

# Depression: Beneficial or not?

by Daniel W. Duffy

Every college student has probably gone through some phase of depression sometime in his or her life. Whether its cause is a breakup of a relationship, bad grades or just being a new student, we've all had our dark moments.

Traditionally, depression has been thought of as something harmful, but now

some psychologists are saying the unpleasant effects of depression are being given a bad rap. The question is, can some depression be good for you?

"The existence of healthy depression is ignored. Depression is an adaptive response that in many cases gives our system a way to restore its normal equilibrium," said Swedish psychoanalyst Emmy Gut.

When we get depressed, we withdraw from our normal activities, have a period where we think our problems through and try to work them out. Then we return to a more positive state of mind. In this way, depression can help us work through our more difficult times, she said.

Diane Turnbough, a psychology professor at UNLV, said that there is a high incidence of depression

in college students as well as a high level of suicide.

Turnbough pointed out that there are "peak periods" when students are the most depressed, especially during times of extreme stress, such as finals. There is also a high incidence of depression when new students are away from home for the first time and haven't established a solid support group of friends.

Too much partying can

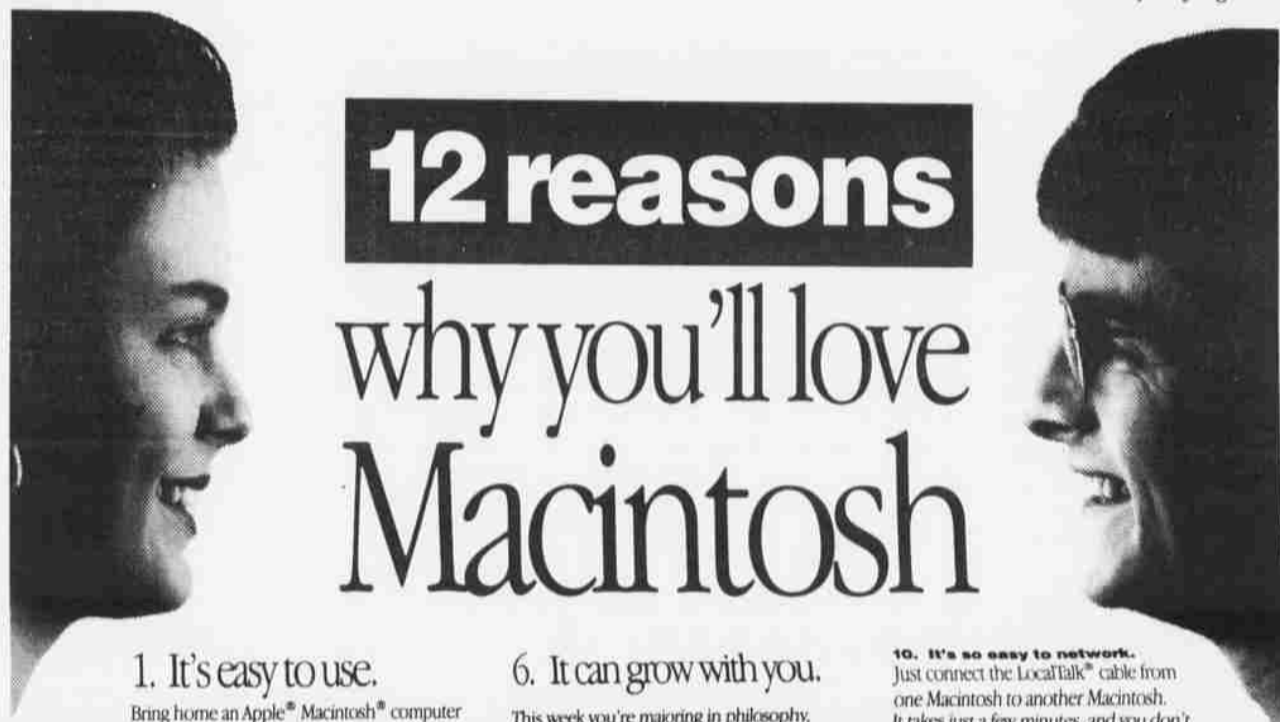
also increase the negative effects of depression. Turnbough said alcohol is a depressant and the side effect of excessive drinking is stress, which can make a person even more depressed.

Turnbough said that not all depression is necessarily bad and that most of us have a "mourning or grief period" where we wait our problems out.

It is when the depression becomes disruptive and there is a "marked change" in a person that one needs to look and see if this depres-

sion is a warning sign for something more serious, Turnbough added.

At UNLV, students may take advantage of a free counseling service at the Student Development Center located on the second floor of the old portion of the James R. Dickinson Library in Room 252. There are three full-time psychologists, led by Dr. Laura Hammond. Psychological counseling is available Monday through Friday, 8 a.m. to 5 p.m. Call 739-3627 for more information.



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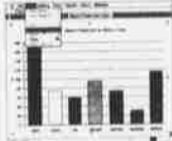
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## Alpha Kappa Psi celebrates 25th anniversary

Alpha Kappa Psi, the nation's oldest and largest professional fraternity, recently celebrated its 25th anniversary on the UNLV campus. AKPsi is a business fraternity open to men and women who are business and hotel majors. This year, along with a new president, the fraternity has new goals.

"I've been trying to condense everything that Alpha Kappa Psi is into one thing," said Olivier Maisondieu Laforge, president. "That's learning to work with people. In college you read the book, you study, you take the test and you get the grade. Whether you're alone or there are 40 students in the class makes no difference. You're still working by yourself. When you get on the job they tell you to work on a team and you have no knowledge of how to organize or plan it. Members of AKPsi, by planning various events, learn how to work with people to get things done."

"It's a way for students to learn something they won't learn in the class-

room," said Shari Roth, master of rituals.

Members plan social events, fundraisers, community service projects and professional speaker programs. By working on these projects, the members learn how to work with people and how to communicate effectively.

"Although these events are constructive and educational, they are done in the spirit of fun," Laforge said. "It's a mixture of business and pleasure."

The fraternity is also a method of meeting new people with the same interests. "It's a way to interact with other business students," Roth said.

This year, Alpha Kappa Psi will have a rush booth open in Frank and Estella Beam Hall from Aug. 29 to Sept. 11. Membership is available to all business and hotel majors, both male and female, who wish to enter the brotherhood. Students who come by will receive information on the fraternity and begin friendships which will last a lifetime.

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