

CONTENTS

*Questionnaire: Is What to Do When College Is Not the Best Time
of Your Life for You?* VII

College: "The Best Time of Your Life?"

I

Homesickness

5

Academic Problems

17

Friendship

65

Sex and Love

89

Depression and Suicide

107

Anxiety and Insomnia

123

Drugs and Alcohol

141

Body Image, Eating Disorders, and Self-harm

147

Final Thoughts

159

For Parents

183

Brand and Generic Names of Drugs

201

Index 203