Going Home for Winter Break
by Mike Kelley

Here comes the first extended time at home since you left in August. You may be wondering if it is possible for you to continue to experience the independence you have at college when you get home. You know that your parents have been excited about your coming home, and you have been really excited about getting this semester behind you. But going home for three weeks presents some important challenges. Here are some ideas offered by Karen Coburn, who wrote “Letting Go: A Parent’s Guide to Understanding the College Years.”

1) Sleep. Tell your parents not to be surprised if you look really exhausted and if you just sleep for the first day or two. Tell them you have been pounded by tests, and you just need a day or so to catch up.

2) Siblings. If you are the oldest and you have younger brothers or sisters, don’t be surprised if one or more is grouchy when you get home. If they have had a better position in the family...

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Mark your calendars!

- Wed Dec 6th, Last WAC of the semester, 1:30-4pm in SSC
- Wed Dec 6th at 7pm in the Ballroom-What Happy Faces are Hiding: Talking about Depression Presented by national speaker, Ross Zsabo.
- Thurs Dec 7th, Free Coffee and Step Show at 8pm in front of SSC Fireplace.
- Mon Dec 11, late night breakfast served in Brandeis and Becker.
- Dec 16, Halls Close at Noon.
- Jan 7, Halls open at 8am.

NSO 2007
by Ann Stacy

Think back to this summer and fall when you were learning the ropes at Creighton. Do you remember the students dressed in the lime green shirts who were there to help you adjust to college life? Now is your chance to become one of those students in 2007!

New Student Orientation invites you to attend one of its two information nights, and apply to be a Summer Preview Guide or Welcome Week Leader for New Student Orientation 2007: “Begin a Journey. Leave a Legacy.” This could be your opportunity to welcome Creighton’s newest members, share your knowledge about what the community has to offer and have a great time meeting new people.

As a Summer Preview Guide you would work during the July orientation sessions, and as a Welcome Week Leader you would work during Welcome Week in August. To learn more about these positions, attend an information night on January 30 or February 1 from 9 to 10 p.m. in the Student Center Ballroom. There you will have a chance to meet the NSO 2007 coordinators and executives, pick up an application and receive answers to any of your questions. Do not miss this opportunity to “Begin a Journey” with NSO in 2007.

December 2006

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Mental Health Awareness Week-Building Awareness, Reducing Risk
by Lauren Dwyer

Nearly 50 percent of college students report feeling so depressed at one time they are unable to function. One in four people have a diagnosable, treatable mental health disorder. Yet 2/3 of young people don’t seek help.

In an effort to increase awareness and reduce stigmas, Peer Education at Creighton (PEAC) is hosting Mental Health Awareness Week.

People do not need to suffer in silence. Having a mental health issue like depression or anxiety is just like having diabetes, asthma, or cancer. All are medical illnesses that can be treated. In fact, with treatment 80-90 percent of people fully recover.

We might not always have the words to express what we are feeling, we are scared, or we don’t want to feel vulnerable, but seeking help gives you strength and empowerment.

We may not choose our health, but we must make a choice to care for ourselves. Please, take care of yourself and your friends; address mental health issues on campus.

Resources:
Creighton Counseling Center -- Free and open to all students. (280-2733)

Suicide Information: www.halfofus.com, 1-800-SUICIDE or 1-800-273-TALK
Cont’d Going Home for Winter Break by Mike Kelley

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...with you gone, it might take some sensitivity or finesse on your part to fit back in. But the youngest ones might be really happy to see you. Be patient with them.

3) Money. Now that you have a whole semester of experience handling money, you can have an informed talk with your parents about how you have handled it. Remind them that learning to handle money takes some trial and error. If you have made some errors, admit it and work out something better.

4) Self-care. You have been doing your own laundry, making your own medical appointments, maintaining your own car repair and computer maintenance, running your own errands. Don’t let your parents take over any of these things for you, now that you can do them for yourself. Some parents want to spoil their college kids. Don’t let it happen. Show them you can take care of yourself.

5) Hours and curfews. Wow, this is a big one. You have been managing your own time for the past semester. But you are coming back into your parents’ home. You can’t expect them not to worry when you come home late, or to sleep with one eye open until they hear you come home. This one takes some talking. Tell them generally where you are going and when you think you will be home. You don’t need a curfew, but your parents do have a right to some general expectation of when you are coming home.

6) Life and philosophy. You have learned so much this semester about yourself, about the world you have studied in your courses, about how other people live their lives. Your parents would love to hear you talk about what you have learned. Spend some time just talking about your experience this semester.

7) Make plans. Talk with your parents about when the family get-togethers are planned. Then work out with your friends when you can get together with them. Since parents usually go to bed early, you might be able to have an “early evening” event with the family, and then meet your friends later. But work out a plan and let everyone know. That way, feelings won’t get hurt.

8) It’s so short. Three weeks may seem like a long time. But you will be surprised how fast it goes. Get away from the books and enjoy yourself. You will be anxious to get back to school when January arrives.

Coping with Exams and Exam Anxiety
by Stephanie Acheson

Finals week can be stressful for most students. For this reason, many students attempt to deal with their stress and anxieties in ways that are “...counter-productive or even self-defeating; their behavior and attitudes tend to diminish their performance on exams rather than enhance it.” (Burrell, 2001).

Students preparing for tests often neglect basic biological, emotional, and social needs. To do your best, you must attend to these needs. Think of yourself as a total person — not just a test taker. Keeping irregular hours, pulling all-nighters, eating irregularly or eating junk food, or relying on ineffective learning strategies does not help to reduce stress. Instead, “…try to stay on a reasonably regular schedule of reviewing, eating, sleeping, and relaxing.” (Burrell, 2001).

Remember to eat a well-balanced diet and drink lots of water. Be careful not to drink excessive amounts of caffeine, as it may produce confusion and even disorganization of thought processes. Not to mention, the use drugs or alcohol can decrease your ability to think clearly.

Burrell (2001) goes on to state, student’s efficiency and capacity to retain material rapidly decreases when they attempt to study 24 hours a day. For this reason, you should not force yourself to study beyond your limits of concentration. If you feel as though you are no longer able to concentrate, take a short break. “In fact, short and regular study periods are more productive than lengthy single sessions” (Burrell, 2001).

Before going into the test, try to do something relaxing such as listening to your favorite music. Cramming at the last minute will create anxiety and cloud your memory.

After you complete the test, reward yourself, whether you did well or not. Try not to dwell on the mistakes you may have made. Instead of beginning to study for the next test, indulge in something relaxing for a little while.

Finally, “Be conservative and reasonable about the demands you place on yourself” (Burrell, 2001).

Reference
Personal Reflections from the SOA Vigil by Marie Young

Think about your six best friends. Think about the six people who you cannot go a day without talking with, you’re all up in each other’s business, and they’re the ones who probably know you better than you know yourself.

Now, imagine if one day they were all taken out into their backyards, shot in the head by soldiers who should have been protecting them, and left to die.

Why were they killed?—basically because they believed in education for all and worked to end poverty. What would you do? What could you do? Who would listen?

Six people killed were close Jesuit friends of Fr. Roy Bourgeois. He started a vigil and protest several years ago at the gates of the US Army’s School of Americas (SOA), located in Ft. Benning, Georgia, now named the Western Hemisphere Institute for Security Cooperation. The school trains military from all over Latin America how to torture and kill (The Army refutes this claim). Because of this “education,” thousands of innocent lives have been lost due to heinous killings.

Often times we hear about awful killings happening in other countries, Rwanda, Darfur, or even the Holocaust. Although the killings are taking place in Latin America, it is hard to divorce the United States from these atrocities.

Some US citizens are realizing that our country is providing the means and education that is perpetuating the murdering of thousands. For this reason, the SOA calls more and more people to it each year.

At the SOA Vigil/Protest, the ceremony on Sunday begins with a funeral procession of people dressed in black carrying draped boards in the shape of caskets.

Seeing the funeral procession for the first time is a powerful experience. I remember crying throughout the four hour procession as they sang names of victims.

One killing was of a three day old baby, unnamed. Something like that can only beg for the question why? What could a three day old possibly do that would warrant death?

Once I knew what was going on in other countries because of our country, it became too hard to ignore. I went my freshman year to educate myself more on the issue. I went back this year and will go for years to come to stand up against and protest the “School of Assassins”.

For more information, please contact the Creighton Center for Service and Justice (CCSJ) office at 280-1290.

Who Says There is Nothing to Do???

Movie Matinee
July 22 through Dec. 30.
Join us for Movie Matinee every Saturday showing up to date movies at 11:30 am and 2 pm. Admission is only .50- we even have popcorn for only .50! Proceeds benefit Empowerment Services for Youth, Inc. 11:30 am show is generally rated G or PG, 2 pm show is generally rated PG-13 or R. Any questions, please call 557-6999.
Coffee Confession
4724 1/2 North 24 St- Old Bickels bldg. Omaha Ne 68110

Poetry Night
Through Dec. 28 - 8 P.M.
Join us for Poetry night every Thursday from 8 pm-11pm. Coffee Confessions 4724 1/2 North 24th Street (3 blocks n. of Ames- Old Bickels bldg) Any questions, please call 557-6999.

Concerts
12/4 The Lemonheads, Sokol Auditorium
12/7 The Who, Qwest Center
12/10 Kenny Loggins, Mid-America Center
12/12 Disturbed and Flyleaf, Pershing Center, Lincoln
12/15 Bright Eyes, Sokol Auditorium
12/16 and 12/17 The Faint, Sokol Auditorium.

Check out: ketv.com; cox.net, and visitomaha.com for more Omaha events.