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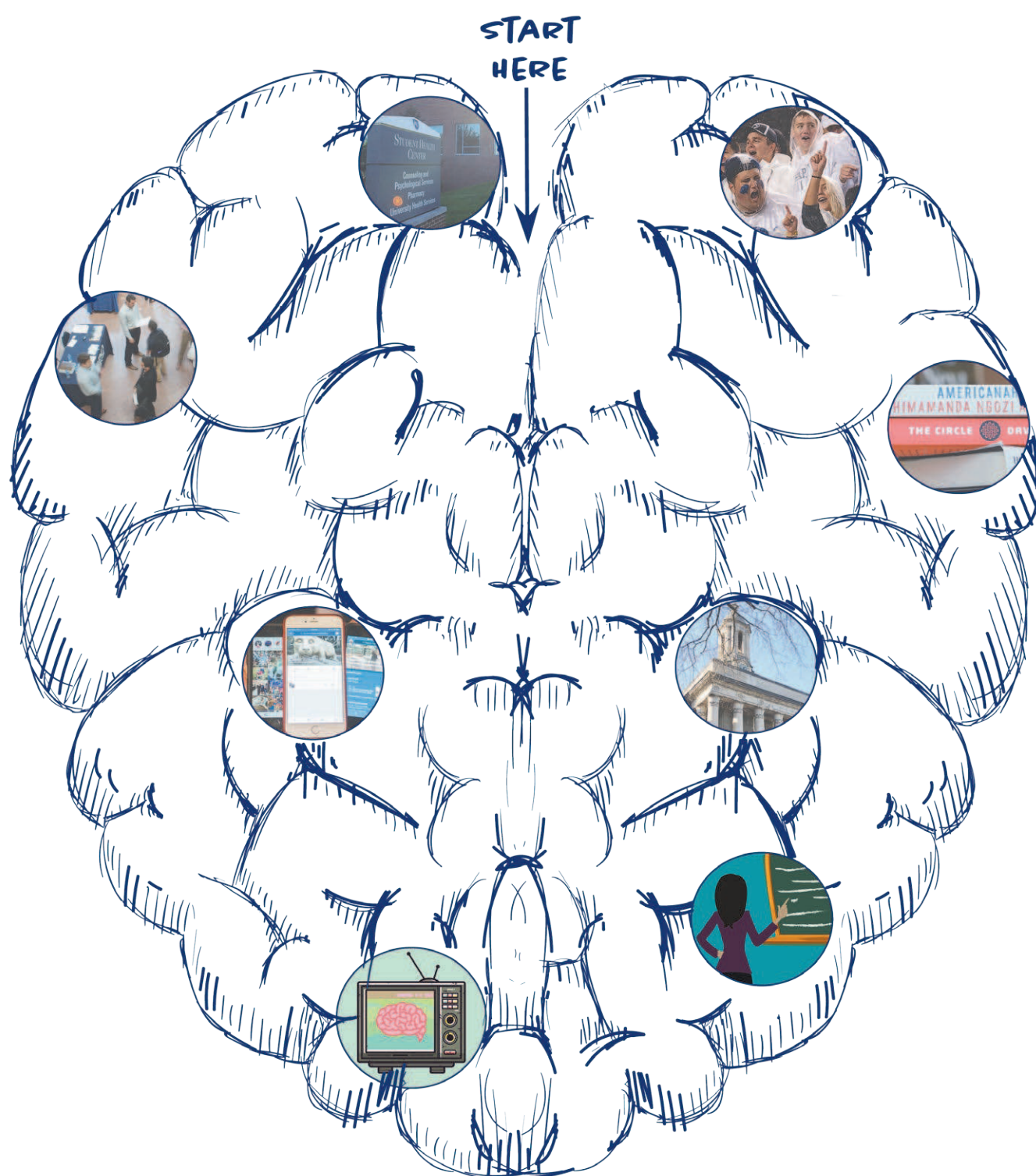
DAILY COLLEGIAN

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Moment On Mental Health



It's easy to get lost.

The Daily Collegian's special edition, 'Moment on Mental Health,' aims to focus on challenges in mental wellness — both extremely relevant and prevalent on college campuses. As a staff of students, we recognize how struggles with mental health impact the lives of those within the Penn State community. Aiming for greater, open conversation in all areas of the subject, we looked to share stories from various angles and aspects of our coverage.



GO N E

The morning before his graduation, a former Penn State student took his own life. Nearly five years later, friends and family reflect on a world without him.

By Elena Rose
THE DAILY COLLEGIAN

On Dec. 20, 2013, the Magargles made the drive up to State College to see their son and brother, Andrew, graduate from Penn State.

Andrew’s father, Lonnie Magargle, said his family couldn’t wait for this day. They looked forward to seeing what the future held for Andrew — who pursued a computer science degree — after college.

Andrew was on a path to success, Lonnie said. After graduation, he would move across the country to Seattle, Washington, to pursue a job offer from Amazon. He would have his student debt paid off in two years, and he’d be a Penn State graduate like his father.

Life was good.

Plans for the evening were already set: Andrew would meet with the Magargles for dinner once they arrived in State College. Despite the family’s excitement, something felt off on that drive up — no one had heard from Andrew all day.

The Magargles sent calls, texts and Twitter direct messages to Andrew. No response.

Hours passed. After arriving in State College, they made their way to Andrew’s apartment. He wasn’t home, but his car was parked outside.

His apartment wasn’t packed up to move at all, either — something he told Lonnie he’d already done.

Worried, the Magargles drove to Mount Nittany Medical Center, thinking the best possible scenario would be that Andrew might have checked in.

He hadn’t.

The phone call Lonnie would make to law enforcement would change the Magargles’ lives forever. Andrew had jumped off the Fraser Street parking garage that morning and died.

He was 22 years old.

“That moment will be burned indelibly like a torch in my mind,” Lonnie said. “It is certainly the worst day you will ever have. It’s hard to describe to someone who hasn’t gone through it.”

There have been holes in Lonnie’s life since he lost his son nearly five years ago. He began experiencing panic attacks for reasons he couldn’t describe.

Holidays and birthdays feel different. He’s constantly reminded

of what Andrew’s life could have been.

Lonnie said he saw much he saw himself in Andrew. After the white out football game on Sept. 29, he was reminded how much the two bonded over Penn State football.

“I’m sure if he was in the area, he and I would have gone to the Ohio State game together on Saturday,” Lonnie said, pausing, “and been very angry about it.”

As time passes, Lonnie learns to blame himself less for his son’s passing. But it’s still painful to recall how much Andrew struggled leading up to that December morning.

Andrew’s family knew his mental health was wavering in spring 2013, so they recommended he seek help through Penn State’s Center for Counseling and Psychological Services.

They also knew his course work was negatively impacting his mental health — but he wasn’t always transparent about how severely academic stress weighed on him, Lonnie said.

Andrew was originally expected to graduate in spring 2013. Due to difficulty in his classes, he had to complete an extra semester, with an expected graduation in fall 2014.

According to Lonnie, Andrew would send him detailed, weekly updates with how his final semester was going — academically and mental health-wise.

“[His grades] were good. They weren’t glowing because that would have been suspicious but they weren’t bad,” Lonnie said. “He worked very hard at not letting us know how things were going.”

After Andrew passed away, Lonnie discovered Andrew had actually stopped going to class about midway through the semester. He skipped at least one final exam. He also was not going to the CAPS sessions that he told Lonnie were helping.

“He worked very hard at not letting us know how things were going,” Lonnie said.

According to the American Foundation for Suicide Prevention, 18 percent of undergradu-

ate students and 15 percent of graduate students report having seriously considered suicide in their lifetimes. Between 40 and 50 percent report having multiple episodes of serious suicidal thoughts.

Further, only 26 percent of depressed students receive mental health treatment.

For Lonnie, it’s saddening to think Andrew might still be alive today had he “just gotten help one time.”

“You would like to see what he would have become had he continued the path he was on.”

On Saturday, Dec. 21, 2013, Alissa Janoski sat in the Bryce Jordan Center as a spectator, waiting to see her close friend, Andrew Magargle, walk across the stage to receive his diploma.

Eventually, her phone buzzed.

“I got a text a friend saying, ‘Did you see that article about the Penn State student? That was Andrew,’” Janoski said. “I was a wreck. I didn’t know... We didn’t know he was struggling the way he was because he was so excited for this next chapter.”

To Janoski — who was a freshman when Andrew was a senior — Andrew was her first friend at school. He was “like a big brother” to her. If they weren’t together at weekly meetings for their THON organization HEAL, they were talking almost every day.

Janoski had already lost one of her closest friends to cancer her senior year of high school, and wanted to make an impact in fighting cancer with other students.

The two were fast friends from the start.

Janoski described Andrew as someone to turn to, someone who always kept her and underclassmen friends under his wing to en-

Lonnie Magargle
Andrew’s father

sure they weren’t forgotten.

“He was a comfort that I just really missed afterward,” Janoski said.

Throughout their friendship, Andrew inspired Janoski to join a THON development committee and become more involved in fundraising for THON. Now, she works in fundraising development for Penn State.

“Andrew was really easy to talk to and really down to earth,” Janoski said. “I’m a person who really enjoys giving back, philanthropy and volunteerism, and Andrew was very passionate about those things.”

In addition to her development job with Penn State, Andrew’s passing has inspired Janoski to advocate for suicide prevention and awareness. In Centre County, she currently serves as the Walk Chair for the Centre County Out of the Darkness Walk.

While current HEAL members did not personally know Andrew, the organization still participates in Centre County Out of the Darkness Walk every year in his memory — a tradition the organization started in 2014.

“Whenever I do think about him, which is often, I thank him for guiding me to guide me to where I am,” Janoski said. “It was his encouragement that... set me up for a lifestyle that I’m in now where I’m very passionate about what I do. He was always very passionate about what he did.”

On Dec. 26, 2013, a packed rooms of friends, Penn State students, family and community members poured into a Turbotville funeral home to memorialize Andrew’s life.

United Church of Christ pastor Shawn McNett, a longtime family friend of the Magargles who officiated the funeral, remembers Andrew growing up with “the gang” — a group of Lonnie’s friends who have remained close for years.

To McNett, the funeral was unavoidably sobering. Five years later, reflecting on Andrew’s passing is still a sobering experience him. But looking back, he remembers the joyful memories he shared with Andrew, bonding and playing cards when “the gang” would get together.

“It’s heavy,” McNett said. “Here’s someone who wasn’t withdrawn and didn’t appear to have any issues... You’re left with many more questions than normal, like, ‘Why didn’t I notice?’ or ‘Why didn’t I see this?’”

While McNett only saw Andrew a few times every year, Andrew’s passing has hit him hard.

McNett noted that nowadays, he keeps his eyes and ears are open more to how “the gang” and others around him are doing — especially his 10-year-old son and 7-year-old daughter.

One of the most major impacts Andrew has left on McNett is to remember parents can sometimes miss many red flags when it comes to mental health issues in their children, even if they know them better than anyone else.

“We pay more attention to things,” McNett said. “It makes me listen to them, even when we’re just sitting and reading a book together. These things seem like things that are unconnected but I guess my point is they’re not to me anymore.”

While reflecting on Andrew’s passing is certainly painful for McNett sometimes, he also finds healing in remembering the situation deeply.

Missing warning signs and guilt followed him. Sometimes, they still do. But he looks to ensure no one in his life ever has to hurt as much as Andrew did.

“In the beginning it was just sort of a cloud hanging over us. And I’m still not sure I’ve resolved all of my conflicts,” McNett said. “But now it’s something that we look at and just hope we can grow stronger.”

To email reporter: ejr5411@psu.edu. Follow her on Twitter at [@eljoro123](https://twitter.com/eljoro123).

“That moment will be burned indelibly like a torch in my mind. It is certainly the worst day you will ever have.”

“It’s heavy... You’re left with many more questions than normal, like, ‘Why didn’t I notice?’ or ‘Why didn’t I see this?’”

Shawn McNett
Magargle family friend

Resources

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Proving the stigma wrong

By Bailey Jensen
THE DAILY COLLEGIAN

When Victoria Zielinski was just 8 years old, she was diagnosed with a sensory processing disorder. At 16, she was diagnosed with bipolar disorder and panic disorder — and by age 20, post-traumatic stress disorder.

“As a senior in high school, the idea of going to college was terrifying,” Zielinski (junior-organizational leadership) said. “I was especially nervous about leaving my hometown in Reading, Pennsylvania, where all my doctors are.”

Zielinski’s mother, who also has bipolar disorder, struggles with drug and alcohol addictions. Zielinski promised herself that would never happen to her.

She’s been working hard to keep that promise and break through stereotypes. When most people hear bipolar disorder, Zielinski said, they think that means the person is violent or crazy.

“They think you’re incapable of going to college and that you’ll never amount to anything. But here I am, proving them wrong.”

After enrolling in a local community college for two years, Zielinski looked into Penn State, the school she always wanted to go to. Nervous about leaving home, she found Penn State’s online World Campus option, which she called a blessing.

“I was recovering from my disorder, had an odd sleeping schedule because of my medication, and a lot of doctor appointments to go to,” Zielinski said. “World Campus gave me the freedom to be a Penn State student while also allowing me

to stay home and manage my disorders.”

Zielinski now plans to transfer to University Park next year, a complete switch from online classes.

She said her dad, Daniel, is a great source of support as she strives to overcome her bipolar disorder. Daniel said when Zielinski was in ninth grade, she told him, “Dad, I’m not going let this beat me.”

He said he didn’t doubt her. He knows his daughter won’t let anything hold her back from graduating.

“Penn State has given her the structure she needed,” Daniel said. “The school has been wonderful. I can’t say enough how it has changed her for the better, and I know when she moves to State College next year, she’ll be happier than ever.”

Zielinski, who describes herself as a “huge” activist for mental health issues, is a peer-to-peer counseling specialist and intern for the National Alliance on Mental Illness. She is also the founder and current president of the Active Minds chapter for World Campus.

When she came to college, she met a lot of students who struggled with their own mental health, and so she said creating an Active Minds chapter in 2015 felt like a “great idea.”

“I wanted to help bring the discussion of mental health to World Campus,” Zielinski said. “After all, students who study online struggle with mental

health just as much as students who study on a campus.”

Anthony Nelson, assistant teaching professor of psychology at World Campus, is the adviser for Active Minds. He said Zielinski is one of the most resilient people he knows.

“She has her struggles for sure and always bounces right back up,” Nelson said. “She keeps fighting and it’s an inspiration. I’m definitely very proud of her.”

Nelson said he accepted his position as adviser because he saw a major need for the organization. He’s seen a “major uptake” over the years in the number of students who disclose their mental health concerns to him.

“With this organization, the students are realizing that they are not alone,” Nelson said. “It’s hard because students don’t often see each other in an online setting, and so organizations like Active Minds bring the students together so they can see just how common mental health struggles really are.”

Currently, there are 25 members in the Active Minds chapter.

“It’s been a source of pride for all of us knowing we are the first online chapter,” Nelson said. “Sure, it can be a struggle sometimes trying to keep an organization such as this one online. But we’re always improving and our membership has even grown this semester.”

Visit collegian.psu.edu to read the full story.



Victoria Zielinski, founder and president of World Campus’s Active Minds chapter, poses for a photo with the Nittany Lion.

OCTOBER

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|----------------------|-----------------|----------------------|----------------------------|-----|----------------------------|
| | 1 CAPS session 1 | 2 Bio Exam | 3 | 4 CAPS session 2 | 5 | 6 |
| 7 | 8 CAPS session 3 | 9 Paper due | 10 | 11 CAPS session 4 | 12 | 13 PSU vs. Michigan St. |
| 14 | 15 CAPS session 5 | 16 Paper due | 17 | 18 | 19 | 20 PSU vs. Indiana |
| 21 | 22 Go to the gym! | 23 | 24 CAPS session 6 | 25 English presentation | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

Collegian Creative

CAPS still offers free sessions to students

By Shannon Harney
THE DAILY COLLEGIAN

Studies suggest that anywhere from one-fourth to one-third of students will meet the criteria for anxiety or depression at some point during their college careers.

College students reported that 57 percent of women and 40 percent of men experienced periods of overwhelming anxiety in the past year, according to a 2013 American College Health Association survey. Meanwhile, 33 percent of women and 27 percent of men reported intense periods of depression, the survey reported.

In 2016, Penn State’s graduating class created an endowment for the university’s Center for Counseling and Psychological Services, which helped fund outreach programs and increase staff by between 15 and 20 people in the past two years.

But this funding increase doesn’t translate into more individual counseling sessions for students. Kate Staley, assistant director of community education and outreach for CAPS, called the current model an “appropriate fit for addressing most of the presenting concerns of average college students.”

CAPS offers two rounds of individual therapy sessions to students before referring them to local mental health care providers. A round of therapy is nine sessions, and students receive six of those sessions for free, with the remaining sessions offered for \$15 each.

Penn State student Lauren Weeks said she hasn’t used any of her individual therapy options because she thought students were

only given four sessions during their time at Penn State.

Weeks (sophomore-biobehavioral health) said students dealing with specific mental health problems need more than six sessions to see a difference.

“If students are actually making the effort to seek help, which a lot of people aren’t willing to do, they absolutely shouldn’t be turned away after they run out of sessions,” Weeks said. “I feel that many students won’t be willing or even able to pay much to solve issues that many people tell them are all in their head.”

After students exhaust all of their sessions, Staley said there is “limited flexibility.”

Staley said CAPS would like to provide unlimited counseling sessions to all students, but with so many students, “that’s nearly impossible.” Students who want or need more sessions would then need to move downtown to a private provider.

The American Psychological Association reported a 30 percent increase in students seeking help at college counseling centers in the past eight years. According to the Center for Collegiate Mental Health, college students use 4.56 counseling sessions on average.

First-year student Sultan Alneyadi said he thinks six free sessions is a fair amount to offer students.

“I think students should be able to pay CAPS to stay with the same therapist if they’ve been seeing them for a while and meeting with them is alleviating the issues they’re facing,” Alneyadi (freshman-chemical engineering) said.

Visit collegian.psu.edu to read the full story.

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Some midterm-season advice

OUR VIEW

Some advice from our Board of Editors

We're officially in the seventh week of the semester, which means midterms and research papers around every corner.

Arguably, this time of the semester can be more stressful for students than finals week since there's no break after all of the studying and writing ceases. We have to jump right back into classes.

It's OK to admit you're overwhelmed and want to take a moment for yourself.

We understand students are feeling a lot of pressure right now, so our Board of Editors shared some advice about how to get through this part of the semester:

"Well this is ironic, given I'm definitely a functioning basket case, but I would say it's important to make time for what makes you happy — realizing you cannot slack on your responsibilities, but at the same time, you cannot be perfect. And self-care and setting aside time for friends, not just work, is also extremely important." - Kelly Powers, editor in chief

"It's so easy to get caught up in the whirlwind of everyday life and forget to breathe and enjoy the moment. So, if you've been

looking for a sign to give yourself permission to take the day and show yourself some love — this is it. There's nothing wrong with taking a moment to curl up in your bed, watch old Vines and eat some pizza." - Kara Duriez, managing editor

"Sometimes things are hard, so it's totally okay to just take some time for yourself. Skip that 9 a.m. Tell your professor I gave you permission." - Andrew Kalmowitz, digital managing editor

"If you're feeling especially stressed, put everything away, hide your phone, and either take a nap or watch netflix for 20 minutes, or just stare at a wall. Take a break, even if it doesn't seem possible/you think you don't have time, just do it. Remember that this is just school, and we're all just doing our best!" - Katie Johnston, news editor

"Look out for other people the way you'd want them to look out for you. But people aren't mind-readers, so if you do need help or do need a break, don't be afraid to stand up for yourself. Show some self-love." - Elena Rose, social media and assistant news editor

"Get in the mindset that you can — and will — achieve the smallest and largest of goals. By December, you'll realize it was a semester extremely well spent. " Alison Kuznitz, features and investigation editor

"When the semester gets busy, it can be tempting to keep pushing yourself to get things done. But if you do too much and don't take any time to sleep or rest, your body will get angry and get sick (trust me), and then you'll just get further behind. It's better to take time to rest so you can continue to do things rather than burning

out." Gabrielle Barone, arts and lifestyle editor

"Make room for some 'me time'. Watch some TV, go play some video games, go hang out with your friends. You can't spend all day doing work. Take some time for yourself and make sure your refreshed." Dylan Jacobs, sports editor

"I think the most important things are perspective and self-belief. It's imperative to remember that one bad grade on an exam or a midterm won't totally wreck your job prospects nor will it define your academic career. Along the same lines, one bad grade doesn't mean you're any less worthy of being in the position that you're in and that even despite a bad grade or rough week, you deserve to be where you are and you earned it." Jake Aferiat, assistant sports editor

"If you're going through hell,

keep going.' - Winston Churchill" - David Eckert, sports social media editor.

"Remind yourself that you're here and at this school for a reason. If you're ever feeling down or wanting to give up, remember that someone had to believe in you to get to where you are which should make you believe in yourself enough to keep going." - Tyler King, football editor.

"Try a one minute breath. Ifn-hale for 20 seconds, hold it for 20 seconds and then exhale for 20 seconds. All very slow and very controlled. You'll be amazed how much better you feel once you complete it." - Jack R Hirsh, multimedia editor

"Don't underestimate the power of taking a nap." - Caitlin Lee, photo editor.

"I think it is valuable to take the time every day to get away from school, and clear your mind or focus on something else than studying. Even just sitting down and eating a full meal or listening to a podcast for a little bit can help re-energize you to face that mid-semester pileup of work." - Aabha Vora, assistant photo editor.

MY VIEW | Madeline Messa

Autism and me: The story I never thought I would tell

I can count the number of words I speak aloud in a day.

Try doing it. You will probably lose track after a couple dozen. Save for the exceptions when I force myself to respond to questions to meet standards for class participation or am consciously goading myself to socialize, my relationship with words is minimal.

As advocate Temple Grandin said, "You would have a bunch of people standing around in a cave, chatting and socializing and not getting anything done" if people like me were not living throughout the world.

I have autism. Those three words right there are why I am so particular about speaking — and they are words I was not sure I would ever share with the public.

Autism is a spectrum disorder, ranging from people who are completely non-verbal on the lower-functioning end, to the higher-functioning end that is sometimes referred to as "Asperger's" that Albert Einstein and select super-geniuses are assumed to belong to.

Defined, autism is a neuro-developmental disorder characterized by difficulties with communication and social interaction, and it typically implies repetitive behaviors. It often co-occurs with other diagnoses, such as sensory processing disorder, ADHD, Ehlers-Danlos syndrome, epilepsy, OCD and anxiety. It is incurable. My dad, who is a physician, and I were in Washington D.C. last winter when he finally admitted he had suspected, for my entire life, I was on the spectrum.

He confessed only because I summed up the courage to tell him. After almost 20 years, I had to know why I was so different from everyone else.

Before, I had paid a psychologist out of pocket to avoid my

parents seeing I used our insurance. I saw a psychiatrist and took various SSRIs, SNRIs and benzodiazepines in a vain effort to "fix" myself.

When my dad first disclosed his suspicion, I asserted he was wrong. All I could think of was "Rain Man." Still, it was not one of the diagnoses off the internet I had been trying on like prom dresses.

I researched it and I reluctantly picked up on similarities to myself that were too specific to be coincidental. I later conferred with a neuropsychologist for a months-long process that confirmed what my dad suspected. I was formally diagnosed with moderate autism.

I seek and avoid sensations due to my intensified senses, I'm jumpy and clumsy, my walk is slightly off, I get debilitating stress-induced migraines, my interests haven't changed since middle school, I cannot make eye contact, I avoid social interaction because I don't understand it and I think in pictures. A symptom that specifically resonated with me is stimming, which is slang for self-stimulatory behavior. I unexpectedly found a YouTube channel called "Fathering Autism" that posts upbeat daily vlogs of a family with a 13-year-old girl named Abbie, who is on the autistic spectrum. Although Abbie is on the severe end and is nonverbal, she teaches me about myself. Some of her stims mirror my own, such as one her parents named "the pretzel," where she twists her arms around each other.

I have multiple physical traits that are in line with ASD. I flip my hair over as if I'm jamming out to heavy metal, I intertwine my fingers like I'm untangling a pair of headphones, I rub my arms and neck and I tug on my ear along with other movements. To give a point of reference, it's an extreme version of rhythmically tapping your pencil.

verification. Letters should be signed by no more than two people. Members of organizations must include their titles if the topic they write about is connected with the aim of their groups. The Collegian reserves the right to edit letters. The Collegian cannot guarantee publication of all letters. Letters chosen also run on The Daily Collegian Online and may be selected for publication in The Weekly Collegian. All letters become property of Collegian Inc.

Who we are

The Daily Collegian's editorial



I ran cross country and raced in state competitions in high school, but I would slouch, run with yard-long bounds and hold my arms close to my ribs without swinging them. I would brace myself for my coach's raspy yells from a half mile away, "Messa! Get that back straight!" Friends gave me the nicknames "Captain Longstride" and "Messa-rex."

Another autistic trait I have is adhering to strict routines. I need to be aware of events or deadlines weeks in advance to mentally prepare for them. I turn into a prosecutor when plans change, set on uncovering every minute detail.

I also constantly need to be occupied or on the move. Transitioning between events is especially stressful. Even while I am physically on my way to do something, I speed-walk because I have the urge to get a head start on the next thing — even if it's a class that starts at a designated time. While I am doing a task I should be doing, however, my attention is already pulled toward the next one.

As someone who is autistic and still learning what the intricacies of autism imply, I am patient with people who

make judgments and stereotype the disorder. ASD encompasses a complex, wide range that is not discussed or represented enough for society to understand it. It is not a disorder limited to children, nor is everyone in the world "a little autistic."

So no, I won't work a job in Silicon Valley, and I can't come to the casino with you to count cards.

But I am capable enough to attend college and to have a select few friends. I preemptively chose to major in print journalism before I knew I had a communicating disorder. It's the harshest form of irony. I enjoy writing, but I struggle with interviewing people. I'm toughing out my classes anyway, and I plan to take the LSAT and apply for law school. I have accepted I am not neurotypical as most people are.

Life will not be insurmountable because of my disability. Being on the spectrum, I just have to tackle life on a different wavelength than everyone else.

Madeline Messa is a junior majoring in print and digital journalism and is a columnist for The Daily Collegian. Email her at mgm5413@psu.edu or follow her on Twitter at [@madeline_messa](https://twitter.com/madeline_messa).

opinion is determined by its Board of Opinion, which is made up of members of its Board of Editors, with the editor in chief holding final responsibility for content. The opinions expressed on the editorial page are not necessarily those of Collegian Inc., a separate institution from Penn State.

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als. Penn State students write and edit both papers and solicit advertising for them. During the fall and spring semesters as well as the second six-week summer session,

The Daily Collegian publishes Monday through Friday. Issues are distributed by mail to other Penn State campuses and subscribers.

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MY VIEW | Jim Krueger

What it’s like having a ‘bad’ side

Students need to know that just because a mental issue isn’t labeled serious, does not mean it’s not important

The exit for Innovation Park has a large and bending off ramp with a large patch of grass in the middle. I had taken this exit many times before without problems, but today was different. I had woken up in a nervous state. The last couple weeks for me had felt like someone took the world and turned it on its side.

This has happened before, but it has never been this bad. When you are like me and you keep things bottled up, you understand that when you push too many of your burdens into that bottle, it will eventually shatter into a million pieces. It had happened before, but this was different. I was driving off the freeway, in a time when you’re supposed to stay in line. When that bottle bursts, you don’t know how to stay in line, and your mind doesn’t know where to go. I lost it, for no particular reason, for no reason I can logically explain, I started to turn. I shoved my steering wheel to the side, and my car soon found itself on that large patch of grass, so I veered the other direction, towards the barrier, then back to the grass, then back to the barrier.

When I came to my senses, I completely broke down. I shuffled to find my phone, which I had previously thrown into the gap between the passenger seat and the door.

Ten minutes before class, I was parked on the side of the road, tears rushing down my face, with no coherent control of my thoughts. I called my parents who helped me, for the time being, to calm down.

I think before I go any further, I need to mention two things. First of all, I do not think my particular situation is unique. Plenty of people have anxiety, and plenty of people have had mental breakdowns.

Secondly, I think everyone has something. We all have mental



Courtney Taylor/Collegian

The Student Health Center is home to many resources for students on campus, including CAPS and UHS.

challenges that get in the way of doing everything we want to do. For me, I have always been the kid who worried.

I hated loud noises, I hated going on rides at the amusement park, I always was and still am the guy who bites his nails worrying about what’s going to happen.

When I was a kid, this was an issue. But I was a kid — I wasn’t dealing with anything serious.

As I got older, I started to worry more and more. I hated being in crowded locations, it was unpredictable. Any noise, any facial expression or startling situation would set me off.

I would cover my ears all day in school because I was afraid of the fire alarm going off.

I wouldn’t go to the movies with friends because I hated the surround sound. When I went

out in public, I would think about every single thing that could go wrong.

It made me afraid to be myself and to do things I enjoyed. I had a mental catalogue of every single thing I was afraid of at every place I went, which would make it impossible to enjoy the simplest of daily events. When all of those worries climax, it can be bad, but even when I’m not having a mental breakdown, I am still constantly nervous, constantly second guessing, constantly putting myself down. I set all of those problems aside. I established this defeatist mentality where I convinced myself that everyone has problems and therefore, you need to live with it.

I worried that talking to peo-

ple about my problems would make me look weak, that people would not care for my problems and that my issues were not big enough to deserve help.

Around the beginning of my sophomore year, I had one of those climax moments — a mental breakdown.

After talking to my parents about all the things I was dealing with, I realized my anxiety was truly having a negative impact on my life.

I was worrying about school work to the point where I would just put it off. I was worried about talking to people or starting conversations because I was worried people wouldn’t like me.

My anxiety held me back and it still holds me back from making lasting memories, and experiencing life the way I want to. It

got in the way of me ever enjoying a full day of school, or a baseball game with my family, or a trip to the movies with my friends.

There were a lot of things I missed out on because I was too afraid to do them. I had realized, me being the kid who worries, was responsible for a lot of the issues I had and I needed help.

I had decided to reach out to Penn State’s Counseling and Psychological Services. I told them I had been dealing with anxiety and discussed in depth the things I was experiencing.

At first, all seemed well. They listened, were polite and responsive, and had told me a doctor would be in contact shortly. When I had gotten the call, things turned south.

I was not given a chance to describe my situation and was simply given a lineup of questions to answer.

The last two questions were the most important.

“Are you suicidal? Are you harming yourself?”

The answer to both of those question was, and still is, no. Upon learning this, I was quickly informed there would be no opportunities for me to receive any sort of counseling.

Instead, I was given the option to attend one class, once a week — which I would end up not being able to attend.

That was it. It left me feeling even more lost than I had before, and it brings forth an important issue we deal with today.

Of course, we need to give precedence to those who are contemplating suicide or contemplating self-harm. Giving these issues first priority is common sense.

This does not mean, however, we should be throwing away or ignoring mental issues because they are not deemed as serious as others.

Jim Krueger is a junior majoring in broadcast journalism and is a men’s hockey reporter for The Daily Collegian. Email him at jwk24@psu.edu or follow him on Twitter at [@thejimkrueger](https://twitter.com/thejimkrueger).

MY VIEW | Kaleigh Quinnan

The culture at Penn State can contribute to mental illness

From the outside looking in, Penn State is an impenetrable bubble of youth, school pride and parties. The immediate feeling generated on campus is energetic, optimistic and exciting.

But it rains almost every day. Classes are stressful and competitive, and the massive student population is easy to get lost in.

The cliques created to make the big campus small are often highly exclusive, and the attitude on campus is actually often hostile.

Food is expensive and the lines are at the very least discouraging, with crowded student centers full of the same day-by-day actions.

The small town becomes small and impossible to escape, with the sound of the Willard Preacher calling you a degenerate every time you try to go to a class you hate.

It’s depressing.

This shows in the high volume

of therapists and physiologists available to students off campus – the majority of which are no longer taking patients due to max capacity. The self-medication on campus is strong. In my opinion, no one gets blacked out four days of the week unless there is something wrong.

When I went to University Health Services last year after “going through it” to talk to a therapist, they told me to exercise and keep a positive attitude. Now, this is the problem with depression – you can’t. It’s no wonder why they are free for students. The question of why Penn State cares enough to have a multimillion dollar football program without competent therapists comes to mind frequently.

College is supposed to be the best years of our lives, which creates a lot of pressure on students to have fun and fully embrace the Penn State sentiments.



Aabha Vora/Collegian

Fans celebrate after watching Penn State win the football game against Pitt on Saturday, Sept. 18.

The truth of the matter is, these sentiments can be kind of hard to embrace when shoved down the throats of those suffering from a mental illness.

Those who would rather swallow hot coals than attend a football game where everyone at least pretends to care about their surroundings.

It’s not to say this is different from any other big school, but I

feel as though Penn State is particularly insensitive to those who do not feel like completely embracing the blue and white.

I get that school pride is important, but when I’m sleep deprived and starving, the pathetic “we are” that escapes the mouths of the tour guides showing the high schoolers around campus quite frankly just sucks.

The bubble this campus exists in is suffocating and the pressure to be chipper often provokes depression, anxiety and insecurity spawning from the riptide of conformity.

Kaleigh Quinnan is a sophomore majoring in visual arts and is a arts reporter for The Daily Collegian. Email her at kfq5020@psu.edu or follow her on Twitter at [@kaleighquinnan](https://twitter.com/kaleighquinnan).

Resources

Penn State Crisis Line:
1 - 877 - 229 - 6400

Penn State Crisis Text Line:
Text “LIONS” to 741741

National Suicide Prevention Lifeline:
1 - 800 - 273 - 8255

Centre Safe: Empowering Survivors, Eliminating Violence 24-Hour Hotline:
814 - 234 - 5050

'NEVER ALONE'

How Penn State promotes mental health among its student-athletes

By David Eckert
THE DAILY COLLEGIAN

Every season, Penn State baseball coach Rob Cooper stands in front of his team and shares his story. He tells it with purpose, that it might produce an outcome much more important than that of any game.

Cooper has suffered from depression since he was 26. At its worst, the condition left him wanting only to stay in bed.

Now, entering his fifth year at the head of the Penn State program, he still takes medication to manage it.

Since his head coaching career began at Wright State in 2005, Cooper has made it a point to have these conversations with his teams.

"I share what it felt like, what it feels like at times. I share with them that I go see a therapist. I share with them that I take medication when needed," Cooper said. "Because I don't want them to think they're ever alone."

To Cooper, the mental health of his student-athletes is a major priority. And, it's a value Penn State itself has begun to share more and more in recent years.

Field hockey coach Char Morett-Cuttriss said the need for those resources is greater now than it was when she first took over the program 31 years ago — thanks in part to new phenomena, such as social media.

"I don't think the athletic department felt that there was as great a need for support within the athletic department that we feel there is today," she said. "When there was an issue, they went through the coach. I had that type of relationship with my players, but I certainly wasn't a professional."

Penn State's Sport Performance Team is about two years old, according to Carl Ohlson,



Eric Firestone/Collegian

From left, Carl Ohlson, assistant AD, Charmelle Green, senior associate AD, and Brendan Carr, psychologist, pose for a portrait on Jeffrey Field on Thursday, Sept. 27.

the assistant athletic director for performance psychology services.

Its goal, Ohlson said, is to give student-athletes the skills they need to make an impact on the field and in life.

The team is comprised of experts in performance psychology, student welfare and development, clinical psychology, athletic training, performance nutrition and sports medicine, Ohlson said.

Senior Associate Athletic Director Charmelle Green chairs the Sport Performance Team. A former All-American softball player at the University of Utah and assistant coach at Notre Dame, Green said her experiences make it easier to relate to the student-athletes she aims to help.

"There's such a high-level expectation being at a place like Penn State — where we're pursuing national championships day-

in and day-out... All of a sudden you're a big fish in a big pond; things become a little bit more challenging," Green said. "So, understanding and being able to cope with disappointment, being able to cope with not being the best on your team, being okay with the development, stages that you have to go through at a level like a Penn State, I think that's what's really important, that's what our students struggle with most."

Cooper said his players also experience issues adapting to the increased competitiveness of college athletics, where they may struggle against better athletes for the first time in their athletic careers. For some, Cooper said, competition provides an outlet where players can leave their problems behind for a few hours.

But, for other student-athletes, competing can cause those prob-

lems. "They get here, and this is what helps feed some if it," Cooper said. "Because I'm struggling today, I'm having a tough day today. So, I am worthless. I am not good enough."

Brendan Carr, a staff psychologist at the counseling center at Penn State's Counseling and Psychological Services, serves as the primary mental health provider for Penn State athletics and makes up the clinical psychology component of the Sport Performance Team. Part of Carr's job is to help address the mental wellness struggles of student-athletes.

Those conditions, Carr said, tend to reflect those of the general student population — with the added pressures and time commitments athletics create.

"A lot of it's general stress and anxiety, depressive concerns," Carr said. "A lot of it has to do

with sleep, that's probably a big contributing factor to a lot of the issues that we see.

"It really can vary and it'll vary throughout the year."

To Carr, the resiliency and underlying training within each student-athlete is apparent.

In helping players with their mental health, Carr tries to illustrate those resilient qualities for the student-athletes, who often times don't realize they have it.

"It's just simply tapping into those inherent and trained resiliency factors that all of them have and then kind of being one step removed," Carr said. "Being a little more objective, just to be able to pull those out, show them to them, kind of be that mirror in the room for them to be able to see those things and help them decontextualize how those things play out in sport and then how they can translate those into their day-to-day life."

At Penn State, promoting the mental health of student-athletes is not just a reactionary endeavor.

That's evident in Ohlson's position as a performance psychologist.

"My job is to teach people skills that help them get the most out of themselves," Ohlson said. "So, from a health perspective, I start with the premise that everybody's in a healthy place, and I build skills with them to help them understand themselves better and get more out of themselves."

In order to do that, Ohlson conducts meetings with teams and coaches throughout the year. As Penn State sponsors 31 Division I athletic programs, the Sport Performance Team employs a trickle-down strategy — giving coaches the tools they need to promote positive mental health within individual programs.

Visit collegian.psu.edu to read the full story.

The tough transition freshmen face

By Dylan Jacobs
THE DAILY COLLEGIAN

Meghan Reese's transition from high school to college was just like everyone else's, trying to adjust to an increased workload and the importance of time management.

"The school work is more demanding, you have to study more and make sure you do assignments early," Reese said. "I think in high school you could push things off, but if you do that here, you're digging yourself a hole that's hard to get out of."

But Reese, a field hockey player at Penn State, and many others have to deal with something that most students don't worry about — the time commitment of a Division I sport.

Student-athletes have to balance the academic and social aspects of college with a workload of practice, conditioning, travel and games.

In high school, the schedule for athletes is the same pretty much every day — maybe some conditioning in the morning, then class all day, then practice or games after school.

But college athletes have to adjust their school schedule around practice and conditioning.

They have to find the time to get work done, which can get very difficult when the season starts and teams begin traveling.

Women's volleyball wrapped up a long weekend road trip two weeks ago, and it was one that



Samantha Wilson/Collegian

Meghan Reese (11), left, reaches for the ball during the field hockey game versus Michigan State at the Field Hockey Complex on Sunday, Sept. 23. The Nittany Lions defeated the Spartans 8-0.

definitely took a toll on some Nittany Lions.

"They certainly had to see some of the hard parts of it, because the Minnesota trip, we didn't get back until [3:30 a.m.], and some of them have class at 8 [a.m.]," women's volleyball coach Russ Rose said. "So that's a good introduction to life as a college athlete."

Missing class and missing work is never good for a student. But sometimes student-athletes don't have a choice.

Those situations are new for freshman athletes, but they know they have to take action to get

back on track.

"When you miss class, you have to make sure you're proactive and meeting with your professors and getting the work you missed," Reese said. "I think the Morgan Academic Center is really helpful with that, getting tutors if you miss work."

The Morgan Academic Center is an institution that helps athletes get work done and make them better students, but there are plenty of times where athletes try to get work done away from campus, which is a tough adjustment for freshmen.

"You just have to be responsible in getting things done before we travel, and getting things done while we travel and making sure we get everything done on time," women's volleyball freshman Kaitlyn Hord said. "But also making sure we're ready for the game and in the best state of mind."

Worrying about classwork while trying to get focused for an upcoming game is one of many mental challenges for first-year student-athletes.

They may try and prepare for some of those challenges, but it's basically impossible to be ready for it.

"You don't know certain things until you experience it," Rose said. "All of the experiences are new but there is something to be said about the younger players that hopefully in time they just kind of get their rhythm, get their skills right and they get their

studies all together, and then they start playing a little better."

For many athletes, coaches are like parental figures, guiding them through their life while they are away from their actual parents. When freshmen first enter the facility and first join the program, coaches become even more important.

"They're a little bit of 'deer in headlights' their first year, and my speech to the freshmen is 'I'm gonna tell you this right now, you pretty much have a hall pass, so your job is to learn and improve,'" field hockey coach Char Morett-Cuttriss said. "That's all you need to focus on."

That mindset makes a huge impact on first-year student-athletes. They need coaches who will take the time to care about them.

"They definitely keep tabs on us," Hord said. "They ask us every day 'How's this going? How's that going?' making sure we're all comfortable, making sure we're all adjusting well."

Coaches play a huge part in that adjustment.

If there's a coach who solely focuses on the sport and on the games, the athletes may have a difficult time understanding what truly is important.

Academics are the foundation of any university, regardless of athletic standing. And when coaches understand how important school work is, it will show the athletes how important

finding that balance is.

"They're really big on making sure school work comes first before hockey," Reese said. "Making sure you're comfortable with school and being successful in school and on the field at the same time."

When they relay the message of how important class is, the newcomers quickly understand that.

They understand it so well that when they do travel and miss class, the freshmen know how important it is to get back on track.

"The academics take a toll on them, missing a class," Morett-Cuttriss said. "They all want to perform well academically ... they're very conscientious about wanting to succeed in the classroom and on the field."

Coaches aren't the only ones who have a role in shaping the first-year athletes.

The best people to learn from are the ones who have experienced it before and have seen many different groups of freshmen come in — the seniors.

Seniors and upperclassmen have all been through that transition, so they know how to handle it the right way.

"The upperclassmen are so key to the freshmen," Morett-Cuttriss said. "We're family here, so they really do feel that. I think the fact that our seniors experienced the same thing when they were freshmen ... I think it's important that they come and feel that togetherness right away."

One way the freshmen can jump-start the bonding process with the seniors is through the summer session.

First-year athletes can get to campus early on work on team-building, conditioning, and get a head start in the classroom.

"With summer, having some of the upperclassmen here kind of told us what the expectation was early on, so we knew where we needed to be and how to raise our standard," Reese said. "It made the transition a lot easier giving us the ins and outs of Penn State and Penn State hockey."

Getting that relationship with the veteran players is important when the season starts. It helps build chemistry when they're on the court or field, and that will eventually help the team's chance of success down the road.

Visit collegian.psu.edu to read the full story.



Chushi Hu/Collegian

Setter Bryanna Weiskircher (21) sets for middle blocker Kaitlyn Hord (23) during the game against Navy at Rec Hall on Saturday Aug. 25.

Family time crucial for Cook and Dambach

By Matthew Knaub
THE DAILY COLLEGIAN

Hours of preparation, constant pressure to perform well and hectic schedules.

These are just some of the challenges faced by NCAA Division I coaches in any sport.

Being a collegiate coach is a huge time commitment, and time spent away from family is a part of the job.

Missed family time can have large mental impacts on coaches, no matter the institution.

Penn State is no different, as women's soccer head coach Erica Dambach and associate head coach Ann Cook have their own respective trials and tribulations when balancing work and family.

For Cook, who's in her 12th year with the program, finding time to be with her family is extremely difficult because all of her family resides in Missouri, which is "hundreds of miles away from Happy Valley."

To cope with these difficulties, Penn State has become her home away from home, and the team has become her second family.

"It is really challenging at times for sure," Cook said. "I love these kids like my own kids and my own little sisters at times, and so I take a lot of joy from that."

Cook faced her biggest struggle when her mother was sick for the last two years in Missouri, and she was in Pennsylvania coaching the Nittany Lions.

"It definitely took a toll," Cook said. "It was really challenging to be here in the moment and with my Penn State family, while I knew that my family back in Missouri could have used my help, and it would have been nice to have been around a little bit more."

Cook's family travels to watch the blue and white play a few times every season, both at Jeffery Field and at away games in the Midwest.

Once the season is over, Cook heads back to her native Missouri to spend time with family and unwind in the great outdoors.

She feels this debriefing is important after a long and strenuous season.

"When I go home, I really try to go home and be home," Cook said. "Take some time away and take the vacation, and take the holidays and just try



Jefferson Luo/Collegian

Associate head coach Ann Cook walks out onto the field after the first half at Jeffery Field on Friday, Oct. 10, 2017. Penn state tied Purdue, 2-2.

to recharge a little bit."

Dambach on the other hand is able to bring her family to work. Also in her 12th season at the

She said she regularly has her husband, Jason, and their two daughters, Addie and Kylie, come to Jeffery Field and spend time with herself and the rest of the team after practices and games.

"When I bring Addie around this group, it's the best feeling in the world, because they embrace her, they love her like she was their own," Dambach said. "For me, that outweighs some of the lows of being away from home and some of the stresses."

Dambach believes the time spent with family around the soccer program not only benefits her, but also her daughters.

"I got to keep reminding myself that the benefit both of our daughters get by being around this environment is one of the best situations that I could possibly put them in," Dambach said.

She credits her husband, Jason, for being so supportive, allowing her to have a good balance of work and outside life.

"I'm fortunate to have a wonderful husband that allows me to do this and supports me in every way possible," Dambach said.

To email reporter: mjk6111@psu.edu. Follow him on Twitter at [@Matt_Knaub](https://twitter.com/Matt_Knaub).



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Bigar's Stars

By JACQUELINE BIGAR

Thursday, Oct. 4, 2018

www.jacquelinebigar.com

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ARIES (March 21-April 19)

★★★★ Your temper seems to be close to the surface. You might have had some experience taming the anger within, which makes it less likely that you will explode. Be forgiving if someone starts acting out or simply becomes wild. Tonight: Off doing your thing.

TAURUS (April 20-May 20)

★★★ A domestic issue emerges that could put you deep into thought. Reverie might not be appropriate at work! Extremes seem to mark your day. Connect with others, and express your concerns. You are able to flourish once you get past a hassle. Tonight: Go with the moment.

GEMINI (May 21-June 20)

★★★★ You have a way of expressing yourself and your needs. You might want to take a break from the immediate situation. Go off and take a walk, then share your thoughts openly. Tonight: Visit with a neighbor or close friend who has been knocking on your door.

CANCER (June 21-July 22)

★★★ Build yourself up. Consider taking a class, or schedule more frequent gym visits. Be careful when dealing with a partner. Stay centered, and do not allow yourself to be thrown off-kilter. A conversation helps you put together the big picture. Tonight: Choose a favorite stress-buster.

LEO (July 23-Aug. 22)

★★★★ You beam and draw others toward you. As a result, your positive attitude goes far. Others tend to reveal much more when you are open with them. Watch a tendency to be excessive in your self-expression, no matter what you do! Listen to feedback. Tonight: Do what you want.

VIRGO (Aug. 23-Sept. 22)

★★★★ You could be dealing with more than your share of details and issues. You also have a lot of information to digest. You will have a new beginning if you decide to change certain patterns. Think deeply about a minor revision of a segment of your life. Tonight: Get some extra R and R.

LIBRA (Sept. 23-Oct. 22)

★★★★ Get down to basics when having a discussion. You cannot avoid a conversation for long -- and the sooner you have it, the better. Your anger is close to the surface. Try to avoid an eruption of fury. Be careful if you feel hot under the collar. Tonight: Follow your friends.

SCORPIO (Oct. 23-Nov. 21)

★★★★ You decide to have a long-overdue conversation with a higher-up. You could have difficulty getting a situation under control, especially as you might be harboring some undefined resentment or anger. Honor your differences. Tonight: Out and about, strutting your stuff.

SAGITTARIUS (Nov. 22-Dec. 21)

★★★★ When trying to piece together a problematic situation, detach and try to imagine what it is like to be in the other person's shoes. Identifying with others helps you come up with a reasonable solution for all parties involved. Tonight: Go see a movie with a loved one.

CAPRICORN (Dec. 22-Jan. 19)

★★★★ You are able to look at a problem from a unique perspective. As a result of your unusual view, you see what others don't. In fact, a solution might not be needed, but rather understanding and empathy toward each other. Ask questions, if necessary. Tonight: Opt to be a team.

AQUARIUS (Jan. 20-Feb. 18)

★★★★ Defer to others, and let them clearly express their agendas. You are unlikely to lose yourself if you allow another person to dominate for a while. You also might understand why you do not like being as passive as you are. Tonight: At a favorite spot with favorite people.

PISCES (Feb. 19-March 20)

★★★★ Deal with a work-related matter. Your schedule might be intense and very busy. You could wonder what way would be best to present a new idea. You might want to wait for now. Ask a close loved one if you are projecting negativity. Tonight: Know when to call it a night.

Crossword

Across

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| 1 | Ancestry |
| 5 | Meal in a shell |
| 9 | Shopping centers |
| 14 | Jewish month |
| 15 | Crooked |
| 16 | Anticipate |
| 17 | Comic's offering |
| 19 | Cheeky |
| 20 | Bored |
| 21 | Orderly grouping |
| 23 | Solidify |
| 24 | Pudding ingredient |
| 26 | Bluejacket |
| 27 | Medicinal amount |
| 28 | Literary piece |
| 31 | Fill to excess |
| 33 | Cornfield sound |
| 35 | Office note |
| 37 | Fashion |
| 39 | Musical show |
| 43 | In love |
| 45 | Eternal |
| 47 | Poker pot |
| 48 | Nimble |
| 50 | Historic Virginia family |
| 51 | Seabird |
| 53 | Cobras |
| 55 | Before amble or cede |
| 56 | In the past |
| 59 | Consume |
| 61 | Lawn base |
| 63 | Sleep acronym |
| 64 | War horse |
| 66 | Boxer's stat |
| 70 | Muse of poetry |
| 72 | Calculator, of sorts |
| 74 | For the birds? |
| 75 | Cantina cooker |
| 76 | Fiber source |
| 77 | Food shops |
| 78 | Coconut producer |
| 79 | Swerves at sea |

Down

| | |
|----|----------------------------------|
| 1 | Gyro meat |
| 2 | Object of worship |
| 3 | Zola heroine |
| 4 | Jagged |
| 5 | Lao-tzu principle |
| 6 | Pond organism |
| 7 | Romanced |
| 8 | "Lohengrin," e.g. |
| 9 | Umpteen |
| 10 | Reverence |
| 11 | Florida's Key ____ |
| 12 | Nine ____ |
| 13 | Newspaper section |
| 18 | Staying power |
| 22 | Compass doodle |
| 25 | Willing |
| 27 | Inhabit |
| 28 | City in the Asian part of Russia |
| 29 | Actress Moore |
| 30 | Radiate |
| 32 | Heavy weights |
| 34 | "____ you sure?" |
| 36 | Weasel relative |
| 38 | Canal zones? |
| 40 | Political second banana |
| 41 | Manipulative one |
| 42 | To be (Lat.) |
| 44 | Norse war god |
| 46 | Swindles |
| 49 | Kneecap |
| 52 | Butterfly catcher |
| 54 | Ticked off |
| 56 | Mountain nymph |
| 57 | Vitality |
| 58 | Internet messages |
| 60 | Fable writer |
| 62 | Churchill Downs event |
| 64 | Some offspring |
| 65 | Pickle flavoring |
| 67 | Subtle glow |
| 68 | Scratch |
| 69 | Coop group |
| 71 | Chi preceder |
| 73 | Water holder |

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WORD SEARCH

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Harry Potter

Broom
Centaur
Cloak
Curse
Dog
Dragon
Dumbledore
Fluffy
Granger
Hagrid
Harry
Hermione
Hogwarts
Muggles
Owl
Potions
Potter
Professor
Quidditch
Ronald
Scar
Snake
Sorcery
Spell
Troll
Voldemort
Wand
Weasley
Witchcraft
Wizard

H O G W A R T S H O Z L X S N S R R
H A R R Y T Y P L E R T N C L C E E
L N C Z D E S Y C O R O Z D O S H G
U U B H L R N R G V I M U O R C W N
U Q M S G L A Q T T Y M I U V R T A
T C A U B O P G O R B W C O Z S E R
Z E E R G F E P O L O D H O N W P G
W F O N W G J H E N V M I H C E G W
B O O V T H L D R V B N E Q W A N D
M C X R I A O E O H C T I D D I U Q
D L A N O R U W S P Y F F U L F L V
J M D G E O L R S Z D R F V C O R G
U P W R H W L F E E T K S L J U V O
W W H V A L G Y F O A S O R C E R Y
S Q Q J G Z T R O L L A L L E P S H
X C Q D R D I F R Z K U Q W B I G
A S A V I H E W P A Y F R E T T O P
J L F R D W I T C H C R A F T D W T

Kakuro (Cross Sums)

The rules are easy to learn: A number above the diagonal line in a black square is the sum of the white squares to the right of it. A number below the diagonal line is the sum of the white squares in the sequence below it. You may only use the digits 1 to 9, and a digit may be used only once in any sequence.

| | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|
| | 20 | 26 | | | | 19 | 16 | 29 | |
| 6 | | | | | 30 | 4 | 11 | | 14 |
| 16 | | | | 29 | | | | | |
| 38 | | | | | | | | 17 | |
| | 18 | | | | | 10 | 7 | | |
| | | 23 | | | | | 10 | | |
| | | | 29 | | | | 13 | | |
| | | | | 19 | | | | | |

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Students weigh in on Hollywood’s impact

By Alex Merchant
THE DAILY COLLEGIAN

Mental health plays a big part of the human experience, so it makes sense that it factors into the stories told in movies and television shows. These depictions are often used to tell a story in a unique way narratively, but it can also lead to a powerful and profound effect on mass culture.

In March of 2017, Netflix released the first season of “13 Reasons Why,” a show about how depression and the general meanness of a high school environment led to a teenage girl named Hannah who took her own life. Based on the book of the same name, the show received a lot of attention for its dark themes and how it depicted mental health, greatly concerning both parents and professionals in the mental health field.

One common criticism of the series is that the main character’s suicide serves as a sort of revenge fantasy against the people who wronged her; and that in some ways “13 Reasons Why” glorifies the fact that she ends her life.

The show really struck a chord with its audience and became one of the most popular Netflix series of that year, with people relating to its characters and

the way it showed a high school environment. Penn State student Matt Hewes disagreed with the criticisms some had with the show.

“I don’t believe it glorifies suicide because it focused on the negatives more than the positives. Some people complained that it showed too much or was too graphic, but it shouldn’t shy away from that,” Hewes (junior-forensic science) said.

“13 Reasons Why” structures its story around the effects social pressures and mental health can have on an individual, but many writers use mental disorders as a way to tell a twisting story.

The classic “Fight Club,” for example, uses the mental illness of its main character to execute a big twist at the end. Heavily inspired by the film, “Mr. Robot” too constantly throws twists and makes viewers question whether what they are seeing is real or warped by the character’s perceptions.

“Memento,” an early movie from acclaimed director Christopher Nolan, utilizes the main character’s anterograde amnesia to fracture and complicate the narrative for viewers to slowly piece together.

By placing viewers in the character’s shoes, writers can craft a story around their perspective and play with questions and mys-

teries regarding the character’s sanity. And while this can make for an enthralling and entertaining good time, it’s worth questioning whether these fantastical depictions of mental health in film and television take away from the fact these problems actually effect many everyday people.

Student Sarah Dent was concerned about the realism of mental health portrayals.

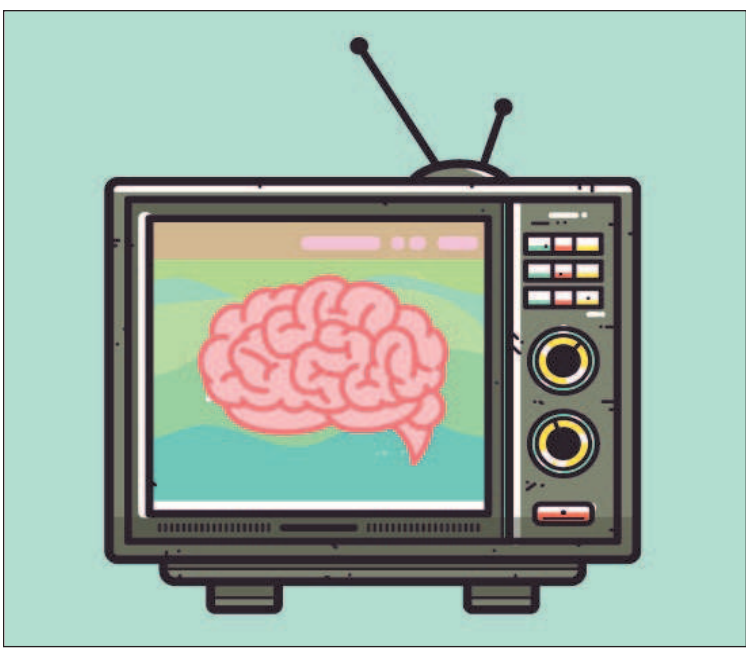
“A lot of times they go for the shock factor and we tend to see more of the extremes. Movies and television should not avoid the topic altogether, but a more realistic approach would be best,” Dent (senior-chemical engineering) said.

An example of a more grounded film which received acclaim for its mental health depictions is “Silver Linings Playbook.” Released in 2012, this feature tackles disorders like bipolar and depression in order to tell a romantic drama story.

Movies like “Silver Linings Playbook” can help bring attention to the kind of problems people face, as they witness characters in situations which viewers may be able to relate to.

Pranay Reddy, another student, pointed out the impact of these portrayals in entertainment.

“I feel it’s important to know how factual the info is on a disability,” Reddy (junior-biology) said.



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Television and movies have highlighted people who live with mental illness, but students think they could do better.

“For example, ADHD is widely stigmatized as a lazy condition for the general public. However, movies can portray that in a really impactful way to change a person’s opinion on it, or it could further facilitate or solidify the strong opinion that people have on ADHD.”

Mental health is a tricky subject to address, but many in the movie and television industry

have exploited, examined and shed light on the topic.

It’s still fairly rare for productions to take on problems society often chooses to push under the rug, however, which is why the ones that do in both positive and negative ways garner so much attention.

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A read into mental health

By Varshini Chellapilla
THE DAILY COLLEGIAN

Through the centuries, many works of literature have often dealt with themes of struggling with mental health. With some classics and some new viewpoints, here are five books that encompass various forms of mental illnesses in different ways.

“Every Last Word” by Tamara Ireland Stone

Samantha is one of the popular girls, with her “straightened hair and expertly applied makeup.” However, underneath it all, she stands out like a sore thumb. Samantha has purely-obsessional obsessive compulsive disorder, or primarily obsessional OCD, which is a lesser-known form of OCD that manifests in cognitive ritualizing behaviors. She spends her life second-guessing every word she says and every move she makes.

However, when she meets Caroline near her locker, she begins to feel more like herself than she ever felt with the mean girls.

While the book has been praised for its introduction to OCD, some people have said the book doesn’t do complete justice to the complexity of the disorder.

“Every Last Word” acts as a positive representation of OCD in a world where the word is often thrown around, rather than a complex analysis of it.

“The Bell Jar” by Sylvia Plath

If you haven’t read this book in high school already, now is the time to pick it up. “The Bell Jar” is a lauded classic and is considered an autobiography of Plath’s own experiences with, what may have been, clinical depression or bipolar II disorder.

Taking place in the early 50s, the novel follows Esther Greenwood, who is a brilliant girl working at a fashion magazine. However, Esther begins to feel lost as she struggles with her work and her personal life.

The book was published a month before Plath’s suicide and is packed with dark humor and horrifying truths. It is an intense look into depression and doesn’t shy away from any of the gritty details.

“Everything Here is Beautiful” by Mira T. Lee

Lee’s debut novel surrounds the love that two sisters share, a love that cannot be broken even when the two are miles apart. Lucia Bok is headstrong and impulsive who makes life-changing decisions on a whim. Her more responsible older sister, Miranda, acts as her protector.

When Lucia starts to hear voices in her head, she refuses to stop living her life. While doctors cannot agree on whether her illness is schizophrenia or bipolar disorder or somewhere along the

spectrum, Lucia leaves her husband, moves into a house with immigrants and gets pregnant. The novel spans decades and focuses on the two sisters trying to save Lucia. Lee attempts to erase the stigma that is attached to mental illnesses in society.

“A Kind of Mirraculus Paradise: A True Story About Schizophrenia” by Sandra Allen

In 2009, Sandra Allen received an autobiography, riddled with errors and in all caps, from their uncle Bob that claimed to be a true account of the life of someone “labeled a psychotic paranoid schizophrenic.” Before this, Allen had only known of Bob as the “crazy” uncle who spent his childhood in mental hospitals.

Over the course of several years, Allen pulls together the facts and narratives Bob had written with contextual evidence and their own stories of Bob.

Questioning society’s stigma towards schizophrenia and America’s mental healthcare system, Allen produces a work describing the personal and emotional experience of someone with schizophrenia who works to stabilize his life.

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Aabha Vora/Collegian

Social media can impact mental health and personal body image.

How social media is changing the game

By Nicole Rogosky
THE DAILY COLLEGIAN

Social media plays a huge part in modern everyday life.

Having accounts on multiple social media platforms such as Instagram, Twitter and Snapchat has become second nature for a lot of people, especially Penn State students.

Browsing through Instagram or Twitter feeds has integrated itself so much through our daily routines, and this generation spends a lot of time on social media.

Penn State student Madison Nuse uses Snapchat most often.

“I’m on social media like 75 percent of my time during the day,” Nuse (freshman-hospitality management) said.

Many other Penn State students feel as though they spend a lot of time on social media as well. Abi Higgins actually deleted her social media accounts because she felt the amount of time she spent on social media interfered with her productivity.

“I wasted so much time on social media,” Higgins (freshman-biobehavioral health) said. “I checked the total minutes spent on Instagram and

was not happy with the total number of minutes.”

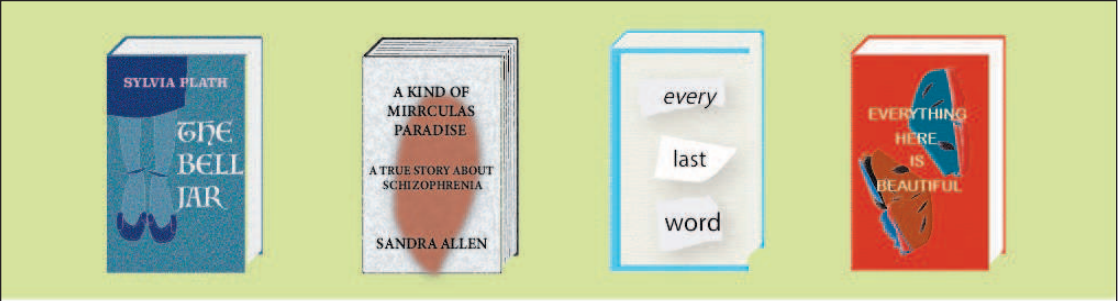
Because of the amount of time spent on social media, the platforms have an important influence on people’s thoughts and perceptions about other people and themselves. While posing for an Instagram post or thinking of a clever caption might be fun, its impact on mental health tends to be overlooked.

According to a Forbes article on social media influence on mental health, making comparisons about oneself to other people can lead to depression or depressive symptoms. Nuse agrees, particularly when it comes to seeing unattainable beauty standards.

“Social media has unrealistic beauty standards,” Nuse said. “I feel depressed when I constantly see what other people are doing and what other people look like I feel as though I lose my confidence.”

With the emergence of the “Instagram model,” a model who uses social media apps such as Instagram to promote their traditional modeling careers, people are starting to compare themselves to these models.

Visit collegian.psu.edu to read the full story.



Collegian Creative

A series of books from “The Bell Jar” to “Every Last Word” highlight struggles with mental illnesses.



When: **Oct. 20, 2018.**

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Where: **Mount Nittany Middle School**

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