

CAMPUS & COMMUNITY

Invisible Backpacks: What Grieving Students Carry

Yvette Klauer
yalberts@uwsuper.edu

The weight of a textbook cannot determine grief. It looks and feels different to everyone. Maybe you know someone who carries this invisible backpack and is still attending school. Do you know they are going through grief? How can you see the signs? Thursday, April 17, was National College Student Grief Awareness Day. Amanda Lilly, assistant professor in social work in the Human Behavior, Justice, and Diversity department (HBJD), held an event Thursday about working with grieving students.

The department created a memorial at the YU, where students could light candles of remembrance or have a moment of reflection. The table had resources about grief, such as where to reach out, common symptoms of grief, how one would accommodate a student going through grief, how it looks in students in a classroom setting, and how it affects the body when experiencing grief.

Lilly said, "So grief doesn't always look like sadness and crying. It can look like a variety of things, so we want students to kind of be able to recognize it when it might be showing up."

Another advocate for helping students with grief is Clinical Counselor, LPC, Marcus Kadinger, at the Student Health & Counseling Services in the Marcovich Wellness Center.

"Grief is a complicated emotional process that affects everyone during their lifetime. Whether it's the loss of a significant person in our life, or even the loss of a job, ability, relationship, grief comes in many forms. College students are faced with many obstacles that make life challenging as it is. When an event happens that causes a grief response, everything else can take a toll. That's why I think it's important for all members of our campus to have an understanding of grief and its potential impact," said Kadinger

Even though the aware-

ness event only happens once a year, grief can happen anytime. The Student Health & Counseling Services is available anytime for students or staff to help manage grief or answer questions on how to help someone else.

"Grief can be a very difficult emotion to experience. There's simply no way of getting around that difficulty sometimes, so being able to feel what you feel and taking the time to process it will be necessary. We don't learn to forget about grief; we learn to grow resilient with it," said Kadinger.

The Student Health & Counseling Services office is in the Marcovich Wellness Center, room #1729. Students can stop by in person, email shcs@uwsuper.edu, or call (715) 394-8236 to schedule appointments.

The office is open Monday through Friday, 8 a.m. to 4:30 pm, including the summer. Check out Essentia Health St. Mary's Hospital and their grief support groups if looking for an outside school source.



Dr. Prichard from the University of Saint Thomas speaking to psychology students about her research on sleep.

Photo by Maddie Schaffer | The Promethean

Night Shift for the Soul: What Sleep Teaches Us About Ourselves

Yvette Klauer
yalberts@uwsuper.edu

or exhaustion with not doing well, academically, or exhaustion with getting sick all the time, and how those variables all interact."

The TPUP lunch-in was a great way to break up the day and allow psychology students to interact more with the keynote speaker. This inner connectivity with personal questions, or grad school questions, left an impression just like sleep.

"I would say that sleep is a really important part of understanding psychology and it's often one that we don't pay much attention to because we're often unconscious when we do it, but it is going to be, I call it like

the invisible variable that explains a lot of variants in all sorts of things you wouldn't necessarily think about, like compassion and human relationships. How you just approach the day, what sort of energy you bring into your relationships, into your interactions, the types of memories that you make, your motivation to do things, all of these connect with sleep. And it's one of the easiest things that you can," said Dr. Prichard.

For more information on Dr. Prichard and her work, visit the St. Thomas University website or check out her TEDx Talk, "Addressing our Children's Sleep Debt." For more information on Psi Chi Honor Society, go to the Jackets Connect hub.

Exhale the Election at UWS

Hannah Hutton
hutton@uwsuper.edu

On Thur. April 24 Exhale the Election took place in the Yellowjacket Union room 203. The event was hosted by Callie Augesen, a freshman here at the University of Wisconsin-Superior. She held this event as a project for her Ethical Leadership class. She was in collaboration with the League of Women Voters, LiveWell, the Pruitt Center, and The Mindfulness Club.

Exhale the Election focused on post-election stress and mindfulness methods to conquer stress. Augesen described it as "usually it is characterized by a sense of dread, anxiety, and hopelessness following a critical election."

Augesen explained how there were consequences of politics such as loss of sleep, damaged relationships, which many of the attendees talked about and their families or friends having different political ideals, and there's also increased social



Callie Augesen giving her presentation in Yellowjacket Room 201.

Photo by Hannah Hutton | The Promethean

media attention. People tend to be checking their phones more and there are more political ads around. "I know when I open my phone, and I go to google there's also something about politics almost every time," said, Augesen

Augesen splits mindfulness up into five categories, unplugging; limiting social media exposure, being in the present moment; focusing on the now and reflecting on feelings, refueling; limit stimulant intake and engage in physical activity, connecting; speak to a therapist and set boundaries with family, and

lastly engaging; join a non-partisan organization and join in on political activities.

The attendees filled out a sheet with solutions to managing election stress with the five categories above, ending the event with a critical discussion on the different practices and ideas that everyone had come up with.

Some of the ideas that they came up with for unplugging are limiting screen time, having a hobby such as meditation or knitting, and ideas for connect/ boundaries are not talking about politics with family and writing boundaries ahead of time.

The topic wasn't pizza, but surely enough, that's what was served. President of Psi Chi Honor Society Annabelle Fries said, "We had hosted lunch so that everyone could come and eat... We had pizza with Dr. Prichard, and so we all kind of just introduced ourselves, what our areas of interest were, where we were going to grad school, that kind of thing. And then she kind of just let us ask her questions."

Dr. Prichard has long been fascinated with sleep, as she did her graduate work in neuroscience on sleep in rats. "When I started teaching college full time 20 years ago, I noticed that students often were exhausted, but didn't necessarily connect exhaustion with depression or exhaustion with anxiety

Talk that Transforms: MI in Continuing Education

Yvette Klauer
yalberts@uwsuper.edu

The Center for Continuing Education at the University of Wisconsin-Superior held a motivational interviewing workshop on Wednesday, April 16, with Dr. Amy LaRue, assistant professor of public health in the Health and Human Performance department at UWS. The program consisted of three sessions covering different aspects of motivational interviewing, such as the foundations of motivational interviewing, what skills one needs and how to build on them, and overall, a supportive system bolstering the participants' efforts to find ways toward a behavior change.

"It's sort of a collabora-

tive client-centered approach to help bring out the intrinsic motivation of the individual," said Dr. LaRue.

Emily Groves and Heather Rickerl are both Outreach program managers within the CCE, supporting the professional development programming. They operate as a standalone unit but are involved in the mission of CCE, which is to support lifelong learning.

Rickerl commented about motivational interviewing and said, "It's about building rapport with whom ever you're working with... And so what you're listening for then is changed language, like, I want to get better. I want to learn. I want to change. And then, working

from there. So, motivational interviewing gives you a system to help people confront that change and then walk up to and through that change.

So that's what those techniques are for. It's a simple system and it's an effective system, but you have to know what you're doing, right?" Many of the programs through CCE are for students, working professionals, and community members, but they are not limited to them.

Groves said, "We do serve undergraduate students. We offer certificate-based programs... We also work with high schoolers. We work with working professionals. We work with retirees." Groves and Rick-

er both encourage more students to visit their office, which is located in Old Main 102.

Unfortunately, this workshop has been postponed until further notice. Still, the CCE has various programs students and community members can register for, such as Personal Enrichment Programs (55+ to choose from), Academic Credit Programs, Professional Development Programs, and Leadership Superior/Douglas County Programs. These can all be found on the UWS website.

Rickerl said, "Anytime you can add a micro credential, a badge, a certificate to your resume, whether it fits in your field or not, that says

something about you. It says you took initiative, it says you value learning beyond what you are required to take to complete your degree or your minor." Groves also added on to this and said,

"I hope students, even after they graduate consider participating in their continuing education, offerings, wherever they may fall, because even when you then work when you enter into the workplace, continuing it is a really great opportunity to find accessible ways of continuing their professional development."

For more information, go to the UWS website under Academics and then Continuing Education for a list of all programs and contact information.