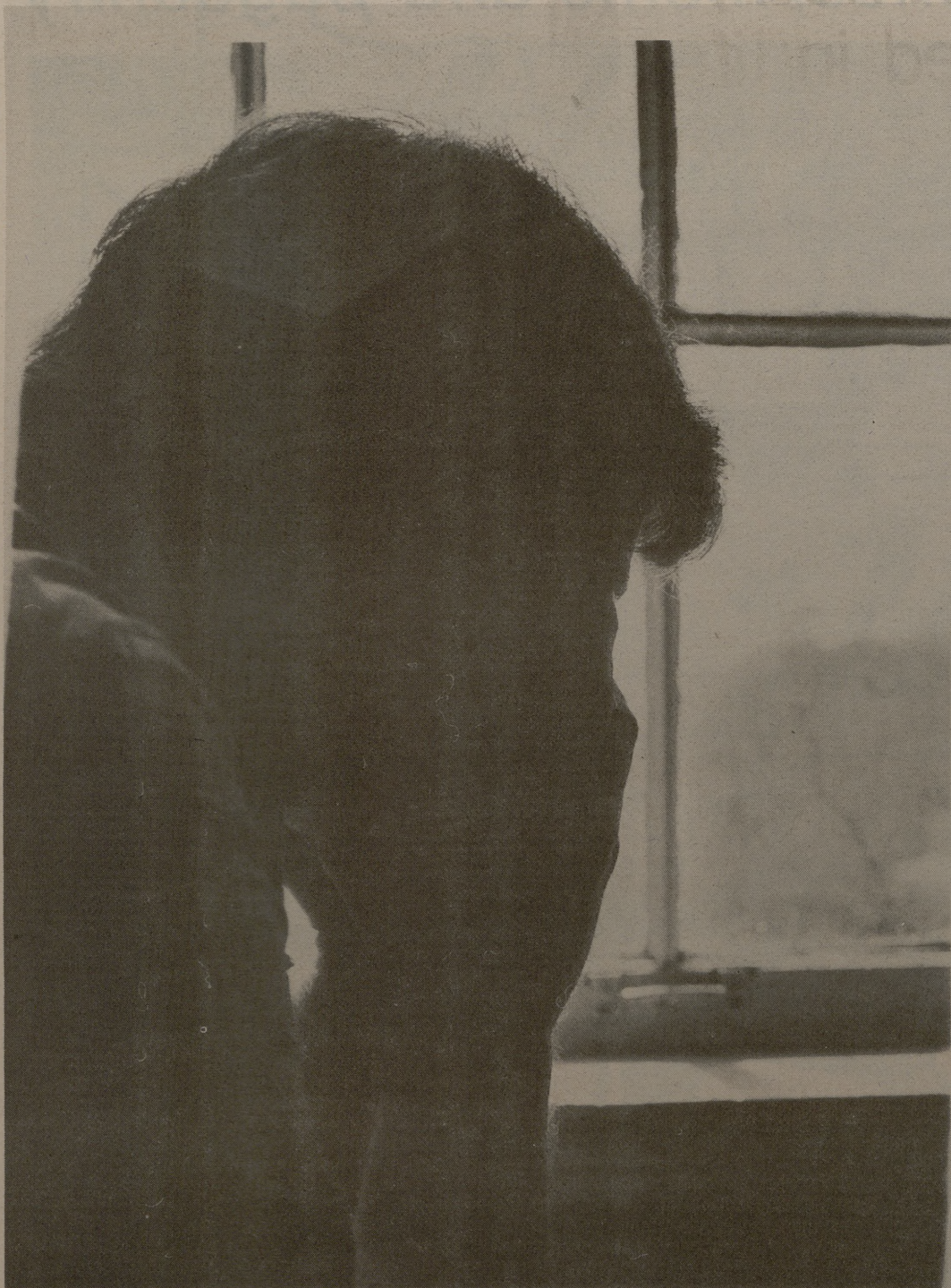


Though DG cannot hear,

Students doomed to be down in the dumps



By JUDIE PORTER
Battalion Reporter

A recent issue of Psychology Today stated, "over the next nine months as many as 78 percent of the 7,500,800 students enrolled in American colleges may suffer some symptoms of depression."

The reason for this massive depression, it said, is the misconceptions college students have about the world and the stresses they encounter. Students inflate situations out of proportion so problems that are only temporary setbacks become heavy emotional burdens.

Dr. Lannes Hope, professor of Educational Psychology at Texas A&M University, said a college student's depression is caused from relationships with the opposite sex, fears about careers and jobs, and problems centering around his philosophies of life.

"So much more is expected of college students than should be expected," Hope said.

Most parents don't really know what their kids are up against when they go to college, Hope said. Students are continually faced with change and may find their basic values of life being questioned.

"It is a time to go out and try everything," Hope said, "but you should guard against taking any options which you can't turn back from."

The causes of depression are as numerous as the number of people enrolled in this University. A rainy day, failing a test, feeling guilty over forgetting a friend's birthday or facing another Monday morning after a long weekend.

The blues don't bother with sex, age, race, religion, height or weight. They thrive on self-pity and a willingness to let depression to continue.

"The most common physiological effects of depression are a general slowing down of everything," said Kerry Hope, a counselor with the Campus Personal Counseling Center. "There is usually a sleep disturbance and an appetite unbalance but every depression is different."

When a person is depressed, he may eat all the time or may never eat. He may sleep constantly but still be tired, or not be able to sleep and be irritable. His patterns

change and deep down, he knows something is wrong.

Many depressed people lack the drive to carry on routine work or social activities. They wake up in the morning and don't get out of bed. Or even if they do get up, they do no better than if they had stayed in bed all day.

The causes of depression may be more serious than feeling guilty over forgotten correspondence or failing a test. A break-up of a relationship or the death of a friend or family member can put a person into a temporary tailspin.

Depression never starts out being serious. It may begin as a type of shelter where a person isolates himself in order to mend, rebuild or restore his inner self.

A person sometimes uses the blues to give himself a chance to recharge his emotional battery, that is why the blues fade away when that person is restored and ready to face the world again.

Whether you call it depression or the blues, green meanies or the blahs, most psychologists agree that a case of the blues from time to time is normal.

Abnormality occurs when the blues frequently reappear, shake an individual severely or last over a period of time.

When behavior starts jeopardizing school work or relations with other people, then that person needs some help, Hope said.

"It's better to err on the side of coming for counseling too soon than too late," she added.

How can you get relief from the green meanies?

Keep your day full so you're too busy to be depressed.

Do some soul-searching. Find out what it is exactly that is bothering you.

Get active. If you have been thinking about waxing your car lately or weeding out the garden — do it.

Help relieve pressure by changing your routine. Little things like walking a different way to class or eating dinner at a different time can help.

Spend some money on yourself. Buy an album you have been wanting a long time or go out to eat a good meal.

3 counseling centers help beat the blues

A person feeling depressed or lonely should realize he isn't alone and shouldn't be afraid to go to for help.

"The bravest people in the world are the ones that come in for counseling," said Kerry Hope. "These people have enough brains and care about themselves enough to know they can't handle it themselves."

Hope is a counselor at the Personal Counseling Service, one of three on-campus counseling services available to Texas A&M students.

Located in the basement of the YMCA building, the PCS is open Monday through Friday and is provided free to students. Appointments can be made by calling 845-4427 or just dropping by the office.

The service deals in several main areas of counseling: personal-social, marriage and family, human sexuality, group and career counseling.

Staffed by eight full-time licensed personnel and 50

graduate students, the Educational Psychology Department, located in M. T. Harrington, Room 701, also sponsors a counseling service that is open to both students and non-students.

Dr. Lannes Hope, professor of Educational Psychology and one of the full-time personnel, said the service is used for training purposes.

Sessions are video-taped for instructional purposes, but only with permission. The tapes are erased after being reviewed in order that they maybe used again.

A person should not make any changes in his lifestyle while he is being counseled. Hope said if a man begins counseling and gets a divorce in the same week, he won't be able to tell which made the difference.

Another service, the Academic Counseling Center, is located in Room 107 of the Academic Building. The center's exists to assist students having problems or concerns about their academic or career development.

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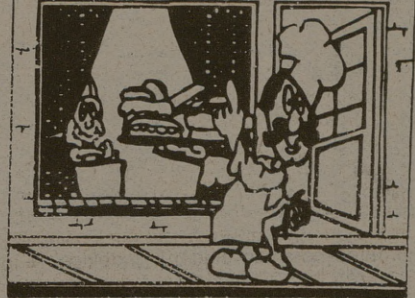
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