

Got a Question for Student Counseling? Fire Away.

Q: I have a professor who makes racist and sexist comments, and as an international student and a woman, I'm deeply offended. No one else in class says anything about it, so I guess I need to confront him, but I'm afraid of his reaction, and I can't afford to fail. I just dread going to class, and then when I go, I get so furious, I just want to storm out. What should I do?

A: What a horrible situation! If you don't say something, you'll continue to be subjected to his humiliating comments and your own helpless fury. And if you do say something—whether in front of the class or privately—you risk retaliation. Talk about a lose-lose situation! No wonder you're so angry.

It is one thing to confront a friend or acquaintance who is spouting racist or sexist drivel, but it is quite another to go head to head with someone who has the ability to block your access to future opportunities. You shouldn't have to be facing something like this alone, and fortunately, you don't have to. NSU doesn't tolerate discrimination, so if you let the right people know about the sorts of things your professor is saying, your concerns will be taken seriously. You can talk to your school's academic dean, associate dean, or student affairs representative, or you can go directly to Dr. Gay Holliday, the Associate Dean of Student Affairs (954-262-7280).

Worried that he'll find out who reported him? At your request, Student Affairs will protect your identity, or you can make your report anonymously. More information can be found in the student handbook, available online at <http://www.nova.edu/cwis/studentaffairs/forms/ustudenthandbook.pdf>

If you want some help in dealing with the situation, give us a call: 954-262-7050. We'd be delighted to work with you.

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).

Got a Question for Student Counseling? Fire Away.

Q: Last weekend I was partying with my best friend and her boyfriend, and they started making out in front of me. I'm not sure how it happened, but I ended up joining them, and although I never thought I would try anything like that, I did, and we had a threesome. I'm sort of confused by it all, but I do know that I don't want what happened to change things with my friend. When I saw her the next day, it felt a little weird—kind of awkward. What do you think I should do?

A: Having sex with someone for the first time will always change the relationship between you, so it makes sense that things would feel awkward until you figure out what those changes are and what they mean to both of you. And then you have the added complexity of having surprised yourself at participating in a threesome. When you do something out of character or outside your comfort zone, lots of questions start swirling around in your head—questions about who you are, who you're attracted to, how you make choices, how you're feeling about what happened, and how free you feel to continue in this new direction or to go in a different one. No wonder you're confused!

Part of the awkwardness with your friend may also have to do with your and her relationship with her boyfriend. Intimate relationships among three people—whether or not sex is involved—can quickly become complicated and, if they are to survive and thrive, they require lots of straight talking and excellent listening.

As I read your question, a few questions started swirling in my head, too. Since you weren't expecting the threesome to happen, were you prepared to practice safer sex? Did you have condoms with you? Did you make sure the boyfriend put one on? When sex happens spontaneously, it can be difficult to interrupt the passion with an appeal to safety, but then again, there's nothing sexy about an STD or unwanted pregnancy.

We give away free condoms in our office in Student Counseling (and elsewhere on campus). Feel free to drop in anytime to grab a handful, and if you want some help sorting through your questions, make an appointment (954-262-7050) to come in and see one of us.

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).

Got a Question for Student Counseling? Fire Away.

Q: I have trouble falling asleep most nights. I can be totally exhausted, but then my head hits the pillow, and my mind starts racing, and I'm wide awake. After tossing and turning for a long, long time, I'll finally drift off for 4 or 5 hours, but the sleep isn't deep enough or long enough for me to feel rested. I'm sleepier in my classes than I am in my bed. Any suggestions? Should I take meds?

A: Have you seen your primary care physician, yet? Given the stress of studying, writing, taking exams, and just dealing with life, your difficulty in falling asleep is probably a result of your active involvement in school, but you might want your doctor to rule out any medical conditions that could be causing or contributing to your sleeplessness. He or she (or our psychiatrist in Student Counseling) could also talk to you about the option of taking medication to help interrupt the cycle of sleeplessness. If everything checks out medically and you'd prefer to fall asleep naturally (a good skill to learn!), try the following strategies and/or come in to get some more focused help from one of our counselors (call 954-262-7050).

As you've discovered, you can't *make* yourself go to sleep. If you squeeze your eyes shut and order yourself to quit thinking, you'll only wake up more. But you *can* do a lot to create the *conditions* for sleep, to *invite* sleep. Protect your bed as a place for sleep and sex (not necessarily in that order), relegating studying and bill paying and other left-brain activities to your desk. Steer clear of caffeine in the evening (or, better yet, altogether), and avoid using alcohol as a sedative—it interrupts your sleep cycle as it is metabolized throughout the night. And make sure it is dark in your bedroom—artificial light can also disrupt sleep patterns.

When you crawl into bed, keep your eyes open until they get the idea to close on their own. As you lie there, allow yourself to tune into whatever you're experiencing, and narrate what you notice, timing this naming process to your exhalations. With every breath out, name whatever you're most aware of at the moment: "Test tomorrow . . . so wired . . . the hum of the air conditioner. . . legs twitching . . . racing thoughts . . . somebody's voice in the hall. . . breathing . . . crick in my neck . . . pillow comfortable . . . taste of toothpaste . . . shoulders relaxing . . . etc." Goodnight.

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).

Got a Question for Student Counseling? Fire Away.

Q: I moved here last year from a small village in another country. When I first arrived, I felt depressed and did not feel I belonged. I thought I wanted to study and maybe even make a life here in the United States, but I think my language makes me at a disadvantage. Sometimes I just want to give up and go home. This is too hard.

A: Moving to a new place, particularly a new country, can be unimaginably stressful. How could you not feel overwhelmed and disoriented? You're cut off from your family and friends, and you're having to take classes in a language you're still not completely comfortable speaking. No one could have prepared you for this, right? Everything is new, you can't get food that tastes even remotely familiar, and you've gone from living in a village to living in an urban center that stretches from Miami to Palm Beach. No wonder you sometimes think of going home!

How did you get the guts to come here? When you look back in 10 or 20 years, you will realize that making such a profound change was a major step in discovering who you are and all you're capable of accomplishing. Can the courage you used to make the leap in coming to NSU help sustain you through times of discouragement?

By keeping open the possibility of going back home, you may find it easier to choose to stay and discover what's possible here. Are the people in your family and village cheering you on or urging you to return? Either way, it can be difficult to talk with them about how hard it is here (and also, when it happens, how wonderful it is). Until you make some close friends (and as a way of finding some), try calling Student Activities and Leadership (954-262-7290). They can get you hooked up with the NSU International Student Association and various student cultural organizations. There's also a graduate assistant specifically for international students who will be delighted to help: Shruti Salghur (954-262-8459; salghur@nsu.nova.edu). The Office of International Students (954-262-7241; intl@nsu.nova.edu) can help you navigate bureaucratic tangles, and Rec and Wellness (954-262-7301) can help you get involved in intramural sports and other activities. And last but not least, the staff at Student Counseling (954-262-7050), can help you through the tough times.

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).

Got a Question for Student Counseling? Fire Away.

Q: My lover is so jealous. If he thinks I'm even looking at another guy, he gets furious and accuses me of being unfaithful. I don't know what else to do—I've told him a million times that I'm not cheating, I've quit hanging out with guys who are just friends, and I don't even go out with my girlfriends anymore. The other day he grabbed my cell phone to check the call log, and when I tried to get it back from him, he said I was trying to hide something. But I wasn't! How do I convince him to trust me?

A: I'm not sure you can, short of handcuffing yourself to him. But even then, he would probably start worrying that you were daydreaming about other men—cheating on him in your imagination.

When a lover starts feeling jealous, it's always a great idea to ask yourself, "Am I doing something to contribute to the jealousy? Anything I should consider changing? Should I stop meeting my ex-lover for coffee? Should I quit going to bars alone? Should I stop talking so much with my current lover about how much I miss my ex-lover?" But if you're doing triple back flips to try to convince someone that you're trustworthy, including cutting yourself off from friends, it's time to ask some new questions: "What's up with my lover?" and "How can we change our relationship so we don't have to continue to live this way?"

We see couples at Student Counseling. I suggest you talk to your lover about the two of you making an appointment, and if he agrees, give us a call (954-262-7050). If he refuses, you're welcome to come by yourself—once you've checked us out, he might change his mind. If not, we can also supply referrals to therapists in the community.

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).

Got a Question for Student Counseling? Fire Away.

Q: Recently I started dieting, and I've already succeeded at losing 15 pounds. Finally I'm starting to look a little better, which I guess is making my friends jealous, because they're telling me that I'm getting too skinny and that I need to stop losing weight. When I go out with them, they almost shove food down my throat. How do I get them to lay off? Isn't it *my* decision whether to eat or not? Maybe I just need to find different friends.

A: If you've started eating in a healthy, balanced way, and your weight loss is a result of this change, along with an appropriate increase in exercise, then it could be that your friends simply can't handle your success at approaching your ideal weight. If the connection among you has depended on ongoing overindulgence, then they might very well feel betrayed by your taking off in a different direction. If that's the case, then at least some of the friendships may not survive your new commitment to a healthy body.

But there's another possibility worth considering. You said that you've lost 15 pounds in a short amount of time, and your friends are voicing their concerns. That's what friends are for sometimes, right? To tell us stuff we don't really want to hear? Did you lose the weight in a healthy way? Would your friends say you were exercising enough? Too much? What and how much *are* you eating? Any chance that your friends are speaking not out of jealousy but out of wise concern?

If you've been battling with food for a long time, and, now, you finally feel like you're on the winning side, then you're not going to want anyone—especially a close friend—telling you, “Wait a minute, you've got a problem here.” But winning a battle against food can be a setup for losing the war. If you continue to “succeed” at losing weight quickly and beyond a healthy level, you can damage your body's ability to sustain and balance itself. Taken to an extreme, this can threaten your life.

So before you dump your friends, I suggest you see a doctor in the Student Medical Center (954-262-1262) and/or come and see one of us in Student Counseling (954-262-7050). We'll help you make sense of what your friends are saying *and* what your *body* is saying.

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).

#-5-TM

Got a Question for Student Counseling? Fire Away.

Q: I am a foreign attorney who, back in 1999 in my own country, graduated near the top of my law school class. I've just come to NSU to go to law school here, and I'm struggling. When I went to school the first time, I was single and had no kids, so I had 24 hours a day to myself. I could study whenever I wanted or needed to. Now, I am married and have a five-year-old daughter, and I'm finding it completely impossible to give my daughter the time she needs and deserves *and* to spend the necessary time reading and studying. The truth is I feel depressed because when I'm spending time with my daughter (which I enjoy), I feel bad because I'm not studying, and when I'm studying, I feel bad because I'm not with my daughter. *What do I do?*

A: It's bad enough feeling torn in half, pulled in opposite directions by competing demands for your time and commitment. But you have the added stress of not being able to fully immerse in whatever you're doing. How can you fully concentrate on studying when you're feeling guilty and sad over not being with your daughter? And how can you fully enjoy your time with your daughter when you're feeling anxious about not studying? It's hard to ever feel relaxed and good when either time choice you make feels wrong.

I don't know any parents who believe they have found the perfect solution to the dilemma you face—balancing school (and/or work) and family is always a work in progress. But you might find it less stressful if you were able to more fully absorb yourself in whatever you're doing at the moment, allowing you to thoroughly enjoy your time with your daughter when you're with her and to thoroughly concentrate on studying in the small pockets of time you have available.

You didn't mention how your husband fits in. Do you feel as bad about not being with your daughter when she's with him, rather than with some other caregiver? Is there any possibility of his modifying his schedule or participation with your daughter so as to free you up to focus more completely on your studies?

You might find it helpful to come for a few appointments at Student Counseling. One of our counselors can show you how to keep your worries about your studies from coming between you and your daughter, and how to keep your love for her from undermining your concentration. And the counselor can even meet together with you and your husband if you think that might help.

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).

Got a Question for Student Counseling? Fire Away.

Q: After being out of school for almost 20 years, I've decided to return to college. Campus life is obviously geared to much younger people, and I'm feeling over my head (and over the hill). I guess I should have finished my degree back when I started. I don't know if I can keep up with students who are young enough to be my kids. Any survival suggestions?

A: Returning to college once you've been out for a long time takes a lot of guts, to say nothing of time, money, and commitment. It's tough to take a plunge like this, finding your way back into the groove of studying, writing papers, and attending classes. And it sounds like you're not seeing too many people who would be old enough to commiserate with you over a cup of coffee.

Are you coming back full time? Have you considered part time, at least for a semester or two? Getting several courses finished quickly could help give you a sense of momentum, but you might find that wading back in, rather than diving into the deep end, offers an easier adjustment. You might also look at taking some evening classes, where you'll tend to find a greater number of older returning students. Your academic advisor can help you with those sorts of decisions.

The good news is that most returning students adjust well. You have a lot to offer in terms of life experiences that will help other students, and your unique perspective can help make sense of and apply what you're learning. What are your plans once you finish? Keeping your end point in sight can help you get through difficult patches. And if it all starts feeling like it's too much to handle, come on in and talk to one of our counselors. No doubt those "kids" in your classes will soon be working hard to keep up with you!

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).

3-FSR

Got a Question for Student Counseling? Fire Away.

Q: I just moved on campus a couple weeks ago and I don't feel like I fit in with the other people I'm meeting here. I've tried to go out to some of the local places around campus, but feel out of sorts, and I don't seem to fit in. How can I make friends at this school?

A: When you start reading a new novel, how long does it take before you're hooked? It often takes me 50 or 75 pages. But once you get connected with the characters and you start caring what happens to them, it is difficult to put the novel down, right? It pulls you along. Then what happens? You finish it and pick up a new novel. And, with the earlier story and characters still swimming around in your head, you once again face tough slogging. You don't know enough about these new characters you're meeting for the first time for them to matter much to you. Only after you've read enough about them do you begin to feel pulled to keep reading. So you read on for awhile without enthusiasm, trusting that at some point you'll get swept up.

When you uproot yourself and move to a new place, it's rather like opening a new novel. No matter how interesting these new people and activities are, they probably won't, for awhile, measure up to the friends and activities you had back home. Only after you've had some shared laughs and/or challenges with people will you start looking forward to seeing them. So until then, you can always employ your novel-reading strategy—keep plowing along until you discover that someone or some activity has started mattering to you.

Since you feel out of sorts anyway, you might want to experiment with trying activities you never would have considered doing back home—whether because they seemed too hard or too different or too scary. Sure, why not check stuff out that you're familiar with and good at? But the great thing about coming to a new campus is that you can experiment with reinventing yourself, discovering talents you didn't know were there.

To get started, you might want to check out NSU's Student Affairs website: <http://www.nova.edu/cwis/studentaffairs/index.html>. They offer lots of great information on student activities, recreation and wellness, and the student union.

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).

1-TM
**Got a Question for Student Counseling?
Fire Away.**

Q: Between work and a bunch of other stuff going on, I don't have much time for homework. But if I don't start studying more than I am now, forget it—I'm barely scraping by as it is. But I don't see me sitting in the library Friday night, either. I'm too burned out. Something has to give—but I don't even have the time to figure out what.

A: You sound pretty stressed, with no time to spare, so let's make this fast. To fit more studying into your life, you need to steal time away from something else you're currently doing, or you need to use your existing time more efficiently. Or both. Here are a few suggestions. If they aren't enough, call us for an appointment (954-262-7050).

1. *Allow your television to get some sleep.* If you watch this week's episodes of your favorite shows, you'll feel compelled to tune in to next week's, too. But if you let your poor TV get some much needed rest, then you'll scare up a few extra hours you thought were not there.
2. *Allow yourself to get some sleep.* It's easier to read your textbooks when your eyes are open, and it's easier for them to be open now if they were blissfully closed last night. Having trouble sleeping? Get some exercise and/or come and see us in Student Counseling. We can help you to get your mind to quit racing when your head hits the pillow.
3. *Treat yourself to studying time.* You tell yourself all the time, "I'm too stressed out. I need to chill. Hell, I *deserve* to chill." And when you deserve it, you make damn sure it happens. So what would change if you decided to treat studying as a privilege, rather than an obligation or a sentence? If you were living in a country where your textbooks were banned and studying was a crime, you'd fight like crazy for the right to learn. No need to fight here, at least not at the moment, but that's no reason not to tell yourself, "I need to study. Hell, I *deserve* to study."
4. *Schedule studying time.* What is it about writing down a commitment that helps make sure it happens? Once you've blocked out your work schedule and your classes in your Palm Pilot, you don't double book yourself, right? So if you were to protect, right now, a few extra hours a week for hitting the books, you'd just fit your other stuff around them.
5. *Go for snippets.* If you're reading an exciting novel and don't have enough time to get through the next 100 pages, do you avoid picking it up? No—you steal whatever snippets of time you can scare up. So if this strategy works for novels, why not for studying? Ten minutes here and 20 there add up.

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).

1-SL
**Got a Question for Student Counseling?
Fire Away.**

Q: I'm a graduate student and I need my sleep! But I keep having these recurring nightmares that someone is trying to kill me. I wake up in the middle of the night with my heart pounding, and I'm so freaked out, I have to turn the lights on and read or watch TV. I'm afraid that if I go back to sleep too soon, I'll end up in the same dream, so I stay awake as long as possible. Needless to say, my morning classes are suffering. And so am I! What can I do to stop this?

A: A bad dream is bad enough, but it's much worse, as you've discovered, when you keep having the same horrifying one again and again. How can sleep be restful when you're busy trying to avoid being killed? Enough already!

There are loads of theories about what causes dreams and nightmares, but no one really knows for sure why we dream or how our minds and bodies come up with all the weird stuff that plagues (or entertains or sometimes delights) us during REM sleep.

Nightmares are common in people dealing with trauma or loss. If that sounds like you, then taking care of your grieving could help change your dreams, along with other things going on with friends and family. If you don't want to tackle this alone, give us a call (954-262-7050) and we'll help you with it.

Can't tie the recurrent dream to anything that has happened or is happening in your waking life? That, too, is normal. If this is the case, then all you need to do is find a way when you drift off for the dream to drift off, too.

Often, a nightmare that appears to be static actually varies a little each time it plays out, and paying attention to the variations can help a lot. Whenever you're startled awake, do your best to remember the small details of the dream, and don't be surprised if you discover that each time is subtly different from the last. You may even want to keep a notepad by your bed so you can write down what you notice. After awhile, the changes can add up, transforming the dream into something much less frightening.

If these suggestions aren't enough to free you of this maddening nightmare, come on in for a few sessions of counseling. We won't interpret your dream for you, but we'll help it to change and help you to get some much needed sleep.

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).

Got a Question for Student Counseling? Fire Away.

Q: I grew up in a violent household. My parents would get drunk and hit each other, and so did my father's parents. I'm hoping not to end up like this, but I'm not sure if it's possible. Is a violent temper genetic?

A: Scientists haven't found a "violent gene," but as you have witnessed first hand, this pattern of relating can follow families from one generation to the next, so you're smart to be paying attention and asking important questions. You're wondering what the future holds, given your family's legacy of abusive behaviors. Because you grew up *witnessing* violence, are you destined to *perpetrate* it in your own family? Certainly not. But would it make sense for you to take some proactive steps to develop a non-violent approach to relationships and a non-abusive approach to drinking? Absolutely.

Figuring out a viable alternative to violence is necessary for all of us. As consumers of popular culture, we are forever being invited by Hollywood to cheer when heroes use "righteous violence" to deliver justice. And it is always alluring to resort to violence as a way of stopping an argument or preventing someone we care about from putting us down.

Some people attempt to avoid violence by refusing to take a stand or to make their wishes known. But if you find yourself appeasing your partner so that things don't blow up, you could just end up being the recipient, rather than the instigator, of abuse. You've already taken a much better first step toward ensuring a future of non-violent relationships. By recognizing how your parents and grandparents *lost* their tempers, you've made it possible to *find* yours. Finding your temper—sounds like an odd solution, eh? But if you're going to create sustainable ways to resolve conflict without resorting to alcohol and violence, it will help to start with the recognition that anger is a legitimate emotion. Anger happens when you're feeling intimidated or violated, or when you're afraid you're going to lose something that matters to you. When you know and respect your (and, indeed, your partner's) anger, recognizing it as an expression of fear and insecurity, then you won't need to use violence to keep fear and criticism in check.

Not that this is easy to do. We run groups at Student Counseling that could be helpful, or you can see someone individually. Give us a call: 954-262-7050.

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).

Got a Question for Student Counseling? Fire Away.

Q: My friend is pregnant and she's refusing to tell her boyfriend or her parents. She's not sure she's going to go through with the pregnancy. Doesn't her boyfriend have the right to know what's going on?! How can I help her understand that she's making a huge mistake?

A: It's so painful when friends or family members make choices that we strongly feel are wrong. From the outside, the "right" course of action seems crystal clear, so it's hard to believe, and harder to accept, when people we love aren't open to our suggestions or advice.

Your friend's dilemma leaves you with a dilemma of your own. If your goal is to convince her to do what you believe is right, you may, if you push hard enough, succeed in getting her to follow your guidance. But then again, you may only succeed in undermining the friendship. Both your friend and your principles are important. Can you respect and hold onto both simultaneously?

If you were to shift your goal from "getting my friend to listen to reason" to "getting myself to listen to her," you might find it possible to give her the necessary support to figure out what to do on her. And if you were able to do that, you could continue to know that if you were in a similar situation, you'd make radically different choices. Perhaps this is the mark of deep friendship—the ability to help someone we love to freely choose a course of action that we wouldn't choose ourselves.

Want some help helping your friend? Call us at 954-262-7050 and make an appointment. Unable or unwilling to reach out beyond your convictions? That, too, is a choice, and you, too, need to make choices that fit for you. Either way, perhaps you could also pass our number on to your friend.

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).

#1-GBL

Got a Question for Student Counseling? Fire Away.

Q: A couple of years ago I was diagnosed with a life threatening illness. I pretty much have it under control with medication, but if I get stressed out, it flares up bad, and I usually end up in the hospital for a few weeks. I've been getting overwhelmed with school starting and everything, and I'm feeling like I'm edging to the brink of another "hospital visit." A friend suggested I talk with someone about an "ADA file," but I'm thinking that that's maybe just taking the easy way out. I don't want to feel like I'm cheating or getting a special deal just because of my diagnosis. What's your take?

A: Most students don't require a life-threatening illness to get stressed out. It sounds like you're doing a great job monitoring what you need and taking a preventative approach so you don't end up in the hospital again.

The Americans with Disabilities Act (ADA) was established to create an "even playing field" for people who have disabilities. They have a great website (www.usdoj.gov/crt/ada) with information that can answer all of your questions about ADA accommodations. In the Q and A section it states, "The Americans with Disabilities Act gives civil rights protections to individuals with disabilities similar to those provided to individuals on the basis of race, color, sex, national origin, age, and religion. It guarantees equal opportunity for individuals with disabilities in public accommodations, employment, transportation, State and local government services, and telecommunications."

There are thousands of university students nationwide who have needed ADA accommodations in order to be successful in their studies. Accommodations are set depending on your needs and could include taking a test in a different location, having more time for assignments, or even having a note taker. Living with a life threatening illness may fall within the ADA criteria. It is not about getting "a special deal" or "cheating" rather, it is about getting a fair chance to stay in school while maintaining your health.

Each school within NSU has an ADA coordinator. Contact your department to get the person's name and number and then consider calling to set up an appointment, even if you just want more information. Meanwhile, if you'd like to talk to one of us in Student Counseling and get some help reducing your stress, give us a call: 954-262-7050.

Have a question you'd like answered in this space? Fire away: Call us (954-262-7050), send us an email (studentcounseling@nsu.nova.edu), or drop by our office (Suite 150, Parker).