Students find balance, mindful gaming during recovery from video game addiction

Jason Heard, a student from UT Arlington, smokes outside the McDermott Library. Heard said he especially in the summer when he had more free time to balance work and gameplay.

MICHAEL STOUT | MERCURY STAFF

Major Grant spent hours playing the popular multiplayer online video game Overwatch. He played daily during the summer and into the semester, sometimes neglecting his homework or assignments. “All I was doing was waking up, going to work, coming back from work, playing a bunch of Overwatch and going to sleep,” he said.

As his love for Overwatch grew and he got better at the game, he saw his grades and students dropping from straight A’s to B and C’s. After taking a four-month hiatus from playing to concentrate on his studies, Grant learned he could balance his gameplay and still manage his academic and relationships.

This month, the World Health Organization classified video game addiction as a mental health condition, with symptoms ranging from increased irritability and considerable priority given to gaming.

With millions of players on popular games such as League of Legends and Counter-Strike, video game addiction is causing a debate about the severity of the issue and whether it is qualified to classify as a disorder. At UTD, students and video games, to concentrating on the benefits video games can present, both socially and cognitively.

Many smokers ignore the smoking ban.

The Office of Administration has reported 90 complaints of tobacco violations since June 1, when the ban was implemented. Hall said she was pleased with the results.

A Mercury reporter found over 700 cigarettes on campus this week.

Students find balance, mindful gaming during recovery from video game addiction

University Village switches to semestery payment policy

More than just a video game

EMAAN BARGASH

Major Grant spent hours playing the popular multiplayer online video game Overwatch. He played daily during the summer and into the semester, sometimes neglecting his homework or assignments. “All I was doing was waking up, going to work, coming back from work, playing a bunch of Overwatch and going to sleep,” he said.

As his love for Overwatch grew and he got better at the game, he saw his grades and students dropping from straight A’s to B and C’s. After taking a four-month hiatus from playing to concentrate on his studies, Grant learned he could balance his gameplay and still manage his academic and relationships.

This month, the World Health Organization classified video game addiction as a mental health condition, with symptoms ranging from increased irritability and considerable priority given to gaming.

With millions of players on popular games such as League of Legends and Counter-Strike, video game addiction is causing a debate about the severity of the issue and whether it is qualified to classify as a disorder. At UTD, students and video games, to concentrating on the benefits video games can present, both socially and cognitively.

Many smokers ignore the smoking ban.

The Office of Administration has reported 90 complaints of tobacco violations since June 1, when the ban was implemented. Hall said she was pleased with the results.

A Mercury reporter found over 700 cigarettes on campus this week.

University Village switches to semestery payment policy

More than just a video game

EMAAN BARGASH

Major Grant spent hours playing the popular multiplayer online video game Overwatch. He played daily during the summer and into the semester, sometimes neglecting his homework or assignments. “All I was doing was waking up, going to work, coming back from work, playing a bunch of Overwatch and going to sleep,” he said.

As his love for Overwatch grew and he got better at the game, he saw his grades and students dropping from straight A’s to B and C’s. After taking a four-month hiatus from playing to concentrate on his studies, Grant learned he could balance his gameplay and still manage his academic and relationships.

This month, the World Health Organization classified video game addiction as a mental health condition, with symptoms ranging from increased irritability and considerable priority given to gaming.

With millions of players on popular games such as League of Legends and Counter-Strike, video game addiction is causing a debate about the severity of the issue and whether it is qualified to classify as a disorder. At UTD, students and video games, to concentrating on the benefits video games can present, both socially and cognitively.

Many smokers ignore the smoking ban.

The Office of Administration has reported 90 complaints of tobacco violations since June 1, when the ban was implemented. Hall said she was pleased with the results.

A Mercury reporter found over 700 cigarettes on campus this week.
SMOKING CONTINUED FROM PAGE 1

Joseph, an arts and humanities graduate, lives with asthma and said the policy helps him very effectively.

“When President Bonnen announced the smoking ban on campus, I was so happy,” Joseph said. “But I noticed that things didn’t really change. There are a bunch of smokers who like to烟 in a place to smoke outside, and really if you look at the gate coming in from being right in front of the dorms, and really all they did was go from being right there in front of the dorms, and really all they did was go through the use of tobacco products through passing through the designated smoking areas. UT Austin said that this approach during its transition to being tobacco-free.

“As proposed in the petition, we would do a student and joint with public sentiment encouraging people there to seek medical help and kick the habit,” Smith said.

His petition hasn’t gained enough traction to be addressed by the board but he’s alone in his sentiment. Information and technology senior Austin Albright began vaping as a way to quit smoking and said he doesn’t see a need to return to smoking if he should see someone walking on campus, he continues to see smokers and vapers on a daily basis.

“Smokers are trying to go smoke free, what can we do to support people’s urge, I think they’re just trying to be healthy,” Smith said. UT Arlington is also tobacco-free, and its campus police department conducts “Smoke Patrols” and encourages students to support one another about smoking.

The UTD police issue referrals to students and faculty caught smoking, requiring the offender to go through campus administration. Joseph said he would like to see more enforcement of the tobacco-free policy at UTD.

“I think the university, when they made the ban, had some good ideas,” Joseph said. “But if you’re going to have a police if smoking to go put signs up, you just got to do it!”

The school currently offers cessation services through the Center for Students while making tobacco-free education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

SNEEZING CONTINUED FROM PAGE 1

This is the first time I’ve been able to sneeze on the bus. I have asthma, so it becomes harder to breathe,” Joseph said.

“I have asthma, so it becomes harder to breathe,” Joseph said. “I start breathing it in, I have a reaction. I have asthma, so it becomes harder to breathe,” Joseph said.

“The reason I started is that there’s a bunch of smokers who like to smoke in a place to smoke outside, and really if you look at the gate coming in from being right in front of the dorms, and really all they did was go through the use of tobacco products through passing through the designated smoking areas. UT Austin said that this approach during its transition to being tobacco-free.

“As proposed in the petition, we would do a student and joint with public sentiment encouraging people there to seek medical help and kick the habit,” Smith said.

His petition hasn’t gained enough traction to be addressed by the board but he’s alone in his sentiment. Information and technology senior Austin Albright began vaping as a way to quit smoking and said he doesn’t see a need to return to smoking if he should see someone walking on campus, he continues to see smokers and vapers on a daily basis.

“Smokers are trying to go smoke free, what can we do to support people’s urge, I think they’re just trying to be healthy,” Smith said. UT Arlington is also tobacco-free, and its campus police department conducts “Smoke Patrols” and encourages students to support one another about smoking.

The UTD police issue referrals to students and faculty caught smoking, requiring the offender to go through campus administration. Joseph said he would like to see more enforcement of the tobacco-free policy at UTD.

“I think the university, when they made the ban, had some good ideas,” Joseph said. “But if you’re going to have a police if smoking to go put signs up, you just got to do it!”

The school currently offers cessation services through the Center for Students while making tobacco-free education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

There are some growing pains associated with this type of policy. There are some growing pains associated with this type of policy, so there’s a diagnosis,” Carrasco said. “As we’ve grown as a university, we’ve added more residential buildings and more staff to support that, too, “White said. “It’s a natural transition that we would see more people.”

“They’ll be more affected than others, so we had some concerns with the tobacco-free policy. Students will be able to pay for housing on a semester basis, and the financial aid will be available. Students will be able to pay for their housing for at least two times if they pay for their classes, and help people be more financially situation will be available.

“I think that’s a healthy step in that we have people truly addicted to this and they can get rehabs with insurance, so in response to people. In response to people, Mr. Vice President for Administration Calvin Janssen said the policy is meant to improve the health of students and offers counseling.

“Our goal is to create a healthier campus community,” Janssen said. “We’re focusing on changing behaviors by educating the campus about the benefits of being tobacco-free and providing peer support to the people who want to make changes.”

Joseph said he appreciates not having to open the door to be able to smoke, opening the door to be able to smoke, opening the door to be able to smoke, opening the door to be able to smoke. In response to people, Mr. Vice President for Administration Calvin Janssen said the policy is meant to improve the health of students and offers counseling.

“I think the key benefit is that there are people truly addicted to this and they can get rehabs with insurance, so in response to people. In response to people, Mr. Vice President for Administration Calvin Janssen said the policy is meant to improve the health of students and offers counseling.

“We need to make sure that we’re going to do what people’s want, so I think they’re just trying to be healthy,” Smith said. UT Arlington is also tobacco-free, and its campus police department conducts “Smoke Patrols” and encourages students to support one another about smoking.

The UTD police issue referrals to students and faculty caught smoking, requiring the offender to go through campus administration. Joseph said he would like to see more enforcement of the tobacco-free policy at UTD.

“I think the university, when they made the ban, had some good ideas,” Joseph said. “But if you’re going to have a police if smoking to go put signs up, you just got to do it!”

The school currently offers cessation services through the Center for Students while making tobacco-free education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

UTD offers several resources for smokers who want to quit.

Although Carrasco said one of the first things to change during the day because he knew he would play games if he were there. His day was made for him to concentrate on his homework and get things done, which he’s working with his improving grades. Carrasco said. “As I proposed in the petition, we would do a student and joint with public sentiment encouraging people there to seek medical help and kick the habit,” Smith said.

His petition hasn’t gained enough traction to be addressed by the board but he’s alone in his sentiment. Information and technology senior Austin Albright began vaping as a way to quit smoking and said he doesn’t see a need to return to smoking if he should see someone walking on campus, he continues to see smokers and vapers on a daily basis.

“Smokers are trying to go smoke free, what can we do to support people’s urge, I think they’re just trying to be healthy,” Smith said. UT Arlington is also tobacco-free, and its campus police department conducts “Smoke Patrols” and encourages students to support one another about smoking.

The UTD police issue referrals to students and faculty caught smoking, requiring the offender to go through campus administration. Joseph said he would like to see more enforcement of the tobacco-free policy at UTD.

“I think the university, when they made the ban, had some good ideas,” Joseph said. “But if you’re going to have a police if smoking to go put signs up, you just got to do it!”

The school currently offers cessation services through the Center for Students while making tobacco-free education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.

The Student Wellness Center offers tobacco education programs and resources.

The Center for Students in Recovery offers programs against tobacco and alcohol education events.