

TANG CENTER

BEAR TALK

NEWS AND INFORMATION FROM UNIVERSITY HEALTH SERVICES



Inside:  
Could you do a better job managing your time?

A new format for gynecological exams

Back page:  
Look for the Signs: Campus campaign focuses on depression

New Column!

Student Corner



As Family Housing Coordinator for the Health Worker Program, Leslie Acuña has a pulse on issues student parents face at Cal.

Most Berkeley students are not aware that they may be sitting next to another student who not only has to study for midterms and submit papers, but in addition is a parent confronted with making decisions that affect an entire family. At UC Berkeley there are hundreds of student parents who have these enormous responsibilities.

WHAT IT MEANS TO BE A STUDENT AND A PARENT

Many people can barely begin to imagine what it means to be a student and a parent at Cal. Wearing multiple hats can be rewarding, yet increases the possibility of a stressful lifestyle. Rather than speak in generic terms about student parent issues, allow me to introduce a few cases.

Consider Ruth Meyer,\* an undergraduate student with two small children, who works part-time, volunteers for an internship, and is in the process of finalizing a divorce. As she gets ready to sign up for her classes, she is restricted to classes that will accommodate her hectic schedule of dropping off her

(See "Student Parents," page 3)



TANG CENTER WEB SITE: NEW EASY-TO-USE DESIGN

At UHS, we've remade our web site to make it more useful and much easier to navigate.

Take a look: Go to [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu), hit the "Students" button, and you'll reach an index that is the gateway to valuable health information, including:

- ◆ The services and resources at the Tang Center, and how to use them.
- ◆ Online capabilities, including insurance waivers and Hepatitis B immunization requirement status checks.

- ◆ Health information of interest to college students, much of it prepared by UHS clinicians.
- ◆ Information on Tang Center programs for students who want to get involved in campus health care.
- ◆ News, updates, and calendar of events.
- ◆ Links to other useful web sites related to college health.

**WWW.UHS.BERKELEY.EDU**  
**—MAKE IT A FAVORITE!**



# TIME FLIES

## —OR DOES IT?



### Did you feel a bit overwhelmed by your schoolwork last semester?

If the answer is yes, you're not alone. Most students worry about school at some point in the semester. The new year is the perfect time to take a fresh look at how well you manage your time. Here are some common student worries, along with suggestions on how to look at them differently.

◆ **I have so much to do. I don't even know where to begin.**

*Pick one project and start with a small step:*

You could spend 15 minutes on a math problem set. Or sit behind your computer and write for 10 minutes (write what first comes to mind, you can improve it later). Jumpstart your research project by walking over to the library and talking to a reference librarian. Or go to a GSI's or professor's office hours to get general advice or answers to a specific question.

◆ **I can't take any time off until I'm completely finished.**

*Reward yourself right away:*

After you've spent an hour or two working, be sure to reward yourself by taking a break. Watch some TV, call a friend, go for a short walk or lie around and do nothing. Having some "down time" will recharge your batteries.

◆ **My "To Do" list is a page long—I've hardly made a dent.**

*Look at what you've accomplished:*

Perhaps you've reviewed your lecture notes, read a couple of chapters, worked on a lab report, thought about your oral presentation. Everything counts.

◆ **I have to devote every free moment this entire week to my term paper.**

*Come up with a time schedule:*

Large, unstructured blocks of time can invite procrastination. Instead, think of specific hours to work on a project (e.g., work on the project on Saturday morning from 9:30-noon and again in the afternoon from 3-5; Monday, 11 am-1 pm and 8-10 pm, Wednesday, 7-9 pm).

◆ **I should be able to work 15 hours a week, take 4 classes, co-chair a student group, spend more time with my friends, and work out at the RSF on most days.**

*Learn when to say "yes" or "no" to opportunities:*

Even though it's tempting to do it all, you can take on fewer responsibilities and still be successful.

***Feel free to make a clinical health education appointment at 642-2000 to discuss time management issues with a trained health educator.***

## NEW BRIEF GYNECOLOGICAL EXAM

University Health Services now offers a convenient new service: a "brief gynecological exam."

Based on recommendations from the American Cancer Society and other community models, there has been a shift toward providing PAP exams every 2 to 3 years and clinical breast exams at least every 3 years for certain women.

"Providing a 'full annual' every other year and a 'brief annual' on the alternative year places us closer to the new recommendations while maintaining our commitment to quality and conscientious care," says UHS nurse practitioner Mpho Ratliff. "Age, abnormal Pap and STD risk in young

adults are factors that limit our comfort level in moving Pap exams to every 2 to 3 years."

The brief exam is available for women under age 25 who have no history of breast disease, and have had a full normal annual exam at the Tang Center within the past 1 to 2 years.

The exam is designed to be much shorter than the full annual and is totally appropriate for young, healthy women who may only need a STD check, Pap and contraceptive refill. When students make an appointment, UHS staff will help determine which exam is appropriate.

## IT'S TRAVEL TIME!

It's the time of year when appointments start filling up at the Tang Center's International Travel Care Clinic, as students plan trips to foreign countries where immunizations and health guidance are needed.

Remember, you should schedule your travel care appointment six to eight weeks before departure.

Click "Travel Care" in the student index of the web site for information on the services offered and how to make an appointment.

## STUDENT PARENTS

(from page 1)

children at school in the morning and picking them up in the afternoon for after-school care. Being a single parent presents numerous challenges in a long day of taking classes, working at her job, picking her children up from daycare and cooking dinner before she tucks her children into bed. After all that she begins a long night of reading for tomorrow's geography quiz.

And Luz Chavez, a transfer student from Los Angeles who struggled to find reasonably priced living arrangements for her entire family, is currently completing a double major at Cal and doing research on viruses at a molecular biology laboratory. Both she and her husband sought employment, a school for her son, and a place to live all at once as they prepared to establish themselves in the Berkeley area. Luz and her husband share parenting and housekeeping responsibilities to balance her full course load, hours working in the lab, and applications for PhD programs. Unlike many Berkeley students, she had to think about relocating her entire family to Berkeley, not just herself.

Similarly, Matthew Zhou, an engineering PhD student who emigrated from China with his spouse and daughter, currently lives at the UC Village in

Albany. He and his family continue to face the challenge of moving to an unfamiliar country, and struggle daily with language and cultural barriers. However, Matthew is thankful that his flexibility as a student allows him to attend special events in his daughter's life, like her recent singing debut at her kindergarten. As a student, he can adapt his schedule to accommodate those important moments in his daughter's life.

*Luz and her husband sought employment, a school for her son, and a place to live all at once as they prepared to establish themselves in the Berkeley area.*

As we can see from these examples, student parents are vulnerable to heightened stress levels and anxiety. The issues that student parents deal with on a daily basis can range from parenting concerns, academic deadlines, seeking childcare, finding employment opportunities, financial aid options and affordable housing, preparation for graduate and/or professional school, and initiating or maintaining romantic relationships.

These are also some of the issues Family Housing Health Workers face when providing health education and

resources for student parents living at the UC Village. The large proportion of international student parents adds an interesting dimension to our peer education efforts. In addition to learning the challenges that families face, the Health Workers learn cultural humility as they face the linguistic and cultural challenges at the Village.

\*Fictitious names are used in keeping with the Health Worker Program's confidentiality policy.

*Leslie Acuña's essay is the first of occasional columns submitted by students.*

## PEER EDUCATION PROGRAMS RECRUITING

The peer education programs at UHS will be recruiting for the 2004/2005 academic year starting in February. Please go to the UHS web site (Click "Peer Education" in the student index) for more information about the individual programs and application process.

coupon coupon coupon coupon coupon

### IT'S FREE! STAY HEALTHY KIT

Redeem at Health Promotion  
2nd floor, Tang Center  
M-F 8 am- 5 pm while supplies last

coupon coupon coupon coupon coupon

# LOOK FOR THE SIGNS

Depression is one of the most common mental health problems and also one of the most treatable



Increased anxiety or irritability



Feeling worthless or hopeless



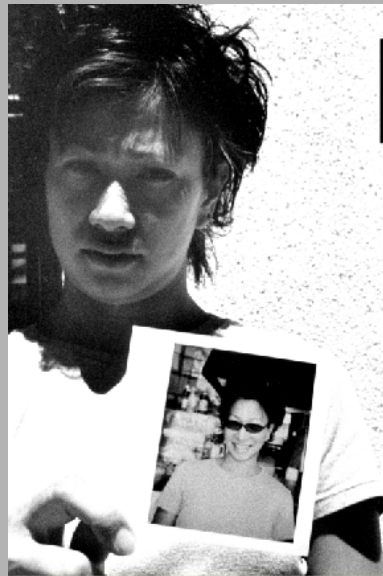
Withdrawing from other people



Fatigue, lack of energy



Changes in weight, eating habits and sleeping patterns



# HAVE YOU SEEN ME?

**1 in 10 college students suffers from depression.\***

\*American College Health Association, National College Health Assessment, October 2003

## A WAKE-UP CALL ABOUT DEPRESSION!

The images here are pulled from posters and bookmarks being distributed this semester in housing units and public areas across campus.

It's part of a campaign to educate the campus community about depression. The emphasis is on the seriousness of depression, as well as how to recognize it if it is happening to you or someone you know.

The actual materials include the web address below, where students will find guidance for identifying depression, when to seek help, and where to find help on campus.

**[WWW.UHS.BERKELEY.EDU/LOOKFORTHE SIGNS](http://WWW.UHS.BERKELEY.EDU/LOOKFORTHE SIGNS)**