



Counseling & Testing Center

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Eating For Me!

“Eating for Me” student support group is being offered on Mondays, 3 p.m., in DSU 3018. For more information, contact Betsy Pierce at betsy.pierce@wku.edu.

Words of advice:

How to survive a break up

By Dr. Karl Laves
Associate Director

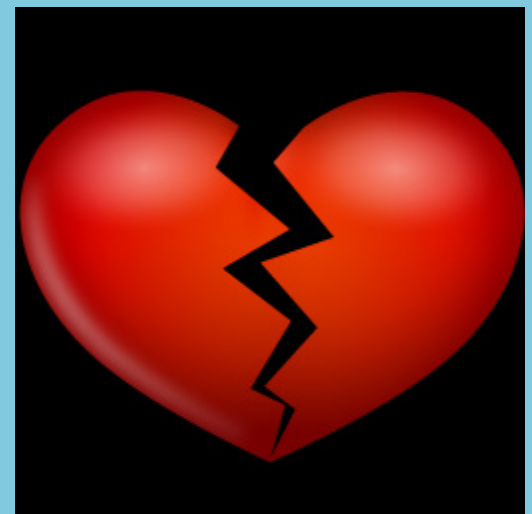
(The author, Karl Laves, went through five break ups and has been happily married for 31 years since the last one).

1. Don't use the word survive. No matter how bad it feels, you are not dying. If this is the worst pain you have ever felt, then you have a blessed life. Seriously, people are dying right now of starvation, poverty, war, disease.....so while breakups hurt, don't romanticize them into something they are not. Millions of people get through break ups each year. You will too.

2. Turn off the television. Few relationships depicted in popular media are realistic or healthy. That is why they are on television; they are meant to engage your fantasies and entertain you. Remember, all that glitters isn't gold.

3. Get out more. Seriously, get out with a lot of people and different people at that. Go find a couple that has been together for at least twenty years and ask them how they did it. I bet you will find that they each went through several relationships before finding each other. And I bet they won't talk about how much they miss or hate their earlier relationships.

4. Grow up. I don't mean act your age, I mean let yourself grow. Most of us “fall in love” with an image of a person. We then have to spend enough time with him or her to find out if that image is also real. In other words, you have to spend time with someone to know if you want to end the relationship or stay together. Every relationship has the possibility of ending. Don't fear breaking up; it is the only way



of finding the person you will be with forever.

5. Think of a kid who gets to go through a toy store and pick out any toy he or she wants. Some kids will grab the first toy they see and be done with it. They are afraid to walk down each aisle; they want to know that they will have toy even if they don't really like it. Some kids are willing to walk the entire store before choosing the one toy they want the most. If you are afraid of breaking up you will never be able to choose wisely.

6. Picture yourself at a brand new shopping mall. All around you are stores that you have never seen before. Do you go in? What if none of the stores have what you want? Of course you go in; that is the only way to know if they have what you want. Some people think ending a relationship means they have wasted their time. No, they didn't waste time; they did exactly what you have to do in order to find a good relationship.

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Lunch & Learn series is a success!

The Counseling & Testing Center team continues to offer the following workshops Thursdays this Fall.

Nov. 3: “Holidays Without the Humbug: Lessening Your Stress.” If you find yourself less than excited about the holidays due to trying to do too much, family conflict, financial drain, loneliness, or just the general chaos, let’s talk about maneuvering through with less stress. What would you REALLY like for your holidays to be like? How about a step toward that? We can take a look at healthy expectations and taking care of self, BEFORE we just crawl up the chimney behind Santa and hide!

Nov. 10: Assertiveness. Assertiveness is a philosophy, a belief system that guides our daily interactions with others. It is sort of like the martial arts of communication; it is a way that we protect ourselves and others through language. It has an ancient origin that would appear to reflect zen wisdom and mindfulness. This workshop will do a quick overview of assertiveness including the basic beliefs and some common ways of communicating assertively.

Nov 17: Mindfulness. This session is open anyone, no prior experience is required; our format is experiential, focusing on the practice rather than discussion. Practice

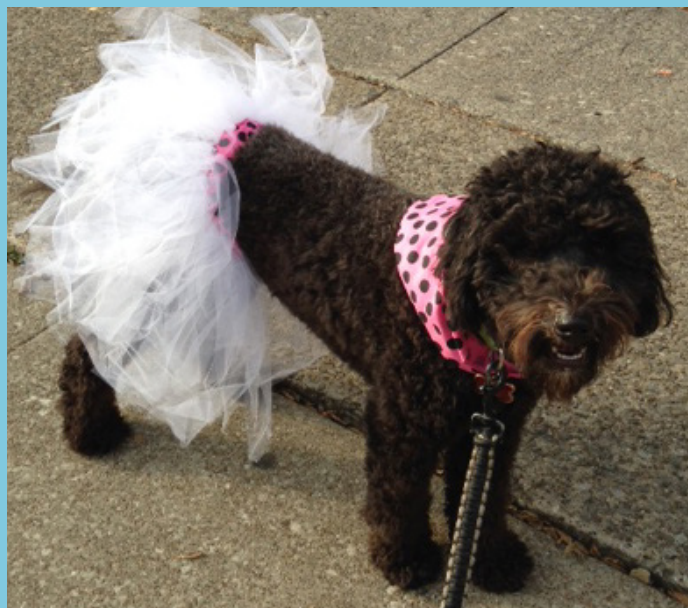
will include body-scan and mindful breathing techniques common to stress reduction/relaxation programs.

Dec. 1: College Student Identity Theory Basics. The identity development session will focus on examining the complex process of identity formation from a psychosocial perspective. This session aims to provide basic information regarding this complex developmental process, expose individuals to exercises intended to promote continued development, and engage individuals within our campus community in a discussion related to how institutions of higher education can better support our community members in efforts aimed toward achieving a cohesive sense of identity.

All sessions are taught by CTC staff from Noon – 1:00 p.m., in the Potter Hall conference room, 408. Please Bring Your Own Lunch.

We encourage you to attend, learn new skills, and gain knowledge. Sessions are open to anyone in the university community – Students, Faculty, and Staff and are limited to 25 attendees.

To register please go to: <http://studentvoice.com/wku/ctclunchnlearnthursdayworkshops>



Happy Halloween

Star was ready to “Rock Around the Clock” on Halloween all decked out in her 1950s costume. She enjoyed walking around campus wishing everyone a Happy Halloween and reminding them to be safe.

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7. Bitterman, table for one. We all get a little jealous from time to time but hanging on to jealousy after a break up is no good for anyone. If you have that much hate for someone you could not have possible been in love with them. Jealousy is one emotion that almost always suggests that you have other issues getting in the way of forming relationships.

8. If it ain’t broke, don’t fix it. Conversely, if it is broke, don’t try to fix it. Just let it go. People are not like cars, investment accounts, or abandoned puppies. If you buy the car of

your dreams and it doesn’t run, you take it back to the dealer; you don’t keep it and beg it to run. If your investments aren’t giving you a good return, you don’t keep dumping money into them. And just because an abandoned puppy is cute and helpless, you don’t have to keep it. If a relationship isn’t working, it is because it isn’t working. That means it is time to end it. It doesn’t mean you failed, it doesn’t mean you wasted time; it doesn’t mean you didn’t care, and it doesn’t mean you are mean. The only way to know if it will work is to try it. As soon as you can tell it won’t work, get out. No fault, no blame. Just move on.



Oct. 11 was National Coming Out Day so Brian Lee of the Counseling & Testing Center hosted two Safe Zone training sessions for faculty and staff to show their support and advocacy for students, colleagues, faculty, friends, or family, of the LGBTQIA community. The LGBTQIA Support Group meets every Tuesday, 4:30-5:30 p.m. in POH 409.

Opportunities for Compassion, Caring, Connectedness, & Dialogue

Join the Division of Student Affairs Social Justice & Diversity Working Group members for a post-election opportunity to engage & discuss Nov. 11th at 1 p.m. in DSU 3023.

The group will meet again Nov. 21st at 11 a.m.-1 p.m., in the DSU lobby for a Day of Gratitude. Just in time for Thanksgiving!

These opportunities are to create a space for compassion as well as a place for our university community (faculty, staff, and students) to connect and reaffirm our humanness, provide support, and affirmation for us all. The events

are sponsored by the Division of Student Affairs Social Justice Working Group, the Counseling & Testing Center, and the office of the Chief Diversity Officer. Members of the Division of Student Affairs Social Justice Working Group will be present to facilitate discussion as we gather to get to know one another, learn, develop, and grow. This is intended to be “organic” and an on-going series and opportunity for our university community to gather, (re)connect, and affirm one another. Please spread the word to your students as well.

Counseling Services

College should be challenging, not overwhelming

That’s why we’re here to help, offering our services Monday thru Friday from 8 a.m. – 4:30 p.m. There is a ONE-TIME \$20.00 fee for paperwork and documentation. After the one-time fee, students have access to unlimited visits for their entire college career here at WKU. Our services are confidential and NO information is released without the student’s written permission, unless in an emergency situation. So if your mom, grandma, or next door neighbor calls to learn about your counseling appointment, “mums” the word.

We offer individual and group counseling services to help with coping strategies, conflict resolution, and crisis situations related to:

*College Adjustment
Bipolar Disorder
Problem Behaviors
Stress Management
Depression
Sexual Assault/Abuse
Relationship Issues*

*Eating Disorder
Anxiety
Suicide Prevention
Grief/Loss
Decision Making
...and more!*

Don’t Forget! We also offer counseling for couples of all kinds: friends, relationships and roommates.

Testing Services Available

The Counseling and Testing Center offers most national tests such as CLEP, MAT, LSAT, DSST, ACT, Residual ACT, and HESI. Language proficiency exams such as BYU Flats and STAMP are also given. For more information on testing dates, see www.registerblast.com/wku

PRAXIS testing dates are at www.ets.org/praxis.

Questions may be e-mailed to: testing-center@wku.edu.