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Your guide to 2003-2004 Arizona hoops
SECTION B



ARIZONA DAILY WILDCAT

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The University of Arizona, Tucson

UA students struggle with depression

By Elizabeth Thompson
CONTRIBUTING WRITER

For most UA students, re-adjusting to school life after summer break can be a difficult task.

Come October, some students' stress levels go up and plateau until the semester's end with classes requiring back-to-back presentations, papers and tests.

During November, Residence Life sends out bulletins warning hall directors and resident assistants to watch out for depression and anxiety.

Studio arts freshman Graham Wichman said that he often feels bombarded by schoolwork and as a newcomer to the UA, adjusting to college life hasn't always been easy.

"Teachers expect a lot. If you have four or five classes, your workload can be overwhelming," Wichman said. "Lately I feel like I'm doing something every second of the day."

But Wichman said he does not feel like he's the only student who struggles.

"I'm sure there's a large percentage of students here that are dealing with depression right now," Wichman said.

With the suicide of a freshman in Sierra Residence Hall last week, and a recent flare-up of suicides on college campuses around the country, the anxiety of college life and its effects on students' mental health have come under scrutiny.

New York University saw three student suicides in the first two months of the fall semester.

According to statistics provided by the National Alliance for the Mentally Ill, a mental health advocacy organization, over 1,000 American students between the ages of 18 and 24 commit suicide every year.

Suicide now ranks as the third leading cause of death among college students, the organization reports.

Mirian Binder, a clinical psychologist for Counseling and Psychological Services, isn't sure that depression has increased significantly solely among college students.

She said that she believes in general, levels of depression have risen in society.

"There's no doubt that we've seen an increase in people presenting depression in the last 15 years," Binder said.

Binder also said that it's important not to generalize depression and to understand the different levels of severity involved.

"Depression runs on a very big continuum," Binder said.

While some forms of depression might simply leave a person feeling overwhelmed or sad, other forms might leave a person seeing life as totally futile.

"Depression is not a homogenous entity," Binder said.

Warning Signs

Worried you or someone you know might be depressed?

Do you or they:

- ▶ Complain of having trouble falling asleep, staying asleep or getting up?
- ▶ Complain of appetite problems?
- ▶ Are restless or more irritable?
- ▶ Want to be alone most of the time?

For more signs, go online to

wildcat.arizona.edu

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Likins: ratings 'skewed'

Says reports favor private universities

By Greg Holt
STAFF WRITER

Presidents of Arizona's three state universities spent much of yesterday's Arizona Board of Regents meeting pointing out flaws

in college rankings produced by U.S. News and World Report and justifying their relatively low positions therein.

The report ranked the UA 99th out of national universities and 48th out of national public universities in the overall quality of education.

UA President Peter Likins said the low rankings had to do with the report's bias towards private

universities.

"The (U.S. News) methodology now is very heavily skewed toward private universities," Likins said, adding that the top 20 universities on the U.S. News list are all private.

He pointed to a report by the Association of American Universities, which ranks the UA 13th among national public universities and 29th overall.

The AAU includes the

top 60 American research universities.

Likins said a number of categories measured by the report, including freshman retention rate, graduation rate, freshman SAT scores, and alumni giving rates, ruined the university's ranking.

"Some of the metrics used in the ranking gave us a disastrously low rating,"

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DAVID HARDEN/Arizona Daily Wildcat
Graduate assistant Amy Hamilton calls for the other 50 graduate students to stand up while she addresses the Arizona Board of Regents yesterday. Hamilton expressed her concern for rising tuition and the lack of tuition waivers for graduate assistants.

Grad students want waivers

By Andrea Kelly
STAFF WRITER

More than 100 attendees of yesterday's Arizona Board of Regents meeting dressed in red, in an attempt to show solidarity for efforts to save the School of Planning and give tuition waivers to graduate students.

Students and faculty from the School of Planning, some of whom attended the last regents' meeting in Phoenix, in September, sported the phrase "Save the School of Planning" on their red shirts.

Graduate students were there to request a full tuition waiver for the upcoming year.

Members of the School of Planning

also brought people from the community to speak on the behalf of the program, which is slated for elimination as part of Focused Excellence.

Republican City Council member Kathleen Dunbar said the students in the planning program will continue to have a positive impact on the community if saved.

"Rio Nuevo is the perfect opportunity for students of planning," Dunbar said, referring to the revitalization project in downtown Tucson.

Sara Moore, the former director of the American Planning Association, said the potential elimination of the school is one of the "top five threats to professional planning."

She said Tucson can utilize planning graduates, since they are already familiar with the community.

"We need this program," Moore said.

The graduate students, who also attended in red, used examples of their own hardships to highlight the need for tuition waivers.

Jani Radebaugh, the president of the Graduate and Professional Student Council, told the regents that students who come to the UA for graduate programs are generally surprised by the tuition fees.

Radebaugh said that these fees could affect some students' decision to come to the UA.

Sami Sansevere, a graduate student in the English department, brought a copy of her paycheck and told the regents that, though her mother

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