A summer full of classes, work and socializing can be very stressful for students. Many turn to prescribed medication to help them deal with the pressure.

"We have the highest amount of students using prescription drugs," said Darci Nichols, assistant director of Wellness Counseling. Statistics show one in 10 students use prescription medication daily.

According to UPD Detective Brandon Schultz and Brookings Police Lt. Derrick Powers, the legalization of marijuana and other substances makes it appear to students that pressures are mounting, but it is time to make important choices instead. Choosing to go to class late results in a tardy, but choosing to use prescription drugs results in a much worse consequence.

"A lot of what's coming from the dorms now... it's the people coming back inside and the odor trails them," Schultz said. "It isn't lately, it's been some time that we've always dealt with," Powers said.

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Couch potato syndrome: balance in key when binge-watching, eating

IAN LACK Reporter

According to the South Dakota Department of Health (SDOH), numbers of reported cases of prevalent STDs have been on the rise in South Dakota.

“Chlamydia has always been at high numbers, and climbs a little each year. Over the last six to seven years, we’ve seen steady increases in gonorrhea,” said Amanda Gill, STD program manager for the DODH. “Syphilis is interesting for us right now, as we took a huge leap in 2014, and haven’t been able to get our numbers back down [since].”

The 2016 HIV cases are the most ever reported in one year in South Dakota, according to the Center of Disease Control (CDC). There are more than 30 types of STDs and infections reported in the world. The most prevalent within the U.S. is chlamydia with more than 1.5 million reported cases.

Tanya Thomsen, a Family Planning coordinator at the Wellness Center, said some students are unprepared for chlamydia. “The reason for that is chlamydia doesn’t usually show symptoms.” Thomsen said. “That’s why it’s confusing in getting a screening is so important; you can’t trust what you don’t know you have.”

Family Planning is a feder- al program that acts as a division of one of the student health clinic, offering services to students and non-students as part of the Wellness Center.

However, Tanya Swenson, a junior human-development and family-studies major, has worked as a student receptionist at Family Planning for almost a year. She believes there is an awkwardness among students when it comes to discussing the topic of STDs.

“The problem is that when students come in [to Family Planning],” said Swenson. “I think we should try to talk about [STD] screenings as more of a regular, healthy thing to do. If we’re more proactive about that, we’d be better at putting a stop to this spreading.”

In addition to providing health exams and patient screenings, the clinic also provides consultation to students on reproductive health issues, counseling services and referrals to other local resources.

Symptoms for STDs can begin to appear anywhere from two to four weeks after infection and can include itching, burning, pain or discomfort, unusual discharge or pain during sex. Though there can be negative effects of binge-watching on health, it doesn’t seem to be a significant issue, according to Swenson.

“I think it’s easier because that’s your norm,” said Davis. “But I think that’s part of the reason why Millennials binge-watching eats less, maybe, or binge-eats at the same time, and these issues do affect Millennials, overall binge-watching is not limited to Millennials, Davis said. That generation [Millenials] was definitely brought up in that environment, so it’s much easier because that’s your norm.”

“I don’t think it’s affecting other generations, too.”

The, according to Brown, it is hard to discern.

The problem, Brown said, is that binge-eats are not limited to Millennials, overall binge-watching is not limited to Millennials, Davis said. That generation [Millenials] was definitely brought up in that environment, so it’s much easier because that’s your norm,”

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The Wokini Initiative is meant as a source of funding for Native American students. Dunn said he sometimes gets frustrated when Native American students return the land taken from the United States Government and the Dakota and Lakota people. In 1887 that was taken away.”

The Wokini Initiative aimed at increasing retention, outreach to Native American students, and fundraising for collaborative research projects related to Native communities, preserve Dakota and Lakota language, and build a new, stand-alone American Indian Student Center. According to the proposal, by 2046, 4.31 percent of South Dakota’s, ages 25 to 64, had an advanced degree or higher, compared to 20.9 percent of the American Indian population.

“The Wokini Initiative is not just to me, it’s the whole community,” Dunn said. “I think we just want to add this that this is a safe campus and, fortunately, events like this don’t happen often. Everyone’s life is affected differently by things like this,” said Den Chalke, assistant director of the Student Center for Services and Safety. “We want to make sure that we encourage students to use counseling services as they’re needed.”

Hedge named SDSU provost

Dennis Hedge was named South Dakota State University’s first provost and vice president of Academic Affairs Feb. 23.

The decision comes after a six-month, nationwide search. Hedge served as the interim provost since May 2016. Hedge has been a proven leader who is respected by his peers, and he will elevate the university to another level in his role. It became clear during the search process that Dennis’ expertise and understanding of higher education in the region and the state will be a benefit to all of us at SDSU,” SDSU President Barry Dunn said.

Hedge, a native of Brown Hall,

Makenzie Hüber

Editor-in-Chief

Dennis Hedge served as co-chair of the university’s search committee for provost.

“Dennis Hedge served as co-chair of the university’s search committee for provost. He helped to plan national search for an outstanding scholar of Agriculture and Biological Sciences. Hedge will retire from the College of Agricultural and Environmental Sciences in June and he will oversee the college’s strategic planning and budgetary matters.”

Makenzie Hüber

Editor-in-Chief

The Collegian
The importance of legislators repealing Initiated Measure 22

BAYLEE DITTMAN
Guest Columnist

Many seem to be under the impression that South Dakota has a corruption problem. There is displeasure with South Dakota’s government. The ethics commission in IM-22 was fourth branch of government with unrestricted power. It was a group of people that had to answer to no one and could investigate anyone for any supposed reason. They could also allocate funds to whoever they choose, when ever — a responsibility constitutionally required of the Legislative Allocations Committee. They could even repeal laws according to section 40 of the measure. Hence the reasons IM-22 was unconstitutional. IM-22 was also unconstitutional because it allotted money for publicly funded campaigns. There isn’t enough money in the budget outlined in the measure to cover all active voters and, again, only Al-locations can make this action.

IM-22 would’ve made numero us legislators “de-facto criminals,” simply because legis lators, or their spouses, have other jobs. Our legislators get paid about $6,000 a session; we make just under $5,000 as an intern, so unless they’ve retired they all have other jobs. IM-22 stated in Section 31 that if you or a family member worked for a business that employs a lob byster, you were a felon. So, your wife’s a nurse at Avera? You’re a felon, because Avera employs a lobbyist. You’re a teacher? Felon. Our legislators don’t work for the money and couldn’t if they, or anyone in their family, has a job, according to IM-22. Legislators have already passed bills in the House and/or Senate that constitutionally meet the will of the people because they heard you, their constituents. They just wanted to do it the right and constitution al way. BAYLEE DITTMAN is a speech commun ications major and currently an intern at the South Dakota Legislative Research Council. She can be reached at bay lee.dittman@sdstate.edu.

JENNIFER McLAUGHLIN
Guest Columnist

Taking care of yourself can ben efit not only you, but also the world around you. Health is not often thought of when considering sustainability, however, the two can go hand-in-hand. Sustain ability practices improve health, and using healthy prac tices can improve sustainability. Let’s look at exercise as an example.

The Center for Disease Con trol (CDC) recommends exer cising as a means to stay healthy — both physically and mentally. Stop over at the Wellness Center any time of the day and you can spot people walking around the track, or pedaling speedi ly on a bike machine. It’s evident exercise is important to many on campus.

Now, think of all the time we spend sitting at a desk place to place. Not only does driving have a negative environ mental effect, but it can also minish our health — not just with the risk of a car acci den t. An article titled “Driving: A Road to Unhealthy Lifestyles and Poor Health Outcomes” by Ding and Gebeil et al., discusses how longer driving times can contribute to lack of sleep, obesi ty and stress.

Putting sustainability and health together, we can use ex exercise as a means of transporting. Not only are we ach eving the CDC’s recommended amount of exercise per week, but we are also contributing to a cleaner environment. Walking and biking produce less pollutants; a cleaner environment, in turn, helps reduce the frequency and severity of some health is sues, such as asthma.

While Brookings may not have the intense driving condi tions studied in the article, we can still be proactive in both im proving sustainability and our surrounding environment. Think of exercise this way: as we exercise as a means of transportation, not only are we improving ourselves but we are also positively contrib uting to a healthier environment for all.

Jennifer McLaughlin is the sustain ability specialist and can be reached at jennifer.mclaughlin@sdstate.edu.

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Alternative workouts to take the repetitious out of your repetitions

LIVREY MILES
Lifestyles Reporter

Traditional ways of working out, like treadmills or ellipticals, can be repetitive for some and intimidating for others. However, there are more exciting and unique options for working out that aren’t highlighted often.

Some alternative forms of exercise offered at SDSU include group fitness classes, swimming, cycling classes and the rock wall.

“Cycle classes are very different than running outside,” said Anjali Ranadive, Beachbody Live Master Trainer and instructor at the SDSU Wellness Center.

“You get music and the energy of a group. It’s a fun environment. Running on your own, you have to be very self-motivated and it’s less effective because it gets used to it. Because of that, she recommends cross training.

“So many people stick to the cardio machine when we have so much more to offer,” said Jaclyn Hinnick, a personal trainer at the Wellness Center and majoring in exercise science and health education.

“There’s nothing more satisfying than lifting weights you didn’t think you could or see yourself doing your body becomes less effective and it’s a lot easier to quit than if you’re in a cycling class. Ranadive said it’s important to mix up exercise routines. Doing the same workouts frequently leads to overuse, injury and your body becomes less effective because it gets used to it. Because of that, she recommends cross training.

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South Dakota public university students have found employment in many industries, but the top two industries that employed graduates in 2016 were at the top by a longshot. Health services was the top industry graduates found employed in, sitting at 31.9 percent, whereas educational services was the second highest industry at 19.6 percent and retail trade coming in third, at 9.3 percent.

Dean of the College of Nursing Nancy Fahrenwald and Dean of the College of Education and Human Sciences Jill Thorton provided insight on the topic, offering their thoughts as to why these industries were at the top.

Fahrenwald attributed it to the need for health service professionals.

"The Aging population needs health services and care options," Fahrenwald said.

In SDBOR projections of population growth, the number of people over 65 in the state that will be 65 or older will increase by 59.2 percent, with 20.9 percent of them needing for professions in the state to care for older generations.

"I feel that we are always in need of nurses and assistant in healthcare simply because people are living longer," Danielle Kramer, a senior nursing student at South Dakota State, said. "[T]here is a higher demand for both hospital care for chronically ill patients and then long-term facilities once they are no longer able to care for themselves at home."

Jobs offered in the healthcare industry not directly involved with patient care also play a role, according to Fahrenwald: Some examples are marketing, advertising and data personnel.

According to the SDBOR projections, because of the continuing rise in population, the need for educational services industries is on the rise as well.

"There is an excellent opportunity for students to major in education right now and find jobs in South Dakota," Thorton said.

The shortage of teachers within the state, increase in teacher pay and the amount of teachers sooner to retire have allowed for room for a lot of growth and employment within the industry.

"One of our opportunities and challenges is graduating teacher education candidates and keeping them in South Dakota," Thorton said.

That's one of our goals and our strategic initiatives are to make sure we have strong employment and an extra funds assisting this group. Sena targeted this budget, with the intent of the 2 budgets and acknowledging that the university could allocate these funds.

"The need for health service professions is on the rise as well. There is a higher demand for both the hospital care for chronically ill patients and then long-term facilities once they are no longer able to care for themselves at home," Kramer, a senior nursing student at South Dakota State, said.

\begin{itemize}
\item [1] President Dunn's Wokini Initiative
\item [2] President's Professor of the Year Program
\item [3] The line-up stands as follows:
\end{itemize}

\begin{itemize}
\item [1] One step toward better
decisions March 1.
\item [2] Get your cake and eat it too.
\item [3] Senate petitions were due in the Stu
dents' Association Office, Tuesday.
\end{itemize}

The SA election for president and vice president respectively, later decided not to run, according to Hinz.

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- Vice President Lane Speirs for pres- ident, and Programming and Public Re-
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- Sarah Hadley for president and Sen. Seth Gutz for vice president.
- President Ally Holms received the presidential nomination, with State and Local Government Chair Taylor Anleseht for her VP.

Senate petitions were due in the Stu-
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paigning season now begins.

The SA election for president and vice president was decided on March 13 in the Lewis and Clark room.

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paigning season now begins.
SDSU hopes for eighth trip to the NCAA Tournament

CALEB CHRISTENSEN
Sports Reporter

For the first time since the 2010-11 season, there is a reg-
ular season champion of the Summit League other than
South Dakota State or South Dakota. Western Illinois
ended the season winning eight of their last 10 games, to
claim the 2016-2017 regular season title.

Another impressive statistic about this year’s Summit League Tour-
ament is that the Jacks are going for their
seventh Summit League Tournament title in the last
eight years. The only other team to win in that stretch was USD in 2013-14, when they beat SDSU in the sec-
ond round, then later defeated Denver to win the title.

SDSU (12-4 in Summit) earned the No. 3 seed this
year, with pre-season Summit League Player of the Year
Mary Millner out for the season. That means they’ll take
on No. 6 seed Oral Roberts (7-9 in Summit) in the quar-
terfinals of the tournament.

The Jacks have to win three games in three days to
win the Summit and get a bid to the NCAA Tournament.
The road to the tournament starts 2:30 p.m. on Sunday,
at the Denney Sanford PREMIER Center in Sioux Falls.
Both times the teams met this season the Jacks came
away with victory margins of at least 20 points. It might
be easy to overlook a team like that, but SDSU head
coach Aaron Johnston isn’t thinking that way.

“It’s going to be a very different Oral Roberts team,”
Johnston said. “We beat them both times during the
day. Johnston has emphasized getting the ball within 10-
seconds of the basket, so we have to try to make that
a big part of our game.

If the Jacks duplicate their success against the Golden
Eagles, they will play at 2:30 p.m. Monday against the
winner of the 1UPU/USDNU game. SDSU swept USD in
the first round of the Summit League Tournament.

The quarterfinal and semifinal tournament games will
be played at 2:30 p.m. on Saturday and 7 p.m.
in the map one game at a time

ANDREW HOLTAN
Sports Editor

Something special is happening for Mike Daum this season.

Daum, a sophomore forward for the South Dakota State men’s basketball team, is not only get-
ing attention from people in the state of South Dakota, but across the
country.

On Feb. 18, he scored 33 points and had 15 rebounds against Fort Wayne. That was the highest amount of points scored in a single game by anyone in
NCAA Division I this season. It was also the second time in the last 20 years that a player had more than 50 points and 15 re-
bounds in a game.

That performance land-
ed him an interview on KS-
PU’s “SportsCenter” the next
day, which both Daum and head
teach T.J. Otzelberger said was
great for the program.

“It was crazy,” Daum said. “It’s great exposure for the program
and the school. For all the guys to be a part of — it’s just nice to get the
Summit out there.”

Otzelberger thinks the more
national exposure SDSU gets, the better.

“It allows us to kind of spread our wings further on a recruiting
front. It allows guys to know that they come here and achieve their goals, team-wise and individually,”
Otzelberger said. “So, huge credit to Mike and it’s an awe-
some thing for our program.”

Daum has averaged 27.8 points per game in the Summit League and has averaged 32.1 points per
game. No one in the Sum-
mit League has been able to top him, as he is first in the confer-
ence in total points, rebounds
and made free throws.

Daum finished the regular season averaging 24.9 points, 8.1 rebounds and shot 42 percent from the three-point line, making him the second player to aver-
age those numbers in the past 25 years.

Otzelberger, who is in his first year at SDSU, said he wasn’t
surprised by the season Daum is having after he saw he aver-
egaged 15.2 points in 20.1 minutes per game last season.

“We knew he was talented
and we’re just trying to get him into a position where he can let his

talent take over and he’s got
the freedom to use those abil-
ities, and he’s really stepped up,”
Otzelberger said.

With all the praise he’s got
this year, Daum isn’t worrying
about getting a big ego build-
ing and averages 11.5 points per
game in the Summit League Tournament.

“My teammates around me
do a great job facilitating, and it’s easier for me to play with them.
They’re the ones that do all the hard work for me and I just have
to shoot the ball,” Daum said.

One of those teammates is joi-
nor Reed Tellinghuisen, who
is second on the team in scor-
ing and averages 10.5 points per game. Tellinghuisen said it’s un-
believable to see Daum hard work in practice correlate with the
game.

“We have all our confidence
in him. When he shoots the ball, we know it’s going in. So we just
let him do his thing,” Tellinghuisen
said.

After his 30-point perfor-
mance against Fort Wayne,
Daum won multiple weekly
awards, including the Summit League Player of the Week and
College Sports Madness Mid-Ma-
tor Player of the Week. He was
also named to the NCAA All-
Week team.

With all the praise he’s got
ten in the past week, Daum isn’t
worried about getting a big ego build-
ing into the Summit League Tournament.

“I feel like that’s actually pre-
tty easy,” Daum said. “I just don’t let it get to me. The coaches and my
teammates do a good job of keeping me level-headed, be-
cause I know that there’s always someone better and there’s al-
ways someone working. So, I just
have to keep myself working hard, too.”

SDSU will take on Denver in the first round of the Summit League Tournament, 6 p.m.
Sunday at the Denver Sanford PRE-
MIER Center in Sioux Falls.

Mike Daum shoots during the game against Denver on Saturday, Feb. 25. The Jacks will play Denver again in the Summit League Tournament on Saturday at 6 p.m. at the Denver Sanford PREMIER Center in Sioux Falls.

Putting SDSU basketball on the map one game at a time

ABBY FULLENKAMP
The Collegian

Clarissa Ober goes for a lay-up against Fort Wayne on Feb. 25. The Jacks will take on Oral Roberts at 2:30 p.m. on March 5 in Sioux Falls.

Clara interviews Mike Daum after he scored 33 points and had 15 rebounds against Fort Wayne. Daum is 2nd in Division I in points per game this season. Daum is second in Division I in points per game this season.
The SDSU men's and women's tennis teams both fell to the University of Missouri Kansas City, Feb. 26 at the Kansas City Racquet Club. The men lost 4-0 and the women lost 4-1.

Junior Marco Paulo Castro was closest to getting a victory for the Jackrabbit men, losing 6-2, 5-7 and 7-6 (9-7). Senior Iasmin Rosa got the lone win for women with 7-6 (4), 6-3. Rosa won Summit League Player of the Week in the previous week.

The Jackrabbit softball team played in the Cardinal Classic, hosted by Lamar University, Feb. 24 through Feb. 26 in Beaumont, Texas. SDSU went 1-4 during the event, to drop to 2-4-1 on the season.

SDSU defeated Alabama A&M, 8-0, in six innings Feb. 26. Senior Ashlyn Bender was in the circle pitching and improved to 4-4 this season.

What's next: The Jackrabbits will be on a road trip to California March 5 through March 10. Both teams will play in the Cardinal Classic Feb. 24 through Feb. 26 in Beaumont, Texas. The women will play an extra match against California State, Northridge.

What's next: The Jacks will head to Clearwater, Florida March 6 through March 8. While there, SDSU will take on Western Michigan, Niagara, St. Bonaventure, Southern Illinois Edwardsville and La Salle.

The South Dakota State men's and women's track and field teams participated in the indoor Summit League Championship at the Sanford-Jackrabbit Athletic Complex. The men came in second place behind North Dakota State and the women came in third place.

Senior Joel Reichow won the Championship Track MVP after winning the mile run, winning the 5,000-meter run and earning third place in the 3,000-meter run. Freshman Bryant Courter won the Championship Field MVP and Newcomer of the Championship, after winning the long jump and finishing third in the triple jump.

Freshman Jaymie O'Connor broke the SDSU 60-meter hurdles record after finishing in 8.61 seconds. Two other school records were also broken during the championship. Freshman Oskana Covey broke her own school record in the 800-meter run after finishing in 2:09.31. The relay team, consisting of Rachael Dowell, Taela Patel, Korra McDougal and Oksana Covek broke the 4x400-meter school record set earlier in the season, after finishing in 3:34-5-4.

TRACK AND FIELD

The South Dakota State men’s and women’s tennis teams both fell to the University of Missouri Kansas City, Feb. 26 at the Kansas City Racquet Club. The men lost 4-0 and the women lost 4-1.

Senior Marco Paulo Castro was closest to getting a victory for the Jackrabbit men, losing 6-2, 5-7 and 7-6 (9-7). Senior Iasmin Rosa got the lone win for women with 7-6 (4), 6-3. Rosa won Summit League Player of the Week in the previous week.

What's next: The Jackrabbits will be on a road trip to California March 5 through March 10. Both teams will play in the Cardinal Classic Feb. 24 through Feb. 26 in Beaumont, Texas. The women will play an extra match against California State, Northridge.

What's next: The Jacks will head to Clearwater, Florida March 6 through March 8. While there, SDSU will take on Western Michigan, Niagara, St. Bonaventure, Southern Illinois Edwardsville and La Salle.

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Eating healthy in an all-you-can-eat world

EMILY DE WAARD
News Editor

For some, eating at a buffet is the equiv¬
alent of eating at an all-you-can-eat fast food. It is not necessarily conducive to healthy eating. Larsen Commons, although a buffet-style food establishment, is working toward serving students healthy, qual¬itatively different food.

When presented with a buffet, it may not always be easy to eat healthy when there are burgers made to order. The best way to combat this, according to wellness coordinator Mariah Weber, is to wake up early and prepare your own meals. Students who do it and it wakes you up in the morn¬ing founder of the SDSU Bike Club Mark McCann. "It's a good form of transporting and gets you ready for classes," McCann said.

Founding the SDSU Bike Club was Mark McCann. According to Weber, it's a matter of education. "I think it's a matter of educating consumers to make sound decisions."

Weber agrees with McCann. "I believe this was a smart move sustainability-wise. There was an evident volume of uncon¬sumed food with trays — getting rid of trays has helped cut down on food waste."

"Walking or biking to campus can do a lot for your health and environment. These prescription drugs are used only three or four times a semester. Any medication that affects dopamine in the brain can affect addic¬tion," McCann said.

"It’s just around. People see others doing it and it makes me feel. People need to realize that they’re doing is putting amphetamines on the market for several dollars."

"I don’t think people realize what they’re doing if you’re getting amphetamines in their bodies. You can actually buy a little hit of stimulants for five dollars."

"It will kind of turn you into some¬thing you’re not," McCann said. "I don’t know why people would want to deal with that when they don’t need it."

Additional effects of such drugs in¬clude irritability, anxiety and impulsiveness, especially if a student stops taking the drug, according to Jeremy Daniel, an assistant professor with the College of Pharmacy and Allied Health Profes¬sions.

"Getting students eating at Larson’s is critical to good recipe building," Wermedal said. "We needed to implement some program change at Larson’s to get [attendance] numbers up, which would allow us to do the kind of recipes we wanted to do for students."

"We’d like to give them a nutrition [choice] so that they want to be there. We want Larson’s to be a place for students to ex¬perience, relax and have a good, healthy meal."
# How to Cope: Stressing Out in College

## What Is Stressing Out?
- **Our Perspective:** Mental constipation. Procrastinating because you are stressed, and stressing out because you are procrastinating. Involuntary self abuse (your own hand smacking yourself in the face because your mind is mad at you).
- **Scientists’ Perspective:** The body’s reaction to a challenging situation. The reaction releases hormones, which results in the physical embodiment of stress. This then initiates the body’s “fight or flight” response.

## Symptoms

### Physical Signs
- Involuntary twitching or shaking
- Getting sick more often than normal
- Headaches
- Nausea
- Muscle aches
- Flushed skin
- Clenched teeth
- Unusual changes in weight

### Emotional Signs
- Less than normal patience
- Feelings of sadness and/or depression
- Feelings of being overwhelmed
- Restlessness
- Reduced desire for activities once enjoyed
- Irritability
- Sense of isolation
- More frequent or extreme pessimistic attitude

### Behavioral Signs
- New or increased use of drugs
- Nail biting
- Delay to complete everyday responsibilities
- Significant change in work performance
- Unusual desire for social isolation
- Frequent lying
- Trouble getting along with peers, coworkers
- Change in sleeping and eating habits
- Side effects of medications
- Impaired concentration
- Trouble remembering things
- Impaired speech (mumbling or stuttering)

## How Many College Students Have Been Diagnosed with Depression, Anxiety or Other Mental Health Conditions

13% of college students have been diagnosed with depression, anxiety or other mental health conditions.

## Ways to Manage Stress and Reduce Test Anxiety

1. Study as much as you can.
2. Try to mimic test conditions.
3. Go for a walk.
4. Squeeze a stress ball.
5. Learn to study more efficiently.
6. Watch your diet.
7. Get enough sleep.
8. Exercise regularly.
9. Make sure you have plenty of time to study.

80% of college students sometimes or often feel stressed.

Life is beautiful. Take a breath, and take it easy.


**Campus Resources:**
- SDSU Counseling Services - (605) 688-6146
- SDSU Nutrition Services - (605) 697-9355

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### Low Student Pricing

Trade in your old devices for student financing available

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