

# (Dis)Engage

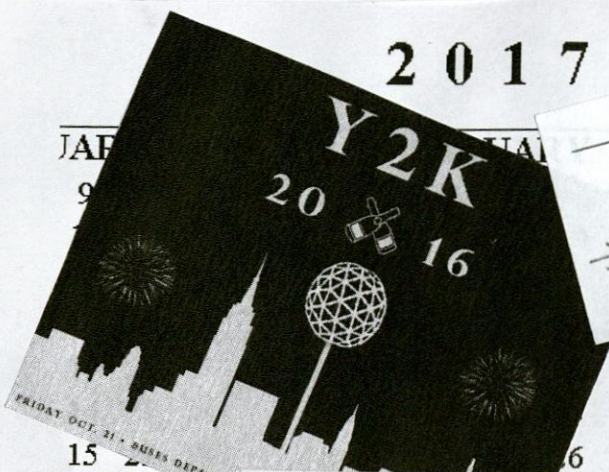


**The common experience**



Your education, particularly at an institution like Duke, is a defiantly political act  
 packaged as an opportunity to directly engage with difference. Sometimes we

2017



## Cat's Cradle

FEB. 2017:  
 Feb 17 FR: STRFKR w/ Psychic Twin (SOLD OUT)  
 Feb 18: ABBEY ROAD LIVE! / two shows, 4 PM & 8:30 PM  
 Feb 21: HAMILTON LETHAUSER w/ Lucy Dacus (\$17/\$20)  
 24 FR: NRBO (\$25) WITERRY ANDERSON Y& O.A.K. TEAM  
 26 SU: NIKKI LANE HIGHWAY QUEEN TOUR  
 w/ Brent Cobb, Jonathan Tyler (\$15 adv)  
 28 TU: THE ENGLISH BEAT\*\* (\$18/\$20)

Th	2	9
Fr	3	10
Sa	4	11
Su	5	12

## RIL

10	17	24
11	18	25
12	19	26
13	20	27
14	21	28
15	22	29
16	23	30

## LY

10	17	24
11	18	25
12	19	26

THE SEMESTER STARTS IN A FLURRY  
 THAT SOON BECOMES AN AVALANCHE  
 OF ACADEMIC AND PERSONAL  
 RESPONSIBILITIES THAT MAKE YOU  
 WANT TO DO IT ALL BECAUSE YOU  
 ONCE SEEMED TO DO IT ALL BUT  
 NOW ALL YOU BEGIN TO DO IS  
 FALL AS IT ALL CRASHES AROUND  
 AND YOU'RE OVERWHELMED

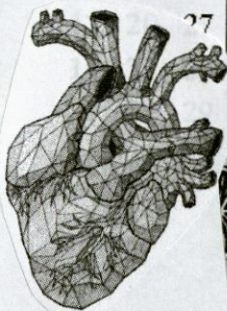
russell+hazel®

Fr 4 11 18 25

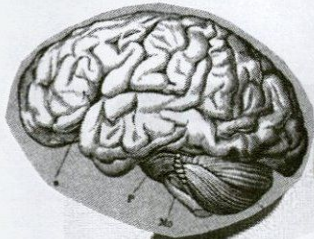
Sa 5 12 19 26

Fr 1 8

10 pm - 2 am  
 September 23  
 Craven E

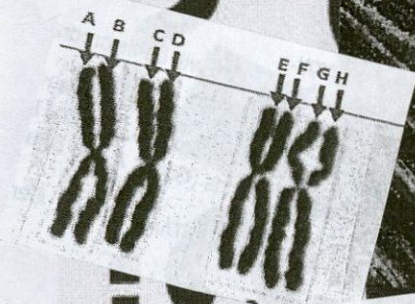






What to expect

What to do in order to succeed

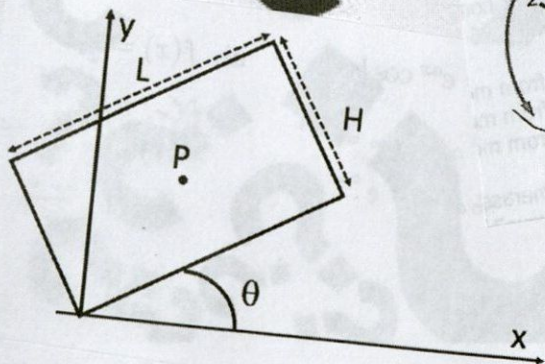
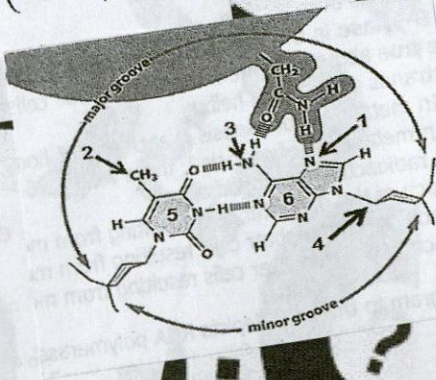


Algebraic properties

$$\vec{v} + \vec{w} = \vec{w} + \vec{v}$$

$$\vec{u} + (\vec{v} + \vec{w}) = (\vec{u} + \vec{v}) + \vec{w}$$

$$c(\vec{v} + \vec{w}) =$$

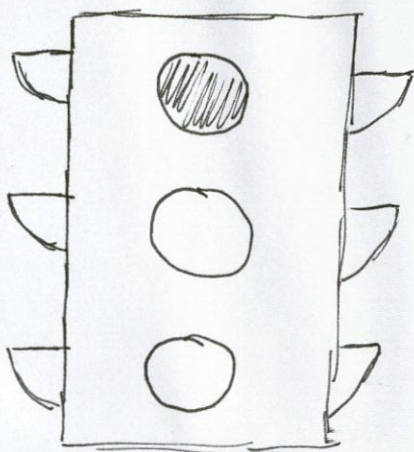




OFTEN, YOU CAN SUBSCRIBE TO A  
"FAKE IT TILL YOU MAKE IT" OR  
"SURVIVING NOT THRIVING" MENTALITY  
OF SORTA IGNORING EVERYTHING  
THAT IS WRONG IN HOPES OF ONE  
DAY WAKING UP WITHOUT IT  
LOOMING OVER YOU AND YOU BREAK  
TO SOME BUT TO MOST  
ADOPT THIS FACADE  
THAT YOU WOULD HAVE  
BUT INSTEAD YOU'RE  
DISTANT AND DISTANCE  
MAKES IT WORSE  
UNTIL YOU CURL UP  
IN A PLACE ALONE

And all my

trash grades for a trash student who



Ugh I love you so much

I've been feeling kind of off lately and I can't figure out why

I think it's desperation mixed w missing y'all

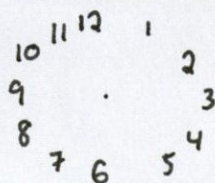
But like idk

It's a weird feeling

I'll be safe

But there's no place I'd rather not be than here

My friends are having fun so it's hard bc I can't leave alone you know?



?

I'm lowkey crying to myself on a banister, it'll be okay eventually

no does not have her shit together

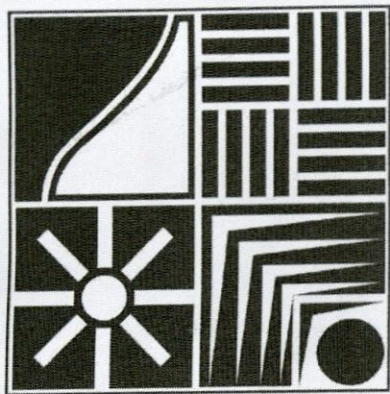


but what if my best isn't enough

AND ACCEPT THAT  
YOU ALONE ARE  
SUFFERING SO YOU  
DON'T SEEK HELP  
EVEN THOUGH YOU  
NEED HELP FOR  
FEAR OF BEING  
THOUGHT OF AS  
LESS UNTIL ONE

DAY SOMEONE CLOSE TO YOU ADMITS THE  
SHARED FEELINGS AND IT'S AS IF YOU  
CAN BREATHE AGAIN IF ONLY FOR A  
MOMENT BECAUSE SOMEONE ELSE UNDERSTANDS  
AND TOGETHER YOU REFUSE TO DROWN





95% OF COLLEGE COUNSELORS  
SAID NUMBER OF STUDENTS  
WITH SIGNIFICANT PSYCHOLOGICAL  
PROBLEMS IS A GROWING CONCERN

41.6% ANXIETY  
36.4% DEPRESSION  
35.8% RELATIONSHIP PROBLEMS  
OF STUDENTS SEEKING COUNSELING





"IT'S AS IF EVERYTHING WE  
ARE GETS PRESSED DOWN INTO  
A HARD-TO-DEFINE SPACE  
THAT FEELS EMPTY, HEAVY, AND  
PERSISTENT."

▼ FEELINGS OF INTENSE OR PERSISTENT  
SADNESS ▼ INCREASED NEED FOR SLEEP  
OR DIFFICULTY SLEEPING ▼ NOTICEABLE  
INCREASE OR DECREASE IN APPETITE ▼  
SUICIDAL THOUGHTS OR GESTURES ▼ REPEATED  
EPISODES OF UNCONTROLLABLE OR SPONTANEOUS  
CRYING ▼ FEELINGS OF HOPELESSNESS ▼  
FEELINGS OF WORTHLESSNESS ▼ LOSS OF  
ENJOYMENT FROM THINGS THAT ARE TYPICALLY  
ENJOYABLE ▼ DIFFICULTY CONCENTRATING  
▼ NOTICEABLY MORE IRRITABLE MOODS ▼  
NOTICEABLE DECREASE IN EMOTIONAL / PHYSICAL  
ENERGY ▼



# SO YOU'VE REALIZED THAT IT'S OKAY TO NOT BE OKAY... NOW WHAT???

(ONE GIRL'S GUIDE TO A MAD DUKE)

- 1.) TAKE A MOMENT TO BREATHE AND  
PRACTICE SELF-LOVE  *treat yo' self* 
- 2.) SIT DOWN WITH SOMEONE  
YOU APPRECIATE AND TRUST AND LET IT  
ALL OUT  
- 3.) CALL IN THE BIG GUNS (ON OR OFF  
CAMPUS)



## SERVICES ▼

INDIVIDUAL COUNSELING

PSYCHIATRIC SERVICES

GROUP COUNSELING

COUPLES COUNSELING

CONSULTATION

HEALTH COACHING

CAREER SELF-EXPLORATION

OUTREACH SERVICES

THE BEING WELL

- 4.) ATTEND YOUR INITIAL  
APPOINTMENT AND  
ALL APPOINTMENTS  
THEREAFTER

#TRUSTTHEPROCESS

- 5.) REALIZE THAT IT ALL  
TAKES TIME AND THAT  
AS LONG AS YOU ARE  
OKAY THEN YOUR  
NORMAL IS BEAUTIFUL

# DECODING CAPS:

"INDIVIDUAL COUNSELING" → MEETING ONE-ON-ONE, STARTS WITH A QUESTIONNAIRE TO FIGURE OUT WHERE YOU'RE AT, CAN TAKE FORM OF A CONVERSATION OR A BRAIN DUMP

\* GOOD FOR: SEEING THINGS FROM A NEW PERSPECTIVE, UNDERSTANDING FURTHER POSSIBLE STEPS

"PSYCHIATRIC SERVICES" → MEDICATION, USUALLY NEEDS REFERRAL FROM THERAPIST, MORE CLINICAL APPROACH TO ESTABLISHING OWN SENSE OF NORMAL

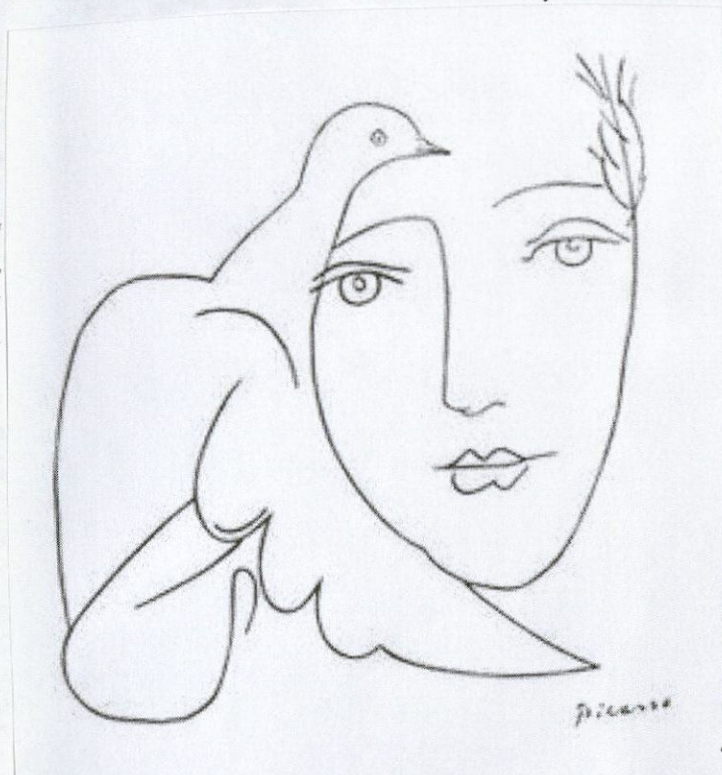
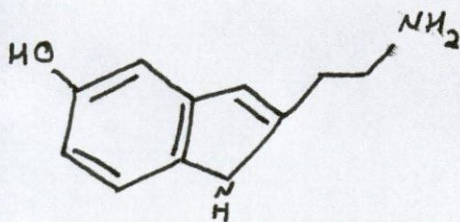
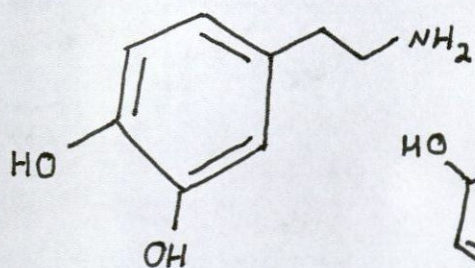
\* GOOD FOR: MEDICATION, RETURNING TO POINT WHERE THINGS ARE LESS DAUNTING

"GROUP COUNSELING" → WEEKLY MEETINGS MEDIATED BY CAPS STAFF, SMALL GROUP DISCUSSION OF CONCERNS AND STRATEGIES

\* GOOD FOR: NOT GOING ALONE

MULTITUDE OF STUDENT ORGANIZATIONS ON CAMPUS FOCUSED ON FIGHTING STIGMA AND UNITING TO REDUCE UNCERTAINTY





"EVEN IF IT INVALIDATES EVERYTHING  
YOU EVER THOUGHT ABOUT YOURSELF,  
YOU'RE STILL A GOOD PERSON"

"YOU KNOW WHAT YOU'RE WORTH, NOW  
GO OUT AND GET WHAT YOU'RE  
WORTH"



