

# Eye on Campus

## Seniors! Save the Date!

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Wrapping up your time at Penn State? Wondering how you'll fare in the working world? Make sure to keep your schedules free so that you can attend these helpful seminars on post-college life!

Career Fair Prep	Wednesday March 17, 2010 12:30 – 1:20, 216 Main
	Thursday March 18, 2010 11:30 Am – 12:30 Pm, 205 Main
Resumania	Monday March 22, 2010 10:00 Am – 6:00 Pm, 112 Main
Career/Internship Fair	Tuesday March 23, 2010 11:30 Am – 1:30 Pm, Gym
Career Planning for Seniors	Tuesday April 6, 2010 11:30 Am – 12:30 Pm, 205 Main
Applying to Grad Schools	Tuesday April 13, 2010 11:30 Am – 12:30 Pm, 205 Main
Loan Repayment Strategies	Wednesday April 21, 2010 12:30 Pm – 1:20 Pm, 216 Main

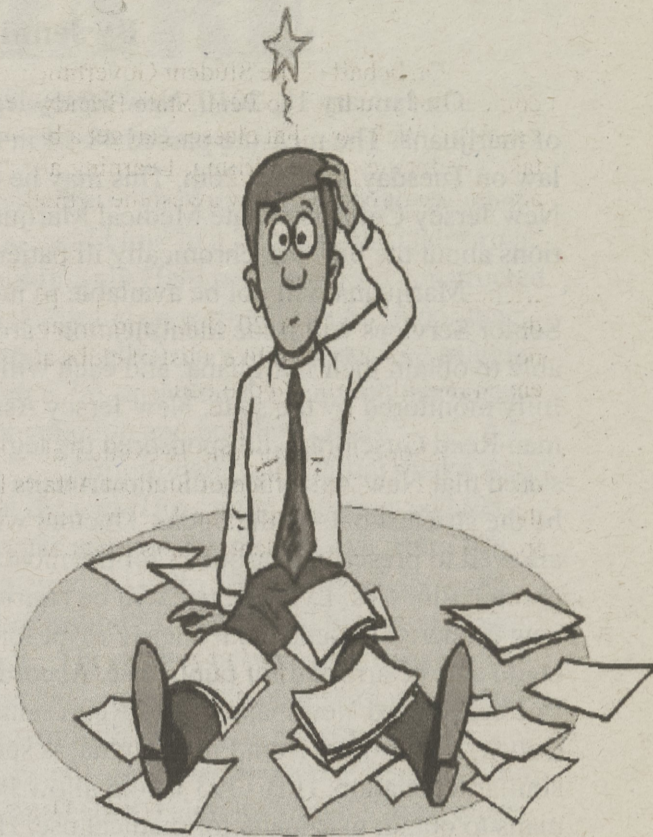


Photo courtesy of www.usoge.gov

## Healthy Steps to Wellness

Dear Campus Community:

It is that time of year where we are not getting a lot of sun. I'm sending this out now as a reminder to check in with yourself and see if there are any changes in your mood during the winter months. Seasonal Affect Disorder (SAD) is commonplace during the winter months. It is a type of depression which occurs during the various seasons. SAD most commonly occurs in the winter time starting in the late fall early winter time and goes away in the summer time.

Symptoms:

- Depression
- Anxiety
- Socially withdrawn
- Craving Carbohydrates
- Hopelessness
- Loss of Energy
- Oversleeping
- Weight Gain

Coping Skills:

- Exercise
- Take care of yourself
- Incorporate stress management techniques
- Socialize
- Take a trip to a sunny, warm destination
- Take your medications and follow through with goals from therapy

Treatment:

- Sit by the window where there is sunlight or go outside in the sun often
- Light Therapy prescribed by a doctor
- Psychiatric medications such as an anti-depressant
- Psychotherapy to be aware of negative thoughts and behaviors that contribute to SAD

Counselors are on staff at Penn State Brandywine throughout the year to help you explore various problem areas such as depression, anxiety, stress management, drug and alcohol use, anger, loss, etc. Feel free to make an appointment with Stacey Shapiro, Personal Counselor. Dale Soring will schedule the appointments for you at 610-892-1270 or you can contact Stacey Shapiro at slb38@psu.edu. Counseling is located in the Student Affairs office located in the Commons Building, 2nd floor.

Stacey Shapiro, LCSW  
Personal Counselor  
610-892-1270  
slb38@psu.edu

Modified from MayoClinic.com



Photo courtesy of clear.msu.edu

## H1N1 Update: Jan. 11, 2010

Although the United States is currently seeing a decline in influenza-like illness (ILI), other regions of the world including parts of Europe, Asia and the Caribbean still are seeing widespread illness. Public health officials predict that another wave of H1N1 influenza is likely in the U.S. later this winter or spring. An adequate immune response to the vaccine takes approximately 14 days. Getting vaccinated now will prevent illness from H1N1 should the virus cause further outbreaks.

It also is a good time to get vaccinated against seasonal flu -- this is the time of year that seasonal influenza outbreaks occur and students are vulnerable to both H1N1 and seasonal influenza.

Penn State University Health Services (UHS) strongly encourages all students to get vaccinated; students involved in THON in particular should make a point of receiving a vaccination. Children who are cancer survivors and may have weakened immune systems are especially vulnerable to influenza. Students who are dancing or working at THON and spending time with Four Diamonds children at events

leading up to THON should consider the safety of these children while deciding about their own vaccination.

"Students involved in THON need to do the socially responsible thing and get vaccinated against H1N1 and seasonal influenza to help protect the kids," said Margaret Spear, UHS director.

Vaccination is available to all Penn State students by appointment through UHS. The H1N1 vaccine is free; the cost of the seasonal flu vaccine is \$26. Students can make an appointment to receive the vaccination at [http://www.sa.psu.edu/uhs/basics/online\\_access.cfm](http://www.sa.psu.edu/uhs/basics/online_access.cfm) online.

The U.S. Centers for Disease Control and Prevention (CDC) provides information that can help students make informed decisions about vaccination at <http://www.cdc.gov/flu/protect/keyfacts.htm> and [http://www.cdc.gov/h1n1flu/vaccination/public/vaccination\\_qa\\_pub.htm](http://www.cdc.gov/h1n1flu/vaccination/public/vaccination_qa_pub.htm) online.

For the latest news and information about flu preparedness and prevention at Penn State, visit <http://flu.psu.edu/> online.