

# COLLEGE DAYS: Best of our lives?

Increase in college students seeking counseling speaks to severity of student problems, benefits of counseling programs

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It's her lowest day yet. She manages to muster up enough motivation to go to class, but she walks with her headphones in, allowing the blaring rock music to shut out the world.

During class, she's anxious, bored and tired all at once. She can't focus on anything her professor is saying because of the stress nesting inside of her; eating away at her like a disease.

She eventually returns to her dorm and starts doing homework, the first assignment of many due by the end of the week. She knows she's smart – she always has been – so homework shouldn't be a challenge.

But her bad mood is weighing on her. After spending only a few minutes on the assignment, she gets frustrated. She can't focus on anything other than how alone she feels. Her frustration quickly turns to tears; her tears turn to full-on sobbing. She stops

trying to do the assignment because she knows there's no point anymore.

And at the end of the day, a day that seemed to last an eternity, Callie Hannah knew she had a problem.

She quickly turned to Elon University's Counseling Services. It was her sophomore year – she realized her feelings of anxiety and depression were becoming too much to handle.

She felt pressured by her workload at school, and she had doubts about her long-distance relationship with her boyfriend, whom she started dating at the beginning of her freshman year.

"I was feeling really overwhelmed with school," Hannah said. "I was also stressed out from being in a committed relationship with an older guy who didn't go to Elon, which isn't the norm for a 19-year-old. I decided to go to counseling to see what I should do – I wanted answers."