

# Acknowledgements

**Written and designed by:**  
Jacqueline Potvin-Boucher

**Advisory Group:**  
Counselling Services, Dalhousie University Student  
Academic Success Services, Dalhousie University  
Counselling Services, Saint Mary's University  
Mount Saint Vincent University Student Counselling Services  
The Centre for Student Success, Nova Scotia Community College  
Office of Student and Academic Services, NSCAD University

**Edited by:**  
Marla Cranston  
David Venn and IWK Public Relations

**Mental Health Reviewers:**

Dr. John Aspin  
Dr. Carlo Carandang  
Dr. Stephanie Casey  
Dr. Aidan Stokes  
Dr. Normand Carrey

**Readers/Participants:**

Brittney Barnett  
Andy Cox  
Kelsey Grittner  
Ricardo Salcedo  
Magda Szumilas

**Student Participants:**

Emily Atkinson  
Marika Forsythe  
Sarah Lefurgey  
Laura McWilliam

**Project Leader:**

Dr. Stan Kutcher, MD, FRCPC.  
Sun Life Financial Chair in Adolescent Mental Health



# references

- (1) About.com - Health On the Net Foundation. Self-Advocacy - College Years. 2006; Available at: <http://add.about.com/od/adhdincollege/a/collegeadvocacy.htm>. Accessed 01/05/2007, 2007.
- (2) About.com - Health On the Net Foundation. Top 6 Further Reading - ADHD in College. 2006; Available at: <http://add.about.com/od/adhdincollege/a/collegeadvocacy.htm>. Accessed 01/05/2007, 2007.
- (3) Advocates for Youth. Youth Resources. 2007; Available at: [www.advocatesforyouth.org/about/index.htm](http://www.advocatesforyouth.org/about/index.htm). Accessed 01/05/2007, 2007.
- (4) Alberta Alcohol and Drug Abuse Commission. AADAC - The ABCs - Cannabis (Marijuana, Hash). 2007; Available at: [www.aadac.com/87\\_439.asp](http://www.aadac.com/87_439.asp). Accessed 01/05/2007, 2007.
- (5) American Journal of Psychiatry. Eating Disorders Anorexia Bulimia Eating Disorder Treatment. 2000; Available at: [www.eating-disorder.com/Eating-Treatment/About\\_Rehabs.htm](http://www.eating-disorder.com/Eating-Treatment/About_Rehabs.htm). Accessed 01/03/2007, 2007.
- (6) American Psychiatric Association, American Psychiatric Association. Task Force on DSM-IV. Diagnostic and statistical manual of mental disorders : DSM-IV-TR. 4th , text revision ed. Washington, DC: American Psychiatric Association; 2000.
- (7) Associated Press. Does 'hooking up' hurt young women? 2007; Available at: [www.msnbc.msn.com/id/17540879/](http://www.msnbc.msn.com/id/17540879/). Accessed 01/06/2007, 2007.
- (8) Bezbatchenko A. Adjusting to College Life? Balancing Freedom with Responsibility. 2007; Available at: [www.collegeview.com/articles/CV/campuslife/balancing\\_freedom.html](http://www.collegeview.com/articles/CV/campuslife/balancing_freedom.html). Accessed 01/04/2007, 2007.
- (9) Bloom K. Should We Hook Up (Have Sex)? Seven Factors for College Students With a Case of Spring Fever. 2007; Available at: [http://ezinearticles.com/index.php?Should-We-Hook-Up-\(Have-Sex\)?-Seven-Factors-for-College-Students-with-a-Case-of-Spring-Fever&id=523638](http://ezinearticles.com/index.php?Should-We-Hook-Up-(Have-Sex)?-Seven-Factors-for-College-Students-with-a-Case-of-Spring-Fever&id=523638). Accessed 01/04/2007, 2007.
- (10) Bramer, Jennifer S. PhD. TIPS for for Students with ADD/ADHD Transitioning to College. 2004; Available at: [www.add.org/articles/tiptrans.html](http://www.add.org/articles/tiptrans.html). Accessed 01/05/2007, 2007.
- (11) Bressert SPD. An Introduction to Bipolar Disorder. 2007; Available at: <http://psychcentral.com/disorders/bipolar/>. Accessed 01/05/2007, 2007.
- (12) Calgary Sexual Health Centre. Birth Control. Available at: [www.cbca.ab.ca/BirthControl.htm](http://www.cbca.ab.ca/BirthControl.htm). Accessed 01/06/2007, 2007.
- (13) Canadian Centre on Substance Abuse – CHN Substance Use/Addictions Affiliate. Gambling is growing, and so are the problems. 2003; Available at: [www.canadian-health-network.ca/servlet/ContentServer?cid=1047512268590&pagename=CHN-RCS/CHNResource/CHNResourcePageTemplate&c=CHNResource&lang=En&repGroupTopic=Substance+Use+/+Addictions](http://www.canadian-health-network.ca/servlet/ContentServer?cid=1047512268590&pagename=CHN-RCS/CHNResource/CHNResourcePageTemplate&c=CHNResource&lang=En&repGroupTopic=Substance+Use+/+Addictions). Accessed 01/05/2007, 2007.

- (14) Canadian Mental Health Association. Your Education - Your Future. 2004; Available at: [www.cmha.ca/youreducation/introduction.html](http://www.cmha.ca/youreducation/introduction.html). Accessed 01/06/2007, 2007.
- (15) Canlearn. Budgeting During School. 2006; Available at: [www.canlearn.ca/en/student/pay/budget/index.shtml](http://www.canlearn.ca/en/student/pay/budget/index.shtml). Accessed 01/06/2007, 2007.
- (16) CenterSite. Mental Help Net - Psychological Self-Tools - Online Self-Help Book. Available at: [www.mentalhelp.net/poc/view\\_doc.php?type=doc&id=9822&cn=353](http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=9822&cn=353). Accessed 01/05/2007, 2007.
- (17) Centre for Addiction and Mental Health. Do You Know... Methamphetamine- CAMH. 2007; Available at: [www.camh.net/About\\_Addiction\\_Mental\\_Health/Drug\\_and\\_Addiction\\_Information/methamphetamine\\_dyk.html](http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/methamphetamine_dyk.html). Accessed 01/05/2007, 2007.
- (18) Centre for Addictions Research of B.C. Alcohol and your health: less is more when it comes to healthy living. 2007; Available at: [www.canadian-health-network.ca/servlet/ContentServer?cid=1121774146210&pagename=CHN-RCS/CHNResource/CHNResourcePageTemplate&c=CHNResource](http://www.canadian-health-network.ca/servlet/ContentServer?cid=1121774146210&pagename=CHN-RCS/CHNResource/CHNResourcePageTemplate&c=CHNResource). Accessed 01/05/2007, 2007.
- (19) Charlie Waller Memorial Trust. Information, Resources and Real Student Stories. 2005; Available at: [www.studentdepression.co.uk/site/](http://www.studentdepression.co.uk/site/). Accessed 01/05/2007, 2007.
- (20) Chickering AW, Schlossberg NK. Getting the most out of college. Boston: Allyn and Bacon; 1995.
- (21) Children, Youth and Women's Health Service (CYWHS). Teen Health - Health Topics - ADHD - what is it? 2006; Available at: [www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=243&np=293&id=2152](http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=243&np=293&id=2152). Accessed 01/05/2007, 2007.
- (22) Cobb H. Mental Health America Offers Tips for Coping with Shootings at VA Polytechnic Institute and State University. 2007; Available at: [www.mentalhealthamerica.net/index.cfm?objectid=FB97E6AE-1372-4D20-C89976926B60B60A](http://www.mentalhealthamerica.net/index.cfm?objectid=FB97E6AE-1372-4D20-C89976926B60B60A). Accessed 01/08/2007, 2007.
- (23) Colleges.com. College scholarships, career colleges. Available at: [www.colleges.com/index.html](http://www.colleges.com/index.html). Accessed 01/08/2007, 2007.
- (24) Costin C. The eating disorder sourcebook. Los Angeles, CA; Chicago: Lowell House; Contemporary Books; 1996.
- (25) Counselling and Psychological Services. Self-Confidence - Common Concerns - Counseling and Psychological Services - Student Affairs. Available at: [www.studentaffairs.cmu.edu/counseling/concerns/confidence.html](http://www.studentaffairs.cmu.edu/counseling/concerns/confidence.html). Accessed 01/05/2007, 2007.
- (26) Cray D. U.S. colleges grapple with increased numbers of mentally ill students. 2007; Available at: [www.huffingtonpost.com/huffwires/20070419/na-gen-us-university-shooting-mental-health/](http://www.huffingtonpost.com/huffwires/20070419/na-gen-us-university-shooting-mental-health/). Accessed 01/05/2007, 2007.
- (27) Dalhousie University. Money Matters. 2005; Available at: [http://moneymatters.dal.ca/05\\_work.html](http://moneymatters.dal.ca/05_work.html). Accessed 01/06/2007, 2007.
- (28) Davenport E. Coping skills for transitions. 2007; Available at: <http://darkwing.uoregon.edu/~counsel/transitions.htm>. Accessed 01/04/2007, 2007.

- (29) Department of Health and Human Services. Sexually Transmitted Diseases - Information from CDC. 2007; Available at: [www.cdc.gov/std/default.htm](http://www.cdc.gov/std/default.htm). Accessed 01/05/2007, 2007.
- (30) Dowling C. You mean I don't have to feel this way? New help for depression, anxiety, and addiction. New York: Bantam Books; 1993.
- (31) Education Wife Assault, the National Clearinghouse on Family Violence, and the BC Institute Against Family Violence. What is youth violence? 2005; Available at: [www.canadian-health-network.ca/servlet/ContentServer?cid=1069439907509&pagename=CHN-RCS/CHNResource/FAQCHNResourceTemplate&lang=En&c=CHNResource](http://www.canadian-health-network.ca/servlet/ContentServer?cid=1069439907509&pagename=CHN-RCS/CHNResource/FAQCHNResourceTemplate&lang=En&c=CHNResource). Accessed 01/05/2007, 2007.
- (32) Fleet J, Goodchild F, Zajchowski R. Learning for success: effective strategies for students. 4th ed. Toronto: Nelson; 2006.
- (33) Fleet J, Goodchild F, Zajchowski R. Learning for success: effective strategies for students. 3rd ed. Toronto: Harcourt Brace Canada; 1999.
- (34) Fleming N. VARK -- A Guide to Your Learning Preferences. 2007; Available at: [ww.vark-learn.com/english/index.asp](http://ww.vark-learn.com/english/index.asp). Accessed 01/06/2007, 2007.
- (35) Fraser Health Authority - Early Psychosis Intervention. What is psychosis? 2006; Available at: [www.psychosissucks.ca/epi/whatispsychosis.cfm](http://www.psychosissucks.ca/epi/whatispsychosis.cfm). Accessed 01/05/2007, 2007.
- (36) Gardner JN, Jewler AJ. Your college experience: strategies for success. Mia , 5th ed. Belmont, CA: Wadsworth/Thomson Learning; 2003.
- (37) Girl's Best Friend Foundation and Advocates for Youth. *Creating Safe Space for GLBTQ Youth: A Toolkit*. 2007; Available at: [www.advocatesforyouth.org/factsfigures/index.htm](http://www.advocatesforyouth.org/factsfigures/index.htm). Accessed 01/06/2007, 2007.
- (38) Government of New Brunswick - Department of Health. How to Talk to a Gambler. 2007; Available at: [ww.gnb.ca/0378/HowtoTalk-e.asp](http://ww.gnb.ca/0378/HowtoTalk-e.asp). Accessed 01/06/2007, 2007.
- (39) Government of Newfoundland. Gambling And Youth. 2007; Available at: [www.health.gov.nl.ca/health/commhlth\\_old/factlist/GAMBLING.HTM](http://www.health.gov.nl.ca/health/commhlth_old/factlist/GAMBLING.HTM). Accessed 01/05/2007, 2007.
- (40) Henning Fenton C. What is an Anxiety Disorder? - Basic Introduction. 2007; Available at: <http://panicdisorder.about.com/od/anxietybasics/a/anxietydisorder.htm>. Accessed 01/05/2007, 2007.
- (41) Henning Fenton C. How Are Anxiety Disorders Treated? 2007; Available at: <http://panicdisorder.about.com/od/anxietybasics/a/anxietydisorder.htm>. Accessed 01/05/2007, 2007.
- (42) Hindle T. Reducing stress. 1st American ed. New York: DK Publishing; 1998.
- (43) Hindle T, DK Publishing I. Managing your time. 1st Canadian ed. Bolton, Ont.: Fenn Publishing Company; 1998.
- (44) Hsiung R. The Unabridged Student Counseling Virtual Pamphlet Collection. 2007; Available at: [www.dr-bob.org/vpc/](http://www.dr-bob.org/vpc/). Accessed 01/06/2007, 2007.

- (45) Idan SM, Sharon R. eMedicine - Shared Psychotic Disorder : Article by Idan Sharon, MD. 2005; Available at: [www.emedicine.com/med/topic3352.htm](http://www.emedicine.com/med/topic3352.htm). Accessed 01/08/2007, 2007.
- (46) Idan S, Sharon R. eMedicine - Shared Psychotic Disorder : Article by Idan Sharon, MD. 2005; Available at: [www.emedicine.com/med/topic3352.htm](http://www.emedicine.com/med/topic3352.htm). Accessed 01/05/2007, 2007.
- (47) Indiana University. Indiana University Health Center - CAPS, Test Anxiety. 2007; Available at: <http://healthcenter.indiana.edu/caps/testanx.shtml>. Accessed 01/04/2007, 2007.
- (48) Kadison R, DiGeronimo TF. College of the overwhelmed : the campus mental health crisis and what to do about it. San Francisco: Jossey-Bass; 2004.
- (49) Kübler-Ross E. On death and dying. New York; Toronto: Macmillan; Collier-Macmillan Canada; 1969.
- (50) LAMBDA GLBT Community Services. Tips for coming out on national coming out day (and every day!). 2007; Available at: [http://lambda.org/NCOD\\_ideas.htm](http://lambda.org/NCOD_ideas.htm). Accessed 01/05/2007, 2007.
- (51) Learning Inspirations - Monash University. Use your preferred multiple intelligences. 2003; Available at: <http://www.monash.edu.au/lls/learning/Explore/1.3.2.html>. Accessed 01/05/2007, 2007.
- (52) Learning Services. Controlling Procrastination. 2007; Available at: <http://www.learningcommons.uoguelph.ca/LearningServices/Fastfacts-Procrastination.html>. Accessed 01/06/2007, 2007.
- (53) Levine M. *Ready or Not, Here Life Comes..* New York, NY: Simon & Schuster; 2005.
- (54) Marler P, Bailey J, NetLibrary I. Time management made easy. Lincolnwood, Ill.: VGM Career Horizons; 1998.
- (55) Marquardt E. IAV | Report: Hooking Up, Hanging Out and Hoping for Mr. Right: College Women on Mating and Dating Today. 2007; Available at: [ww.americanvalues.org/html/r-hooking\\_up.html](http://www.americanvalues.org/html/r-hooking_up.html). Accessed 01/05/2007, 2007.
- (56) Marr L. Sexually transmitted diseases : a physician tells you what you need to know. Baltimore, Md: The Johns Hopkins University Press; 1998.
- (57) Martinson D. Focus Adolescent Services: Self-Injury. 2001; Available at: [www.focusas.com/SelfInjury.html](http://www.focusas.com/SelfInjury.html). Accessed 01/05/2007, 2007.
- (58) Mayo Clinic Staff. Eating disorders - MayoClinic.com. 2006; Available at: [www.mayoclinic.com/print/eating-disorders/DS00294/DSECTION=all&METHOD=print](http://www.mayoclinic.com/print/eating-disorders/DS00294/DSECTION=all&METHOD=print). Accessed 01/03/2007, 2007.
- (59) McMillan T. *It's OK if You're Clueless: and 23 More Tips for the College Bound..* New York: Viking Books; 2006.
- (60) Mental Health America. Mental Health Articles > Virginia Tech Shooting: Mental Health Tips for Educators, Students, Parents. 2007; Available at: [www.emaxhealth.com/7/11215.html](http://www.emaxhealth.com/7/11215.html). Accessed 01/05/2007, 2007.

- (61) Mott S, Lutz S, NetLibrary I. The college survival instruction book. 1996:127.
- (62) Nathan R. My freshman year : what a professor learned by becoming a student. New York, N.Y.: Penguin Books; 2006.
- (63) National Eating Disorder Association. What is an eating disorder? 2005; Available at: [www.nationaleatingdisorders.org/p.asp?WebPage\\_ID=286&Profile\\_ID=41145](http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=286&Profile_ID=41145). Accessed 01/03/2007, 2007.
- (64) National Institute of Mental Health. NIMH: Helping Children and Adolescents Cope with Violence and Disasters. 2006; Available at: [www.nimh.nih.gov/publicat/violence.cfm](http://www.nimh.nih.gov/publicat/violence.cfm). Accessed 01/05/2007, 2007.
- (65) National Institute on Drug Abuse. InfoFacts - Treatment Approaches for Drug Addiction. 2006; Available at: [www.drugabuse.gov/Infofacts/TreatMeth.html](http://www.drugabuse.gov/Infofacts/TreatMeth.html). Accessed 01/05/2007, 2007.
- (66) Neumann E. Hooking Up. 2007; Available at: <http://allday.msnbc.msn.com/archive/2007/03/05/78625.aspx>. Accessed 01/05/2007, 2007.
- (67) NIH. Alcohol Long Term Health Problems. 2004; Available at: [http://seniorhealth.about.com/cs/mentalhealth/a/alcohol\\_harm\\_5.htm](http://seniorhealth.about.com/cs/mentalhealth/a/alcohol_harm_5.htm). Accessed 01/05/2007, 2007.
- (68) Nova Scotia Community College. Disability Services. 2007; Available at: [www.nssc.ns.ca/Services/Disability\\_Services.asp](http://www.nssc.ns.ca/Services/Disability_Services.asp). Accessed 01/07/2007, 2007.
- (69) Nova Scotia Early Psychosis Program (NSEPP). About Early Psychosis. 2006; Available at: [http://earlypsychosis.medicine.dal.ca/about\\_ep/index.cfm](http://earlypsychosis.medicine.dal.ca/about_ep/index.cfm). Accessed 01/06/2007, 2007.
- (70) O'Day DH. How to succeed at college. Oakville, Ont.: Trilobyte Press; 1991.
- (71) Ottawa: TIRF. The Alcohol-Crash Problem in Canada 2003. 2007; Available at: [www.ccmta.ca/english/pdf/alcohol\\_crash03\\_e.pdf](http://www.ccmta.ca/english/pdf/alcohol_crash03_e.pdf). Accessed 01/03/2007, 2007.
- (72) Patrizi L. My College Addiction. 2005; Available at: [www.campusprogress.org/features/397/my-college-addiction/](http://www.campusprogress.org/features/397/my-college-addiction/). Accessed 01/05/2007, 2007. (73)
- Pregaman K. The Flat Hat: Ten reasons not to hook up drunk. 2007; Available at: [www.flatthatnews.com/Behind-Closed-Doors/533/ten-reasons-not-to-hook-up-drunk](http://www.flatthatnews.com/Behind-Closed-Doors/533/ten-reasons-not-to-hook-up-drunk). Accessed 01/08/2007, 2007.
- (74) President and Fellows of Harvard College. Self-Help Resources (Bureau of Study Counsel). 2007; Available at: <http://bsc.harvard.edu/onlineresources.htm>. Accessed 01/04/2007, 2007.
- (75) Rose C, Goll L, Accelerated Learning Systems. Accelerate your learning. Aylesbury: Accelerated Learning Systems Ltd; 1992.
- (76) Rosenbloom S. A Disconnect on Hooking Up. 2007; Available at: [www.nytimes.com/2007/03/01/fashion/01hook.html?ex=1330405200&en=6028311b25d044fe&ei=5088&partner=rssnyt&emc=rss](http://www.nytimes.com/2007/03/01/fashion/01hook.html?ex=1330405200&en=6028311b25d044fe&ei=5088&partner=rssnyt&emc=rss). Accessed 01/03/2007, 2007.

- (77) Royal College of Psychiatrists. A Sane Agenda - Mental health on campus is under strain, as more students seek professional help. 2003; Available at: [www.hero.ac.uk/uk/inside\\_he/archives/2003/a\\_sane\\_agenda5482.cfm](http://www.hero.ac.uk/uk/inside_he/archives/2003/a_sane_agenda5482.cfm). Accessed 01/05/2007, 2007.
- (78) Santrock JW, Halonen JS. Your guide to college success: strategies for achieving your goals. 2nd ed. Belmont, CA: Wadsworth Thomson Learning; 2002.
- (79) SARA - The Sexual Assault Resource Agency. What's Happening to Me? 2007; Available at: [www.sexualassaultresources.org/rts.html](http://www.sexualassaultresources.org/rts.html). Accessed 01/05/2007, 2007.
- (80) Schlossberg NK. Overwhelmed : coping with life's ups and downs. Lexington, Mass.; Toronto: Lexington Books; 1989.
- (81) Sessions Stepp L. Unhooked: The new culture of casual sex - TODAY: Relationships - MSNBC.com. 2007; Available at: [www.msnbc.msn.com/id/17453367/](http://www.msnbc.msn.com/id/17453367/). Accessed 01/04/2007, 2007.
- (82) Seventeen. College and Career - Seventeen.com. 2007; Available at: [www.seventeen.com/college-career/](http://www.seventeen.com/college-career/). Accessed 01/05/2007, 2007.
- (83) Sexualityandu.ca. Sexual and Gender Orientation Cross-Gender Identity. 2006; Available at: [www.sexualityandu.ca/teens/orientation-6.aspx](http://www.sexualityandu.ca/teens/orientation-6.aspx). Accessed 01/05/2007, 2007.
- (84) Sheslow, David V. PhD. Coping With an Alcoholic Parent. 2007; Available at: [www.kidshealth.org/teen/your\\_mind/families/coping\\_alcoholic.html](http://www.kidshealth.org/teen/your_mind/families/coping_alcoholic.html). Accessed 01/05/2007, 2007.
- (85) Simon Pulse. Go ask Alice. 1st paperback ed. New York, NY: Simon Pulse; 1998.
- (86) Smith MJ. When I say no, I feel guilty - How to Cope - Using the Skills of Systematic Assertive Therapy. New York: Bantam Books; 1975.
- (87) Swartz T. Hooked on hooking up | Redeye | Home. 2007; Available at: <http://redeye.chicagotribune.com/040907-red-hookup-main,0,3793905.story>. Accessed 01/05/2007, 2007.
- (88) The Canadian Health Network (CHN). Substance Use / Addictions. 2007; Available at: [www.canadian-health-network.ca/servlet/ContentServer?cid=1048003176982&pagename=CHN-RCS/Page/GTPageTemplate&c=Page&lang=En](http://www.canadian-health-network.ca/servlet/ContentServer?cid=1048003176982&pagename=CHN-RCS/Page/GTPageTemplate&c=Page&lang=En). Accessed 01/05/2007, 2007.
- (89) The Domestic Violence & Incest Resource Centre. What is abuse in relationships? 2001; Available at: [www.dvirc.org.au/whenlove/infospace.htm](http://www.dvirc.org.au/whenlove/infospace.htm). Accessed 01/05/2007, 2007.
- (90) The Flat Hat. Ten reasons not to hook up drunk. Available at: [www.flatatnews.com/Behind-Closed-Doors/533/ten-reasons-not-to-hook-up-drunk](http://www.flatatnews.com/Behind-Closed-Doors/533/ten-reasons-not-to-hook-up-drunk). Accessed 01/08/2007, 2007.
- (91) The National Center for Mental Health Promotion and Youth Violence Prevention. Creating Safer School Environments. 2007; Available at: [www.promoteprevent.org](http://www.promoteprevent.org). Accessed 01/05/2007, 2007.

- (92) The New Women's College Hospital. Sexual Health: Infections and Safer Sex. 2007; Available at: [www.womenshealthmatters.ca/centres/sex/infections/genital\\_infections.html](http://www.womenshealthmatters.ca/centres/sex/infections/genital_infections.html). Accessed 01/05/2007, 2007.
- (93) The Student Center, Inc. College Advice. 2007; Available at: <http://collegehomepages.student.com/readadvice.php>. Accessed 01/05/2007, 2007. (94) Thoele SP. The courage to be yourself: growing beyond emotional dependence. 1st ed. Nevada City, CA: Pyramid Press; 1988.
- (95) ULifeline. Fact sheets. 2007; Available at: [www.ulifeline.org/student/resources](http://www.ulifeline.org/student/resources). Accessed 01/05/2007, 2007.
- (96) University of Hartford. Counseling and Psychological Services. 2007; Available at: <http://uhaweb.hartford.edu/caps/selfhelp.htm#da>. Accessed 01/04/2007, 2007.
- (97) University of Minnesota Duluth. FYE: Transition Issues, Basic Development Theory. 2007; Available at: [www.d.umn.edu/fye/freshmen/transiton/development/index.html](http://www.d.umn.edu/fye/freshmen/transiton/development/index.html). Accessed 01/05/2007, 2007.
- (98) Van Voorhees, Benjamin W. MedlinePlus Medical Encyclopedia: Alcohol withdrawal. 2005; Available at: [www.nlm.nih.gov/medlineplus/ency/article/000764.htm](http://www.nlm.nih.gov/medlineplus/ency/article/000764.htm). Accessed 01/05/2007, 2007.
- (99) Westheimer R, Lehu PA. *Dr. Ruth's Guide to College Life: The Savvy Student's Handbook*. Westheimer, Ruth; Lehu, Pierre A. ed. Lanham, Md: Madison Books; 2000.
- (100) Westheimer RK. *Encyclopedia of sex*. New York; London: Continuum; 2000.
- (101) Westheimer RK. *Dr. Ruth's guide to safer sex*. Warner Books ed. New York: Warner Books; 1992.