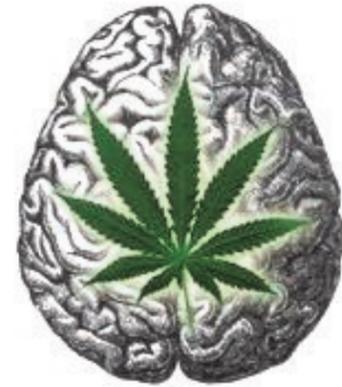


**Marijuana – What is it doing to me?**

**By Kusha Murarka, PsyD**

All students need to relax their minds and bodies during the stressful times of the semester. Some will use exercise, music, TV, and spending time with friends as means to feel rejuvenated. Others are attracted to the substance of marijuana (a.k.a. weed, dope, THC, blunts, etc.). In fact, marijuana is the most popular illegal drug in the U.S. Here are some unbiased effects that you should know about before you choose to use:



**Positive effects:**

- Feel relaxed, “dream-like state”
- May increase humor or outgoing nature
- Increase in experience of sight, sound, and other senses

**Negative effects:**

- Can be addictive
- Just as chemically laden as cigarettes
- Short and long-term effects on memory
- Slows down important reflexes
- May induce panic and anxiety
- Impacts immune system (can more easily get sick)
- Withdrawal includes: cravings, decreased appetite, sleep problems, weight loss, increased anger and irritability
- May lead to other illicit drug use
- It’s illegal!

If you already experience depression and/or anxiety, smoking marijuana can make those symptoms worsen. It is important to keep these factors in mind when making the decision to smoke. If you are concerned about your use, these are some tips to help:

1. Reduce your frequency of use.
2. Seek alternative methods of relaxation.
3. Develop support systems in friends and family.
4. Talk to a counselor.

For more information, see <http://www.drugabuse.gov/drugs-abuse/marijuana>

**How to set up an appointment**

If you are interested in setting up an initial appointment, please call (312) 341.3548.

If you have a few questions, are concerned about a friend or are unsure of whether you want to start individual therapy, we offer consultations, Monday through Thursday, 3:30 to 4:30pm, at the Chicago Campus; you can come to or call the Counseling Center during our consultation times.

During a consultation you will meet briefly with a counselor to assess your needs and potentially set up a regular appointment for a later date.



430 S. Michigan Ave  
AUD 462  
Chicago, IL 60605  
  
1400 N Roosevelt Blvd  
Room 114  
Schaumburg, IL 60173  
  
[www.roosevelt.edu/counseling](http://www.roosevelt.edu/counseling)  
312.341.3548

**Restroom Equality**

**By Tayler D. Jefferson**

Have you ever been faced with the decision of choosing which restroom you would feel the most safe and comfortable in? No one should have to go out of their way to find an appropriate restroom just because they do not identify with a particular gender. At a university like Roosevelt, students should feel comfortable in staying true to their identity. Restrooms are typically safe comfortable spaces for people. However, every time a transgender, transsexual, or gender-variant person has to use the restroom they often have to think ahead. They may worry whether someone will outright tell them that they are in the wrong restroom and/or act violent towards them. Violence against LGBT people often happens near restrooms. The restroom environment should be safe for everyone.

to use a website or an iPhone app to find a restroom to use. Fortunately, gender-neutral restrooms can be found easily around the Roosevelt campus, see the list below for locations. Gender-neutral restrooms are restrooms that are not gender specific and are open to all genders. The fact that our university has gender-neutral restrooms shows its effort to increase awareness for the LGBT community as well as ensuring every student feels comfortable.

Gender-neutral restroom locations on campus:

- Wabash Building: 1 restroom on every other floor
- Gage Building: 2 restrooms on the 1<sup>st</sup> floor
- Auditorium Building: 3 restrooms, 1 on the Mezzanine floor and 2 on the 8<sup>th</sup> floor
- Lillian and Larry Goodman Center (Athletics Building) : 2 restrooms

\*For more information contact campus safety at the front desk of any campus building or by phone

Projects like Safe2Pee.org and new iPhone apps like TransSquat and Pee in Peace illustrate the necessity for restroom equality. Imagine if you had

# Illuminations

VOLUME 11

ISSUE:  
**02**

SPRING  
2013

COUNSELING  
CENTER  
NEWSLETTER



**Upcoming Events  
Spring 2013**

Sexual Health Awareness Week (February 10-15)

Eating Disorders Awareness Week (February 17-21)

Sleep Awareness Week (March 4-8)

March Marijuana Madness (March)

Alcohol Awareness Month (April)

Sexual Assault Awareness Month (April)

**Upcoming Workshops  
Spring 2013**

**Men are from Mars, Women are from Venus\*: Gender Differences in Communication**  
WB 416  
Wednesday, March 6th  
4:30pm-6:00pm

**When No Means No: Consent is HOT. Assault is NOT.**  
WB 416  
Tuesday, April 2nd  
5-6

**It's not me, it's you! Working with Conflict**  
WB 416  
Thursday, April 11th  
5-6pm

\*Adapted from John Gray book series

**College: The Caffeine Scene P.1**

**Sexual Victimization/LGBT P.2**

**Power in Numbers P.3**

**Marijuana P.4**

**Restroom Equality P.4**

**College: The Caffeine Scene  
By Samantha Benduha**

It is not uncommon for college students to have a couple of sodas late at night to finish a paper, or drink a cup of coffee for that early morning class. Caffeine, after all, is supposed to ‘wake us up,’ and much of the time it seems to do the trick. However, too much caffeine has negative consequences on both the body and mind.

So what is caffeine and what does it do? Caffeine is a chemical found in plants that stimulates the central nervous system and temporarily delays drowsiness. Much like any other chemical caffeine can be found in some of the most unlikely places. Be aware that what you ingest could contain some caffeine including some over the counter medicines. Some moderate effects of caffeine consumption may include: headaches, irritability, nausea, restlessness, dehydration, difficulty concentrating, and mild stomach upset.

Some severe effects of consumption may include: addiction, panic attacks, irregular heartbeat, sleep deprivation, and continuous stomach problems.

Keep some of this in mind the next time you reach for another caffeine-filled drink. See the chart for the caffeine content of the most popular beverages we drink:

Chocolate:	Average:
Chocolate milk (8oz)	8 mg
Milk chocolate (1oz)	7 mg
Unsweetened chocolate (1 oz)	25 mg
Coffee:*	
Brewed (6 oz)	100 mg
Brewed decaffeinated (6 oz cup)	3 mg
Cappuccino (4 oz)	100 mg
Espresso (2 oz)	100 mg
Latte (single)	50 mg
Mocha (single)	55 mg

(See page 3 for a chart cont'd)

\*For coffee, content can vary depending on type of bean, amount, and how it is brewed



**ROOSEVELT UNIVERSITY**  
**COUNSELING CENTER**

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1400 N Roosevelt Blvd  
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Sexual Victimization in the LGBT Community  
**By Ryan Coventry**

In this consistently changing world, pop-culture references and media have portrayed sexual intercourse and romantic involvements as a priority in the lives of Americans. However, these portrayals of sexual behavior can be confusing when they begin to display elements of victimization, including but not limited to assault, violence, coercion, exploitation, and harassment. When sexual victimization is discussed, it is often referred to in heterosexual terms that limit or ignore the experiences of other individuals. Popular conceptions often reject the full picture of sexual victimization and its impact on society in particular the LGBT community.

A review published in 2011 showed that, within a combined 75 studies over 20 years, a median of 30.4% male, and 43.4% female who identify as Gay, Lesbian or Bisexual were victims of sexual assault in their lifetime (Krahé, Shcutze & Waizenhöfer, 2000; Rothman, Exner & Baughman, 2011).

As a society, it is important that we begin to change our own perceptions of the phenomenon of sexual victimization to include individuals like those in the LGBT community that experience sexual violence.

In addition, it is important that as a university we promote positive responses to individuals who disclose their experiences of sexual victimization to us. Sexual victimization occurs on university campuses with no regard to sexual orientation or preference. If you or someone you know is a survivor of sexual violence we suggest the following:

- Believe the survivor
- Reassure the individual that it was not their fault

If at any point you feel that you are unprepared to help someone who discloses their experience to you, please refer them to any of the following resources available in the area.

**Resources available in the Chicago Area for Sexual Violence:**

Roosevelt University Counseling Center  
(312) 341-3548

National Sexual Assault Hotline  
(800) 656-4673

Center on Halsted  
(773) 472-6469

Power in Numbers  
**By Scott Kaplan, PhD**

In the recent November 2012 edition of *The Monitor*, a monthly publication of the American Psychological Association, there was an article about the growing popularity of group therapy. The article, entitled “Power in Numbers\*” looked at testimonials and research to understand the reasons behind this growth. The two biggest reasons were practicality and effectiveness. See below for what people in the field are saying about why group therapy works and what makes it an attractive option for people looking for support.

- *Group is gaining popularity because it works...often as effective as individual therapy*
- *There’s a common identity and a sense of shared purpose for group members*



- *It offers peer interactions, which translate to real-world gains*
- *Improves social networks and reduces stigma, isolation, and feelings of alienation*
- *Seeing others’ progress can help group members realize they, too, can cope and feel better*

At the Roosevelt University Counseling Center, we run groups on both the Chicago and Schaumburg campuses.

Group therapy is frequently the treatment of choice for college students and in many ways group is the very best of what we have to offer. While all counseling services are free at the Roosevelt University Counseling Center, there is no session limit for group, which makes it a practical, affordable option for longer-term support.

This Spring, we will be offering groups on Tuesday, Wednesday, and Thursday. It’s for people working on relationships, communication skills, transitional issues, unprocessed emotions, social role/identity development issues, loneliness, depression, and/or anxiety. It’s also good for people who need acceptance or support of any kind, a boost in self-esteem, and/or honest interpersonal feedback in a safe environment.

If you or someone you know may benefit from participating in one of our groups, please contact the Counseling Center for more information.

\*<http://www.apa.org/monitor/2012/11/power.aspx>

Other Beverages (12-oz servings):	
Coca-Cola, Diet Coke	46 mg
Pepsi-Cola, Diet Pepsi	38 mg
Red Bull (8.2 oz)	80 mg
5-Hour Energy	138 mg
Monster Energy	160 mg
Tea (5-oz cup):	
Brewed, green or black, U.S. brands (3 minutes)	40 mg
Instant (1 tsp)	30 mg
Iced (8 oz)	25 mg
Decaffeinated	5 mg
Non-Prescription Drugs:	
Pain Relievers (per tablet):	
Excedrin	65 mg
Midol (maximum strength)	60 mg

\*Chart continued from pg. 1 article College: The Caffeine Scene

