

# SCIENCE & TECH

## Sustainability on Campus: Be Ecofriendly

courtesy of Laura Ficselman

Meredith students are committed to being more sustainable. In part, this means disposing of our waste correctly. Meredith reuses and recycles.

**The Daisy Trade** is the student reuse store on campus, and has clothing, books, shoes, room accessories and more! Take what you like, donate items you're not using. You don't have to bring something to take something.

Daisy Trade hours during orientation will be (as long as items are available):

Sunday, 8/15 6:00-9:00pm  
Monday, 8/16 11:30-4:00pm

Become a Daisy Trade fan on Facebook for up to date information!

Recycling at Meredith is easy. You should have a blue recycling basket in your room (if not, talk to your RA). Tear out the flyer on the bottom half of this page and tape it up by your bin for reminders of what is and is not recyclable!

## Psych 101: The Counseling Center at Meredith

Caitlin Griffin, Staff Writer

Arguably one of Meredith College's most valuable free, on-campus resources for all students is the Counseling Center. As a freshman, you're likely to hear an earful about the Counseling Center at orientation and various academic fairs, but what many students report absorbing from these events is that the Counseling Center is for students who are depressed, homesick, or otherwise struggling with some debilitating life issue. A large number of incoming (and even upperclassmen!) students don't know that they can make confidential 50-min appointments at the Counseling Center just to talk to a licensed professional counselor about ANYTHING weighing on their minds, even if it's only academic stress. You know that awesome feeling of release you get after ranting to your best friend? Now, think about how amplified that feeling would be if you could walk away from a reunion with some new perspectives on life, thanks to the sound advice of a professional who was specifically trained in the field of making you feel better!

The Counseling Center offers many different opportunities for students to get the stress off their chests. Junior Julia Houtchings likes the daily 1 pm "crisis hour" on Monday thru Friday. "When I've used it in the past, I'd just walk in and say, 'I need to talk to somebody. I'm freaking out! I have too much going on!' It's an available resource when you hit your breaking point and need somebody to help you organize the jumbled thoughts inside your head." Her best advice for freshman interested in beginning regular counseling or scheduling sporadic visits is, "Counseling is all about the 'fit' between the counselor and the student, so don't let one bad experience with a counselor keep you from returning. Maybe that counselor wasn't the right fit for you. You can always request a different one for a following visit."

The Counseling Center also offers free workshop series once or twice each semester, such as the popular Relaxation Response and the Relationship and Intimacy Workshop. Any Meredith student can register to attend these special seminars; just be sure to sign up quickly, as space is limited, and the

few seats fill up fast. Organized like group counseling, the purposes of the seminars are to allow students to share their personal stories and learn from each others' experiences in a safe, confidential environment over the course of a few weeks, as well as to provide the students with professional, targeted tips on how to reduce tension and improve specific areas of their lives. Depending on the type of seminar, the workshop may be primarily student or counselor-led.

It's hard to beat all of the unique free and confidential services provided by the Meredith College Counseling Center—services that would likely cost you an arm and a leg to receive anywhere else. So what are you waiting for? Drop by the Counseling Center on the 2nd floor of Carroll Hall and introduce yourself to a counselor on campus today. The friendly staff can't wait to meet you!

For more information on the Counseling Center, visit [www.meredith.edu/students/counsel](http://www.meredith.edu/students/counsel).

## Recycling at Meredith College

Recycle paper, plastic and aluminum in hail containers or large blue recycling receptacles outside each building.

### YES

- Copy paper
- Colored paper
- Envelopes (windows OK)
- Folders
- Sticky notes
- Shredded paper
- Flyers
- Brochures
- Magazines
- Catalogs
- Books (hardcovers removed)
- Newspaper (see below)
- Cardboard (see below)
- Cereal boxes
- Bubble mailers
- Food containers or wrappers
- Tissues
- Paper towels
- Toilet paper cones
- Label backs

### NO

\*\*Staples and paper clips OK. Remove large binder clips, rubber bands, plastic and metal binders from paper.

### PLASTIC

- Bottles
- Jugs
- To-go containers
- Tubs
- Yogurt cups

\*\*#1 and #2 (look on bottom for numbers). Lids OK.

### ALUMINUM

- Cans
- Foil
- No other metal

Please rinse any food contamination before recycling!

### OTHER RECYCLABLE ITEMS

#### BATTERIES & LIGHT BULBS

Take light bulbs and large quantities of batteries to the Facilities Services Stockroom (behind Copy Center), Room 114. Send smaller batteries by intercampus mail. Batteries and bulbs are included in the campus-wide hazardous waste program.

#### ELECTRONICS

Recycle as e-waste through Technology Services. Take items to the Help Desk or call to arrange pick up, ext. 2323.

#### REUSABLES

Post to Meredith's office supply exchange; Make a "free box" on your hall; donate to local charity such as Goodwill or Salvation Army; explore The Freecycle Network.

#### GLASS (Clear and Colored)

Use centralized collection points on the south side of the library, behind Cate Center and behind apartments.

#### TONER CARTRIDGES

Take to the Copy Center for recycling.

#### CARDBOARD

Remove packaging trash and flatten. Place BESIDE trash dumpsters for removal by housekeeping staff or in cardboard receptacles at apartments. Boxes with food residue, wax coatings or foil are NOT accepted.

#### NEWSPAPER

Use green bins at west end of Johnson Hall and south side of library.



thinkgreen  
at Meredith

For more information, including a complete list of campus recycling locations, go to: [www.meredith.edu/sustainability/recycling.htm](http://www.meredith.edu/sustainability/recycling.htm)