Hey Tigers! During the month of October, specifically on the 6th National Depression Screening Day is recognized. On this day, an emphasis is placed on the importance of being screened for depression. The University Counseling Center will host screenings on October 6, 2022 from 10:00AM- 3:00PM.

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest in daily activities. Some symptoms of depression include the following: hopelessness, loss of interest in enjoyable activities, sadness, lack of energy, lack of motivation, and suicidal thoughts.

Here in the UCC we want to ensure that you are supported. We encourage you all to reach out to us if necessary. It's okay to not feel like yourself. Resources and support are available for your convenience.

Good luck on midterms!
by Crystal Taylor, MS, LPC

FALL IS HERE! A season of cozy sweaters, boots, bonfires, Homecoming, (Go Tigers!!), and Thanksgiving. What also comes with Fall, around this time are midterms. That means test, test, and more tests and an equal amount of stress. So, let me help you out with some tips you can use to manage test anxiety and stress.

1. Prepare
   - Review materials discussed/shared in class, online, lecture notes, and chapters in the course book
   - Participate in study groups
   - Discuss topics/assignments that are unclear with your professors

2. Eat healthy and sleep well
   - Eating healthy meals will give you the nutrition you need to focus. Healthy foods and drinking plenty of water help to boost energy levels and reduce stress!!!
   - Make sure you get at least 8 hours of sleep each night, especially during exam week. try to have a 30-minute to an hour “wind down” session before laying in bed. You can listen to music, write in a journal, meditate, etc. This will help ensure your body is rested enough to help you get good sleep.

3. BREAK! BREAK! BREAK!
   - Just as you block time off to study, block time off to take breaks in between studying.
   - Go for a walk, talk to a friend, watch your favorite tv show, read a book, or meditate, as a few suggestions.

4. Night Before Prep
   - Pack all necessary materials in a backpack, for the test.
   - Pack snacks or lunch if needed.
   - Get at least 6-9 hours of rest.

DAY OF TEST
Review, not study, review test information
Remember “You got this, you’ve studied the best you could”

“YOU CAN. YOU WILL. AND YOU ARE CAPABLE”
Connect with us!

@tsu_ucc

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Good luck with midterms!