

Students solicit for University

Truman uses students in certain campus positions to recruit and fundraise

Alicia Collins
Staff Reporter

Campus jobs bring past, present and potential students together.

With the help of Tel-Alumni and student ambassadors, students are tied to their alma mater even before they choose to attend Truman.

Tel-Alumni, a fundraising program that runs out of the Office of Advancement, employs students for a few reasons, said Brad Neathery, the annual fund officer.

"We have such a large alumni base that it was decided that the best way to reach all of those alumni would be through students calling," he said.

Not only are students more readily available to reach the alumni than people from outside the University, but it also creates a personal relationship between alumni and students, Neathery said.

"Alumni are more eager to talk to students as opposed to outsiders because they share a connection with the students because they were there at one time," he said. "So they are more likely to respond to them."

While using students for this job is effective for the program, students benefit as well, Neathery said.

"It's very good to put on a résumé

because you are talking to alumni and getting more experience than you would in some of the other jobs offered through the University," he said. "I think the combination of the work experience and the atmosphere we create makes it a popular choice."

Junior Becky Hadley, a student worker for the past two semesters, said the work environment is relaxed, which makes the job even more enjoyable for students.

"We get points for every pledge we get, and we can win prizes and things at the end of the semester," she said. "It's just really rewarding, and we get a lot out of it."

Hadley said she thinks it is a great job for students.

"It just sounded like a great opportunity," she said. "And I am a communication major, so it's good because I get to talk to a lot of people on the phone and am reaching alumni at the same time."

Students prove a more effective means of contact between the University and alumni, Hadley said.

"Alumni were students once, and I just think it would be weird if we had the people in the advancement office calling because maybe they weren't even students here," she said. "We can call and be like, 'We're students here now, and here's what's different, and I can tell you what's going on now with these classes and these organizations.'"

Students also can benefit from advice from the alumni, Hadley said.

"I get to talk to some alumni who



Chris Waller/Index

Brad Neathery of the Advancement Office works at his desk Wednesday morning. This office runs Tel-Alumni, a fundraising program that employs students to call alumni for donations. The University also uses students as ambassadors for prospective newcomers to help meet yearly recruiting quotas.

maybe majored in the same thing I am, and I can find out where they're working, what they're doing, and I've had alumni before tell me what classes to take or not to take, things like that," she said.

Although she only spends about five minutes on the phone with each alumnus, the connection is still there, she said.

Hadley also is a student ambassador, so she is involved with new students as well.

"It's kind of cool to talk to the students who are just coming in and ask them what drew them to Truman and then on the opposite hand, talking to alumni so it all kind of intertwines," she said.

Student ambassador junior Cory Kessler gives tours to prospective stu-

ties at the University," he said.

"We, as students, currently pay 48 percent of the University costs," he said. "Therefore, the fewer students we have, the larger dollar amount we will have to pay as individuals. We need to meet our recruiting quotas each year, and being a student ambassador is the one way in which I can help achieve this."

The admissions office has current students give these tours because they tend to relate to the prospective students and their families in a different way than faculty and staff members can, Kessler said.

"They usually meet with a faculty member from their intended major and an admissions counselor, so seeing a student on the tour rounds out their experience with all of the important par-

ties at the University," he said.

Kessler said he is pleased overall with his role as a student ambassador, but there is a negative aspect to the University using students for this job.

"Oftentimes ambassadors do not have all of the answers to the questions of the families, but I feel that through my work with Student Senate I am more well-informed than most students about University issues, but many ambassadors are not," he said.

As it currently stands student ambassadors can have a completely open and honest stance with the families because they are not accountable to anyone, Kessler said.

"We are getting a unique opportunity to attend a liberal arts university, and I want everyone to be able to see this opportunity they may have," he said.

Cold, sleep and stress might cause seasonal depression

Winter and finals leave students susceptible to seasonal sadness

Sara Miller
for the Index

Snow and low temperatures can make students more than just cold – they can negatively affect their states of mind.

"I notice at times when there's no sun, I get really sad or depressed," freshman Kelly Koerner said.

People seem to be affected more by the weather during the winter months, she said. This behavior might be characteristic of seasonal affective disorder.

"Some people have major depressive episodes that occur exclusively in the winter months," said Jeffrey Vittengl, assistant professor of psychology with a doctorate in clinical psychology. "When a depressive disorder follows a seasonal pattern, then it's seasonal affective disorder."

Vittengl said duration is one criterion for distinguishing a major depressive episode

from an everyday feeling of the blues.

"People who have a major depressive episode feel depressed most of the day, every day, for two weeks or more," he said.

Other symptoms include a loss of interest in previously enjoyed activities, such as eating, exercising, socializing or sex, Vittengl said. Some people also might have sleep disturbances, weight loss and suicidal thoughts, he said.

"People have changes in cognition, so they tend to view themselves pretty negatively," he said. "They think they're terrible people in a terrible world, and things will never get better."

Vittengl said students should be aware of changes in their mood and how they affect their behavior.

"If people find themselves having a really negative, pessimistic mood, a loss of energy, enjoyment, and it's causing problems for them, that's the sort of thing people should be aware of, and they should be aware of things they can do about it," he said.

Freshman Sarah Dalton said she recommends students try to keep their routines the same as they do during the summer months to prevent seasonal affective disorder.

"I would recommend not sleeping all day and still trying to keep up on exercising," she said. "Try to take advantage of the hours of the day that are light."

Brian Krylowicz, director of University Counseling Services and licensed psychologist, said that last year, 11.1 percent of the 1,126 students who participated in a health survey indicated they have experienced some form of seasonal affective disorder.

He said official diagnosis of the disorder is relatively rare, but changes in the environment can impact the way students think and behave.

"People may not meet the clinical standards of [seasonal affective disorder], but I think mood is impacted by changes in weather and changes in sunlight patterns," Krylowicz said.

Certain aspects of college life also can influence students' moods this time of year, he said.

"When it gets to be the coldest, grayest, most difficult time, also we have finals," Krylowicz said. "So you add in another component of stress."

He said students often visit

How to: combat seasonal affective disorder

- Exercise regularly
- Don't procrastinate more than usual
- Reduce stress
- Eat balanced meals
- Spend as much time as possible in natural sunlight
- Be aware of personal reactions to seasonal changes
- Socialize

Source: University Counseling Services

counseling services during November and December because this is a natural time for students' stress levels to rise.

"People come in this time of year a lot of times because the trueness of their academic situation is becoming overwhelming," Krylowicz said.

When it gets colder, students also confine themselves to their rooms more and don't socialize as much, he said, which can enhance the negative effects of seasonal changes.

The No. 1 thing students can do to prevent seasonal affective disorder is to spend as much time as possible outside in natu-

ral sunlight, he said.

"I'm not talking about walk from one building to the other, and I'm not talking about get in a bikini and go try to sunbathe," he said. "It's being around sunlight. Get outside when you can."

He said he also recommends students focus on being balanced in life. Students need to make sure they are eating, sleeping and exercising properly, he said.

Finally, don't increase your stress level unnecessarily, he said.

"If you have things to do, get them done," Krylowicz said. "Don't procrastinate."

One of counseling services' roles is to help students cope with stress, he said.

"Stress causes people to sometimes not behave at their highest potential," Krylowicz said. "Part of our job is to be an assistance to make sure that people are able to succeed at Truman."

Above all, students need to pay attention to their own thoughts and behaviors to prevent seasonal affective disorder, he said.

"Be aware of yourself," Krylowicz said. "If you know that the season change impacts you, don't be a victim."

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