



Counseling & Testing Center

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Don't do the White thing!

Welcome to WKU all you first-year students. I mean that. You are why we have jobs. You give us the chance to practice the art and science of education. But please consider the following challenge! During your first year here don't do the White thing. And folks when I say the White thing I am aware that I am using a stereotype that may not apply to all white people and it may apply to people that are not white.

Here is what I mean by the White thing. I am an old white male. I came to college eons ago thinking that my admission was due completely to my hard work and IQ. I assumed that anyone who came to college had also worked as hard and was as bright. Many years later I realized that quite a few lazy people as well as some not so bright people were also admitted. I also learned that a lot of hard working and really bright people were not admitted. And here is why some of those people were not admitted.

In addition to my hard work and intelligence (and in hindsight I didn't work nearly as hard in high school as I let on) I was also able to seek admission because my parents could afford the tuition. My parents could afford the tuition because of their hard work and intelligence, and also because Dad was able to take out a loan to open up his clinic in Springfield, Missouri. You may not know that Springfield held a public hanging on Easter Sunday, 1906, of three black men. Dad could easily get a loan at that time in Springfield; he was white. Getting such a loan does wonders for one's credit rating and being white did the rest. Whether we had the cash or not, I could always get a loan for college.

I had some other advantages being a white college student. Not that I asked for the advantages but honestly I have

to admit that they did exist and they did benefit me. If I disagreed with a professor in class I was considered to be curious and passionate about my studies. If a black student next to me disagreed he was considered "uppity" (that was a term used back then). If I was walking around campus late at night I was not stopped by the city police. My black friends knew that if they were out past a certain time they would be stopped. If some white punk did something stupid or illegal, no one held his behavior against me. My black friends didn't have that advantage. If a black man robbed a store then black students were considered suspect for the next few weeks.

Okay, so what is my point? Am I saying white people have it easy? No. Many white people have suffered throughout history. The Irish (some of my people) were treated poorly in an earlier time in American history. But over time the power of those anti-Irish types faded. It is easy for whites to think that the same power shift has occurred for people of color. But it hasn't. You don't have to go back very far in modern history to find laws, policies, and traditions that dismissed, discouraged, or denied people of color. The effects are still alive. Many people, white people and people of color, are still trapped in cultures and communities where pulling yourself up by your own bootstraps isn't enough.

It took me a while to understand that part of the reason I could so easily go to college was that every generation that I know of in my family went to college. Every teacher I ever had told me I could go to college. Every school I attended had a healthy budget and high security. I was never worried that I might be hurt while at school. Bored, maybe, but never hurt. The idea of not going to college never occurred to me.

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Eating For Me!

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

Domestic Violence Awareness Month

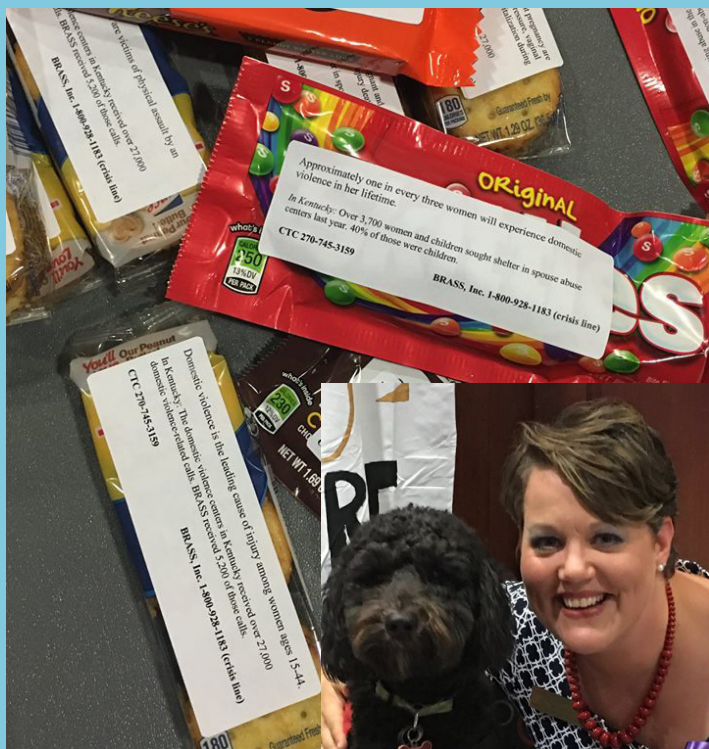
October is National Domestic Violence Awareness Month. WKU kicked off the month with several activities in DSU which included an information table with prizes, special guests, selfies with Star and Dr. Ransdell and more.

Events scheduled for October include:

- Oct. 11 Nach Yo Fault, Meredith Hall, 6:30 p.m.
- Oct. 15 FOYA House Benefit, FOYA House, 6 p.m.
- Oct. 20 Wear Purple Day
- Oct. 26 Lip Sync Battle, DSU Garage, from 6-8 p.m.
- Oct. 26 Warren County Candle Vigil, First Christian Church, 5:30 p.m.



(Above) Kentucky Attorney General Andrew Beshear and WKU President Gary Ransdell signed the WKU Domestic Violence Awareness Monthly Proclamation Sept. 27 at DSU. (Below) Football Coach Jeff Brohm joined other guests for DVAM activities.



(Above) Candy bars were given away with DVAM statistics on both national and Kentucky State. (Inset) CTC Director Peggy Crowe and Star, CTC therapy dog, take a selfie together.



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If you come from a family of smokers, you are more likely to smoke. If you come from a family that speaks French you are more likely to speak French. If you come from a family that went to college you are more likely to go to college, even if you have below average intelligence and you are the biggest bum that ever lived.

Don't do the White thing; don't assume that the people you meet here had the same experience or the same advantages as you. Get out of your box for a while. Meet people that don't look like you. Not as an experiment, but for the real possibility that you will like some of them. If you are white, you don't have to feel guilty about these advantages, but you can choose to do your part to see that these advantages are available to all students.

Don't get caught up in simple fault finding. Some people want to rag on young black men for wearing their pants low. But fewer people seem to be ragging on young white women who let their thongs show. When I was in college we wore short shorts and really long tube socks. Today students wear really long shorts and short socks. Let's not get caught up in fashion. Rap, country, rock, indie....it is just music. Let's get mad over the important things. Like how the world really isn't fair for everyone.

So welcome to WKU. I mean it. And while you are here understand that you have the potential, with your education, to become a powerful person in our society. You will inherit a position of power whether you want it or not. Your degree will open doors for you. Will you open doors with your degree? Will you try to not do the White thing?

Lunch & Learn series is a success!

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

- 10/20 Interpersonal Protective Orders—the what, the why, the how
- 10/27 College Student Identity Development
- 11/3 Loss/Grief
- 11/10 Assertiveness
- 11/17 Mindfulness
- 12/1 QPR Training—Suicide Prevention

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.

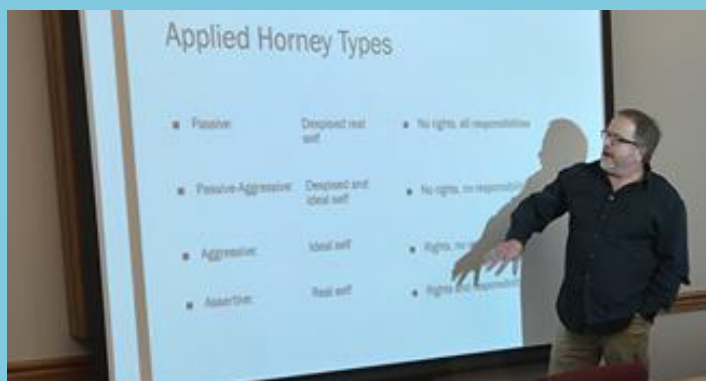
An email will be sent out soon with a link for registration. We are grateful for the colleagues and students who have attended the sessions so far!



Elizabeth Madariaga hosted the fourth installment of the Counseling & Testing Center's lunch-n-learn series. Elizabeth shared information about Self Esteem...what it is, the pros and cons of having it...and how to become more aware of your own self!



Todd Noffsinger, CTC Licensed Professional Clinical Counselor, conducted the second installment of the Counseling & Testing Center lunch-n-learn series on Mindfulness!



Dr. Karl Laves presented on Assertiveness during the third lunch and learn series. Assertiveness could be described as verbal mindfulness; an attitude and philosophy that helps people feel more in control of their communication, less pressure to speak without thinking, and more control over guilt related to social obligations. It is something of a martial arts for expression; it allows you to support others while supporting yourself. Karl is using Dr. Karen Horney's Psychoanalytic Social Theory as a framework for the discussion.

Brian Lee (Licensed Psychological Associate in the CTC), and Dr. Peggy Crowe presented during the first installment of the CTC lunch-n-learn session. Although an hour is not enough time to cover a great deal in depth, information about Erikson's stages of Psychosocial Development and Kohlberg's theory of moral development was shared. We briefly mentioned Chickering and Reisser's 7 vectors of identity development.

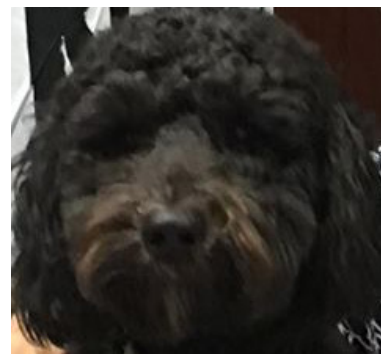




Star hung out September 27 outside DSU for the National Depression Day screening event hosted by the WKU Counseling and Testing Center. October 6th is the official National Depression Screening Day; however, that day is Fall break, so we wanted to be sure students were here!

Star says “Hang in There!”

As the semester progresses, it's easy to start feeling the pressure or even overwhelmed. So maybe instead of looking at all the work as a whole, remember that each project/paper is done one step, or one sentence, at a time. I know my dog bowl looks pretty big, but I eat my kibble one bite at a time. You can do it, too!



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.