

Note: Beginning March 23, 2020, the University of New Hampshire suspended in-person classes and closed the campus due to COVID-19. No further full issues were published for that academic year, rather the students posted articles directly to the web throughout the Spring and Summer. The following pages are pdfs of the posted content.

COVID-19 negatively affects students' mental health

Posted by Aubrey Benoit | Apr 17, 2020 | News | 0 |



Norwich University student Jamie Heath has found herself stressed due to the widespread effects of COVID-19. Like almost every American who is not classified as an essential worker, she is being asked to practice social distancing. Heath and other students say that these social distancing measures have a negative effect on her mental health.

The Red Cross defines social distancing as “deliberately increasing the physical space between people to avoid spreading illness.” It includes such actions as staying home whenever possible, avoiding non-essential travel, and staying six feet apart from others when outside the home.

Heath has been following these social distancing guidelines inside her apartment for over two weeks. She says she is very stressed, and that her professors are not lenient and are continuing to assign more work for her. “They don’t seem to understand that students are in a different atmosphere,” Heath said. She has tried to be motivated, but online work is completely different. “We aren’t in a classroom and we don’t have a set schedule anymore,” Heath said.

Heath distracts herself from her struggles by keeping busy with homework and Facetimeing with her mom. "I Facetime my mom at least two times a day," Heath said. Technology is a vital part of tending to social needs and, as Heath said, "it keeps me connected."

Heath described herself as an extrovert. All of her friends live within minutes of each other and she was able to see them every day prior to shelter-in-place orders going out. Her friends positively impact her mental state and not being able to see them makes her "super scared" for her mindset.

As for younger students, Jesse White, a psychologist at Barre City Elementary and Middle School (BCEMS), is worried about what is to come. "Kids learn through play. They gain skills that control emotional behaviors, like waiting in line or sharing." BCEMS has cancelled face-to-face classes for the remainder of the school year.

The American Psychological Association (APA) says quarantining has an effect on three major aspects of mental health: autonomy, competency and connectedness. The effects leave people feeling like they don't have control of the situation. White said this "loss of control" can be observed as anxiety and excitement in children.

"I don't think kids can learn in complete isolation. They can't learn when they're too anxious and upset," White said. According to White, children can feel the stress and anxiety of their parents and sometimes feel the need to take care of them in times of distress. If a child is spending too much time trying to tend to their parents' emotional needs, it doesn't give them space in their brains to absorb new information from the virtual classroom.

A study from the medical journal, "The Lancet", showed that during the SARs breakout in 2003, between 10 percent and 23 percent of people suffered from PTSD due to social isolation. Professor Ian Hickie at the University of Sydney's Brain and Mind Centre said, "Prolonged quarantine or social isolation will exacerbate anxiety, depression and a sense of hopelessness."

Kinsey Oliver, a University of New Hampshire (UNH) freshman, contemplates how her social distancing has affected her mentality. "Overall, I've come to terms with the fact that I'm not returning to school," Oliver said. In March, UNH made the decision to cancel all in-person classes, forcing students to move out for the remainder of the semester.

"When we are with our friends 24/7 and then that is just taken away from us and we can't see each other for five months, it sounds dramatic, but it's a shock," Oliver said. Several UNH students can empathize with this wave of emotion.

"I'm a generally anxious person. If I start thinking about [isolation] too much I start freaking out. It's the unknown that is stressful to think about," Oliver said. She has spent a lot of time working-

out and eating well to keep her mental health at bay. She is trying to be positive and knows how to get herself out of a “funk,” however, she worries about the long-term effects.

The National Alliance on Mental Health (NAMN) encourages everyone to create a routine. From changing out of your pajamas to making a to-do list, it's important for people to make something out of their days.

In hopes to keep student's mental health stable, White advised that parents are purposefully checking in on their children. White said it is important to practice modeling how you feel in such a changeable time. Parents should seek out positivity while also giving children a way to cope with negative feelings.

White said, “All these feelings are going to be there and they're going to come out some way.”

If you or someone you know is struggling with their mental health, UNH Psychological and Counseling Services (PACS) is still available to all UNH students and faculty and can call to make an appointment at (603) 862-2090. If there is an immediate threat to self or others, please call 911.

Students cook during quarantine

Posted by Sam Eggert | Apr 17, 2020 | News | 0 |



With restaurants becoming take-out only and operations and large gatherings being prohibited, the COVID-19 pandemic has served as grounds for a home-cooking revolution.

Despite many students being forced home as result of UNH closing their on-campus housing, many students still live in Durham in their off-campus apartments and have begun to improve their culinary skills. Students at home have been cooking too.

“Once I knew I was going to be at home for the next five months or so, I got right into it,” said Alyssa Doust, a sophomore student-athlete at UNH. Doust had never shown much interest in cooking, as she relied on the dining halls while at school and her parents cooking when she’s home. Having always been a proponent of healthy eating, Doust sees cooking as a great way to keep herself occupied in a healthy way rather than lounging around the house. Her cooking started with a Nutribullet, blending whatever fruits and veggies she had at home that day into smoothies. But that got boring.

Doust started noticing people posting recipes on social media, which made her even more eager to improve her cooking prowess. Marissa Massaro, a senior at UNH has always cooked for herself since she’s a vegan and has a fairly specific diet. She has posted some of her creations

on social media, such as her signature buffalo cauliflower recipe. “I cook it a lot, but now I put more time into preparing it,” she said. Massaro is at home now and cooks a lot with her mom making vegan side dishes for family.

Doust has followed suit, posting pictures on her Instagram story of meals she makes for herself along with brief descriptions, so her friends can try it too if interested. “In this time of crisis especially a lot of people are on social media... the simple act of cooking spreads a positive vibe,” Doust said. “If I can influence at least one other person, or make someone’s day, that’s an achievement on my end.”

She said that she simply wants to inspire others to get in the kitchen since that’s partially what motivated her to cook more.

As for those who are still in Durham, the extra time has forced some home chefs to expand on their creativity. Bailey Schott, a senior at UNH has been cooking for himself all year. His menu consists of stir fries with veggies, beef, chicken or sausage and before the pandemic he would rarely waiver from his routine. He’s been watching cooking videos that show up on his Facebook feed, and he’s tried out a few. “I did a grilled cheese rollup. It didn’t come out like the video showed it, but it was pretty good,” said Schott.

Junior Peter Hunt was cooking only his dinners on a daily basis before the pandemic, but with the dining halls being closed he’s been forced to cook all of his meals. “Since everything started, I’ve been branching out a little bit and looking at new things to cook,” he said. Hunt uses his parents as a recipe reference point, making meals such as his dad’s signature mac and cheese and his mom’s chili. It’s also been a good way for him to stay in touch with his family while he’s away at school.

Zach Schneeloch was cooking four days per week before the pandemic, and now he’s cooking every day. His breakfast and lunch remain consistent; eggs in the morning, sandwiches and salads for lunch. He sees the pandemic as a chance to eat more healthy food as the temptation to eat out or at the dining hall is less prevalent.

“I would order out three or four days a week before the coronavirus and I haven’t ordered out since,” he said. While he doesn’t think his skills are improving, he’s definitely experimenting more in spanning away from his usual chicken and rice and delving into more complex meals such as the chicken Caesar salad he made a week into the pandemic.

Shaan DeJong, a fellow UNH senior has been cooking more than usual. DeJong, a very social person, sees eating as a great chance to spend time with friends, but the new pandemic rules have made that harder. “I used to eat out with my friends and now I’m supplementing that with small snacks,” he said. DeJong munches throughout the day eating things such as peanut butter

on toast, pretzels and smoothies. DeJong also mentioned he's eating more often with the free time. "All I have to do is sit around and eat food," he said.

SCOPE updates students on spring concert

Posted by Porsche Taylor | Apr 17, 2020 | News | 0 |

The logo for the University of New Hampshire (UNH) is displayed in a large, black, serif font. The letters 'T', 'N', and 'H' are stacked vertically and are underlined.

Many students at the University of New Hampshire (UNH) look forward to the fall and spring concerts presented by the Student Committee On Popular Entertainment (SCOPE). UNH's decision to switch to online classes due to the development of the coronavirus (COVID-19) caused many students to wonder about the upcoming spring concert that would've taken place in April.

SCOPE does not release much information on the concert until the performance date is closer to build up more excitement. This means students do not know who is going to perform or when. This also left many students wondering if the performer originally scheduled would return at a later date. Unfortunately, SCOPE executive director Maggie Kosalek was unable to give any information on rescheduling. She stated that it is currently "confidential."

One student, who wished to remain anonymous, reacted to this answer saying, "[SCOPE's budget] is our money, if we want to know who was supposed to be playing and if they're ever going to be playing at UNH in the future then we should get to know. The 'hype' no longer matters."

Although the decision to not reveal specific details may not be the answer students are looking for with all of the mystery surrounding the future with COVID-19, Kosalek explained how the virus

has affected SCOPE, saying all members are feeling devastated to not be able to put on a show this semester. "It's tough to see a lot of hard work get swept away from us like that, as I'm sure some other orgs are feeling too," Kosalek said.

With all of this uncertainty, SCOPE assured they are working hard on the next concert by staying in touch through virtual means. The group has been messaging back and forth and also using Zoom, a web-based video conferencing tool, to work on future plans and make up for the work lost this semester. Kosalek added, "virtual meetings are much tougher [to conduct] than in person meetings, [but] we have still been getting work done and are adamant about keeping our scheduled weekly meetings."

Amanda Moore and Jackie Weik, both freshmen communication majors, found SCOPE's answers to these questions fitting. "SCOPE's response was appropriate, they obviously care a lot about the show but there is a lot of unpredictability due to COVID-19 when planning major events like this," said Moore. Weik had similar thoughts, saying, "I think their answer is justified, they have no control over the circumstances, they're doing the right thing considering some public officials predict a halt on live concerts until fall 2021."

Although it is unknown who was going to perform this spring and if they still will make an appearance at UNH, SCOPE is still working hard on the next show. Kosalek finished by providing a link that can be found here and on their Instagram, @scopeunh, for their quarantine playlist.

CHHS celebrates two milestones

Posted by Jenna Odel | Apr 20, 2020 | News | 0 |



The College of Health and Human Services (CHHS) at the University of New Hampshire (UNH) has had two milestones in the past academic year.

CHHS turned 50 years old at the beginning of the 2019-2020 academic year. There has been no formal celebration, as CHHS Director of Communications Callie Carr explained, instead celebrations spread out across the academic year. The homepage of the college's website announces the 50 years of teaching, with a link to a 32-page magazine describing the community impacts and academics of the college, its departments, and its programs.

The second is that CHHS received partial funding from the state of New Hampshire for what the college is calling its Health Sciences Initiative. According to meeting notes from a presentation from CHHS Dean Dr. Mike Ferrara to the Department of Health and Human Services (DHHS), this funding was received in September. The initiative will strengthen the academic offerings of CHHS, particularly for three departments: the Department of Nursing, the Department of Occupational Therapy, and the Department of Communication Sciences and Disorders (CSD).

The Health Sciences Initiative gives \$9 million to CHHS. This will be used to move the college from its current building, Hewitt Hall, to a larger building with approximately 50,000 square feet of usable space, Ferrara said.

In 1995, then-chair, now professor emerita, Dr. Elizabeth Blesedell Crepeau compiled a 93-page report documenting the history of the Department of Occupational Therapy through the eyes of students and alumni. This report was written for the celebration of the 50 years of the Department of Occupational Therapy. The department is now 75 years old, celebrating its own anniversary alongside CHHS's, said current chair Dr. Lou Ann Griswold.

According to the report from Crepeau, Hewitt Hall has been home of the college since 1976, after a renovation for what was then School of Health Studies, now CHHS. CHHS has eight departments, and has effectively outgrown the space available in Hewitt Hall. For example, as CSD Chair Dr. Donald Robin described, the basement of the building has four faculty members sharing one research laboratory space. Typically, faculty get their own lab.

The Health Sciences Initiative will allow for the occupation of a new building, either a renovated building or a newly constructed one. Robin suggested the college might renovate an already existing building but wasn't sure. Ferrara could not be reached for an interview due to schedule conflicts and the coronavirus pandemic.

UNH will partially support the initiative with \$3.3 million. According to a presentation found on the University System of New Hampshire (USNH) website, the \$9 million given by the state was to USNH, not UNH. The initiative, based on the dates of a document from the office of Governor Sununu and Dean Ferrara's presentation, has been in the works since at least October 2018.

In 2018, Sununu called it the "UNH Nursing & Health Sciences Initiative," and a year later, in a DHHS meeting it was still referred to by referencing UNH's nursing programs. This is because, as Robin said, "A large part [of the \$9 million] is going to nursing because they're going to take 100 students, which is a lot, and they need it and they need simulation rooms."

The reason there is so much interest in nursing is to supply the workforce. "There has been a real need for growth of nursing education in the state," said Dr. Gene Harkless, Associate Professor in the Department of Nursing. The Department of Nursing has been in existence for over 50 years, Harkless said.

Nursing, and other departments in UNH, have many community-wide, not just student, impacts. CHHS operates eight "centers" that serve the community for a variety of topics, and within each center is an even greater network of services or resources offered.

"We've always been deeply engaged from a CHHS perspective on how UNH, CHHS serves the broader NH community," Harkless said.

The Health Sciences Initiative will, along with providing more space for CHHS and nursing, provide more simulation resources. The department currently has one Nursing Simulation Laboratory, and is due to have three with the Initiative.

Academics are also due to change, Harkless said. “We are working to...keep us as leaders in the field.”

The department is being assisted by a variety of other funding resources to strengthen academics, from Nurse Practitioner education to treatment for substance use disorder. “We’ve got this really wonderful coming together,” Harkless said of the funding sources and the opportunities they present.

However, at the moment, the coronavirus pandemic has limited nursing majors’ clinical opportunities. Clinical agencies “asked that our students be excluded from clinical, mostly because they didn’t have enough PPE [personal protective equipment] to share and for students to use it,” Harkless said.

Occupational therapy, said chair Griswold, will also see academic expansion under the Health Sciences Initiative. One main component of this expansion is the development of a clinical doctorate in Occupational Therapy (OTD).

The department currently offers a bachelor’s and a master’s, but according to the departmental website, starting this fall, first-year majors can go through a six-year process of earning first their bachelor’s and then their OTD. A similar process has been available only through the Master’s, in a five-year program. To be an occupational therapist, Griswold said, one must have a higher degree than a bachelor’s.

The OTD is just the latest development in the evolution of the department of Occupational Therapy. Griswold and the report from Crepeau described some of the craft-based courses majors originally had to take. These classes, such as woodworking, were important for the therapy of World War II veterans. Today, students take courses in the sciences, as well as applied courses.

The initiative will benefit the Department of Communication Sciences and Disorders both in academics and in research. Robin was hired a few years ago to build the department.

“When I was hired, the ad said that they were looking for someone to come in, that could help make the program in the top 10 in New England. If they make it the top 10 in New England, that means it’s one of the top 10 in the country because BU and MGH [Massachusetts General Hospital] are in the top ten, so we’d have to be in the top 10 in the country and they knew that,” Robin said.

“You can’t be in the top 10 without having a strong research program,” Robin continued. Research, he said, contributes to visibility, in turn boosting rankings. The department, which at the moment also only offers a Master’s, is developing a Neuroscience Ph.D. program.

The new building for CHHS will provide more lab space, encouraging more research. The department is also hiring more tenure-track faculty. "The expansion is not just numbers of students." Robin said.

These faculty have helped build the research program of CSD. "We've established, really, a world class research facility...they've never done much research here," Robin said.

Robin has also been working on expanding the clinic the department runs, which provides treatment for people with a variety of clinical issues in the community. "We want to be a resource for the community in terms of people coming to get treated here. We want to be a resource for clinicians to come and get training in highly specialized techniques that we bring in and use our knowledge."

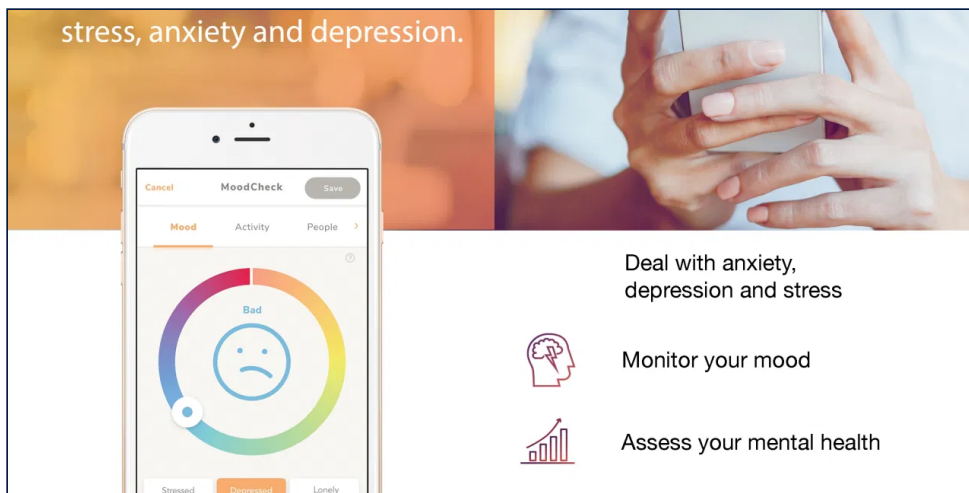
As with the other departments, academics, graduate and undergraduate, are also undergoing change: Robin facilitated the revision of the curriculums for the CSD major and master's. For graduate students, he is looking to encourage "innovative teaching," heavy on clinical work and rotations, where the faculty, instead of lecturers, serve as mentors. Undergraduates would not be excluded from this innovative process.

"Changing how undergraduates get educated I think is really important these days, because students are not really learning how to think," Robin said, concerned about the critical thinking abilities and students focusing more on their personal career than "giving back" to the community.

These plans await. Robin looks forward to the new building. "Once we get a new building we will have the space and the wherewithal to sort of bring the change to fruition if you will."

WellTrack – A resource for the UNH community struggling with stress, anxiety or depression

Posted by Caitlin Staffanson | Apr 20, 2020 | News | 0 |



The University of New Hampshire's (UNH) Psychological and Counseling Services (PACS), in correspondence with Health and Wellness, released a new tool for people in the UNH community who suffer from moderate depression, stress, and anxiety. During this uncertain time, many are experiencing at least one of these mental health struggles, and WellTrack helps monitor and teach users management techniques.

Any person who has a UNH email address – students, faculty, staff, and alumni – has access to WellTrack free of charge through the PACS website or the WellTrack app. As a 24/7 tool, it is accessible whenever mental health support is needed, which is something counselors alone cannot offer. WellTrack is not intended to replace counseling, but rather to be extra support when a person may need it.

“We did about 4 or 5 demos and WellTrack seemed to be more user friendly, more dynamic, and more interactive,” said Dr. Shari Robinson, the director of PACS. “It is based on cognitive behavior therapy, which is considered to be an evidence-based therapy to treat depression and anxiety. That is helpful because it has the science behind it.”

The program itself is very user-friendly and easy to navigate. Users begin with a 27-question quiz which evaluates their levels of stress, anxiety, and depression. The program then leads the user to begin courses that teach them how to manage each of these mental health struggles. There is a series of courses/videos for each week. The reasoning behind this is for the user to practice the skill taught that week, build on it and then evaluate how it helped and affected them. The program also checks in with the user through “Mood Checks,” which are quick evaluations of how they are feeling in that moment. Users have the option at the end of the mood check to journal and explain their feelings, but this is not required. The program graphs their moods and the user can look at how they’ve been feeling through the chart.

One of the app’s features is the zen room, where the user can select a scene and the type of meditation they would like to engage in. It is easy to follow along with and allows the user to select the volume they would like the background noise to be and the volume of the speaker guiding the meditation.

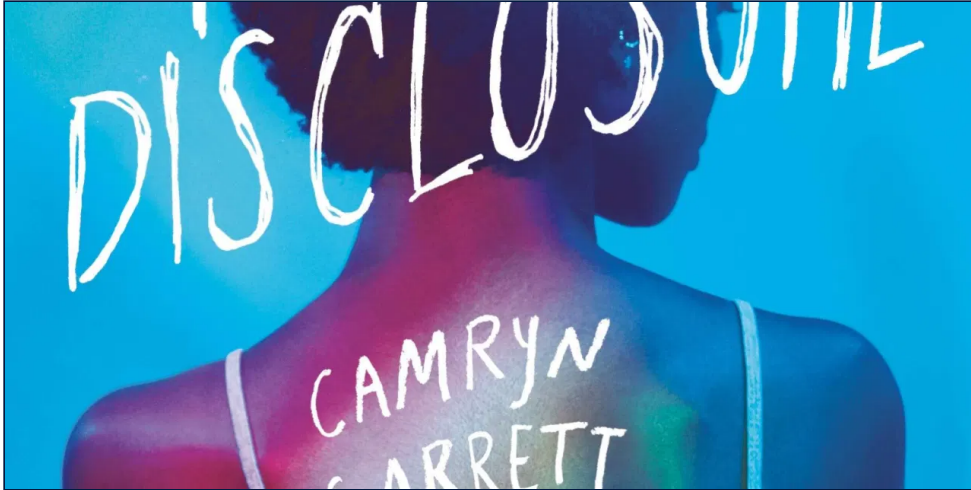
“If students are having complications with WellTrack or they want to give us feedback, PACS has a generic email address, pacs@unh.edu, it is right on our website,” said Robinson. “We ask for feedback.”

Because of the pandemic, many are struggling with their mental health. It is important to ask for help when needed and to use the resources that are available. WellTrack is just one of these resources. It’s not a tool that has to be used every day, but can be. The unique features help offer support when a user feels that they need some extra guidance.

“I want to challenge students to try it out,” Robinson said. “We’ve gotten nothing but positive feedback. We want the student’s participation. We want the student’s engagement. We are here to help and support our students. There seems to be a disconnect with students saying they need the help, but not reaching out.”

Mad About Books: 'Full Disclosure' by Camryn Garrett

Posted by Madailein Hart | Apr 21, 2020 | Arts | 0 |



When I first started reading this book, I was expecting it to be a little hokey and cheesy, another stereotypical young adult novel. While there was definitely some of that general corny feeling in there, there was also so much information and representation throughout the pages that I barely noticed the corniness.

“Full Disclosure” by Camryn Garrett follows Simone Garcia-Hampton, a 17-year-old adopted black girl, starting over at a new school after something or someone drove her out of her last one. While she worries about what every teenager worries about (boys, friendships, parents, sex, etc.) she also worries about her HIV positive status that she was born with. Her dads, who have always been a source of support, want her to be abstinent but as she grows and develops deeper relationships at her new school (especially with her oh-so-cute crush, Miles) sex becomes more of a reality than a concept. As Simone puts it, “according to the extremely reliable resource of internet porn, all kinds of situations can lead to sex: making salad, tutoring, playing soccer...” Simone has to figure out how to tell Miles about her status while also keeping her new friends and the rest of the school from finding out.

While this book’s main plot point was Simone’s HIV status, so many other subjects were touched on, especially when it came to sexuality. Throughout the book, we see Simone questioning who or what she likes, and her two closest friends are an asexual lesbian and a

bisexual girl. These friends help Simone work through questions she doesn't quite understand, even if they were a bit harsh at times. While her status is a big part of her life, it's only *one* part of who Simone is on top of being a theater-loving, curious teenager. I personally loved that Simone had a very healthy relationship with her parents; she was open with them, she was embarrassed by them, she joked with them, she got angry at them, but this was more "typical-teenage" behavior than her rebelling against her parents in any serious way. With YA novels it can be easy for authors to rely on a bad home life as a plot point, so it was refreshing to see this dynamic.

Garret approaches these sensitive subjects with humor and armed with information and I often caught myself thinking "wait, I never knew that," despite all the classes I've taken here at UNH about sex and sexuality. You can tell right from the start how much research and thought Garrett put into this.

At the end of the book, Garrett includes resources for those who want to learn more about HIV and AIDS, including the fictional movies, articles, books, activists, and websites that helped her with her own research. On top of all this, Garrett was only 17 when she first sold this book and started thinking about this topic after learning a little bit in her health class. Since she was a teenager when she wrote this, it gives the voice of these teenage characters more authenticity than if a middle-aged person were writing a YA novel — not that it can't be done, but sometimes it's forced.

This is a great book for those who like YA or contemporary fiction or just need a short read (my copy was just shy of 300 pages, not counting all the resources at the end).