iTunes U

How to get iTunes U for CWU Counseling:

1) Open iTunes
2) Search for CWU Counseling Clinic

- OR -
1) Visit http://elems.apple.com/WebObjects/Core.wso/Browse/cwu.edu
2) Look for the CWU Counseling icon under “Items of Special Interest”

Director’s Statement:

~ Randy Robinette

As we begin a new academic year, I want to assure students that the clinic remains committed to providing quality and value for their healthcare dollar. We will be offering free flu immunizations again this fall (watch for campus announcements for times and places). Our clinic hours remain Monday–Friday 8:00 a.m. to 5:00 p.m. If there are after-hours emergencies, requiring immediate medical care, students should go to the local emergency room at Kittitas Valley Community Hospital (located south of the university on Chestnut Street) or call 911.

The clinic conducted a study of no show appointments last year. We found that nine percent of medical appointments resulted in the student neither showing up nor cancelling their appointment — that was 993 unutilized appointment slots. Furthermore, 45% of the appointments were for the same day or next day! As a result of the study, we are looking into an automated appointment reminder system to see if automated reminders lessen the no show rate. If automated appointment reminders do not work we will consider a no show fee as a last resort. For students, it’s important to keep in mind that for each no show, another student in need of an appointment could have been seen.

The clinic has also undergone three quality reviews of its services; for our clinical laboratory services, our clinical laboratory, and our integrated healthcare services (that is, medical and behavioral health services). These site visits are designed to make sure we provide quality services to the students. Our clinical laboratory site visit found that our site meets Washington state guidelines as outlined by statute. We are awaiting the final results from the American Psychological Association and the Accreditation Association for Ambulatory Health Care but preliminary feedback was favorable. Thus, students can be assured, by outside agencies, that they are receiving quality care that meet or exceed objective standards.
**ENERGY BALANCE**

Many people expect that their university education will only happen in the classroom. However, there is much learning about yourself, life, other people, and how to navigate the complex and diverse world that happens outside of the classroom. With the multitude of the most unexpected places of learning is in the residence halls. Living in residence halls with people you know well – but that is not always the case. And certainly, living in the residence halls often means initially living with a complete stranger.

Roommate relationships can be challenging in and of themselves. What time is “lights out”? Who cleans the drawers in dorm rooms. We suggest that you bring a lockable drawer to your room. University housing does not provide locked drawers. It is illegal to take these things out, but it is not always the case.

When you are in residence halls often be asked, “Can I uncomfortable with my roommates’ values/beliefs or a particular behavior?” If the answer is values or beliefs, that’s not something it is fair to ask your roommate to change. That is your issue.

4) When you are uncomfortable with something, stop and ask yourself, “Am I uncomfortable with my roommates’ values/beliefs or a particular behavior?” If the answer is values or beliefs, that’s not something it is fair to ask your roommate to change. That is your issue.

5) However, it is perfectly reasonable to talk about behaviors that bother you. Just make sure that the behavior is actually affecting you in your living or learning environment. For example, if your roommate has a habit of playing loud music while you are trying to study, then it is a behavior that affects you and it is OK to ask for a change in behavior. However, if it is a value difference but your roommate does not express this value in your shared space, then it is OK to talk about your differences in values, but not to expect your roommate to change. On the flip side, it is not OK for your roommate to expect you to change your values either.

6) When you do sit down to talk, be sure to open to being listen to your roommate, curious about their perspective, and and for specific ideas (if necessary). Talk from your viewpoint, experience, values and beliefs – and own them as such. Avoid blaming your roommate but talk about your own needs. Remember, each encounter is a chance is a chance to learn and grow.

Finally, remember that the world is filled with an endless variety of people. If we were all the same, life would be very boring. It is OK – even good – for people to be different. It is important to remember that we have different values and that's OK. Avoid saying things about your roommate. If you move away from these words, the details will get lost.

**WORK HARD, PLAY HARD, RELAX WELL**

You chose to come to CWU to pursue an education, but preparing academically for your future is not all that attending CWU is about. It is also about getting the life experiences that are going to make you a happy, healthy, and fulfilled person. University education is a large part of that, many of us cannot focus on academics without personal people you know in your everyday life. When you have shown us this, it is that to be successful, a balance must be struck. Happiness and success are not about excelling in one area of our life at the expense of other important areas. It is about balancing important lifestyle behaviors such as focus time, relaxation, and play time. Putting too much of your energy in one of these areas at the expense of one or two of the others will cause all of them to suffer.

**WEIGHT CONTROL: ENERGY BALANCE**

Bringing Medications to School

There are many students at CWU who are taking medications regularly. There are a couple of things that we want to discuss in doing so here at CWU. If your medication from home you will need a safe place to store them. Many medications are desirable by others, and may be stolen. Students may also be asked to store their medications with someone else, which is illegal. It is a serious crime to share your medications with someone else, more so if the medication is a class 2 controlled drug. Medications that are in this class of controlled drugs would include stimulants (Amphetamine, Adderall). You are responsible for their safe keeping. If you find that your medications have been stolen, it is your responsibility report it to the police. University housing does not provide locked drawers in the residence halls. We suggest that you bring a lockable drawer to your room.

If you are taking medications regularly and it is inconvenient for you to receive refills from your own doctor, you may contact the Medical and Counseling Clinic. Your records need to be transferred to the clinic before the clinic can prescribe your medications.

**Calorie Basics**

Calories are units of energy that are needed to fuel CWU. You need calories... For weight control however, it is the bottom line that is most important - the ratio of total calories consumed to calories burned (calories in vs. calories out) regardless of which source they originated from.

**The Weight Loss Equation**

One pound of body fat is equivalent to 3500 calories, so you must create a calorie deficit of this amount to lose one pound. This can be achieved by reducing your energy use or increasing physical activity, but ideally a combination of both. In order to lose one pound in a week, for example, we would need a calorie deficit of 500 per day. We could do this by decreasing calories intake by 250 calories per day (replacing that bag of chips with baby carrots) and burning an additional 250 calories each day (jogging for about 25 minutes).

**Your Caloric Needs**

Your individual energy needs are basically determined by three things: your age, sex, basal metabolic rate, body composition, and level of physical activity. The Acceptable Macronutrient Distribution Range (AMDR) is a set of guidelines recommending that adults get about 45-65% of their total calories from carbohydrate, 20-35% of calories from fat, and about 10-35% from protein.

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**The Bottom Line**

While calories in and calories out is the fundamental concept for weight control, food choice is an important factor because all calories are not created equal. Calories that are high in water and fiber content will help keep you satisfied while providing plenty of nutrients for a low calorie choice. On the other hand, foods that are high in refined sugar (such as sweets and white bread) are low in fiber but high in (empty) calories. To maintain a healthy diet, focus on consuming a wide variety of high-fiber, low calorie foods as well as achieving a healthy energy balance. Start off by making small dietary changes and remember that a slow and steady approach to weight loss is the key to long-term success.

**Peer Nutrition**

Peer Nutrition education/counseling is provided to CWU students by advanced CWU nutrition students. To make an appointment, request an appointment through the Student Medical and Counseling Clinic or fill out a self-referral form at the Student Union Recreation Center.