



# WKU Counseling & Testing Center

February 2017

Volume 4, Issue 1

The staff of the Counseling & Testing Center welcomes everyone back to campus! Whether you are new to the WKU Community or a seasoned pro, we are here to provide a wide variety of mental health counseling and academic testing services for registered undergraduate and graduate students as well as consultation services to faculty and staff. The CTC's monthly newsletter offers information on various events and programs for the entire WKU community in an effort to inform and educate staff, faculty, and students so please share this newsletter with your students.



## OUR STAFF

**Peggy Crowe, Ph.D.** Director

**Karl Laves, Ph.D.** Associate Director

**Brian Lee, M.A., LPA** Staff Counselor

**Elizabeth Madariaga, M.A.** Coordinator, Sexual Assault Services

**Betsy Pierce, M.A.** Coordinator, Outreach

**Sharon Ercey, B.S.** Coordinator, Testing

**Julia Johnson, A.A.** Office Associate/Director of Awesomeness

**Teresa Jameson, B.A.** Office Assistant

**Patricia Satterwhite, B.A.** Masters Counseling Intern

**Elizabeth Cravero, B.A.** Masters Clinical Psychology Intern

**Star** Therapy Dog

**PLEASE  
SHARE**

## In this issue:

Star's Report	2
Lunch & Learn	2
Support Groups	2
Community Outreach	3
A Date With Star	3
Resources	3
Testing Corner	3
Valentine's Day: Just another day in the big picture	4
Fun Facts About Valentine's Day	5
Counseling Services	5

For more information about counseling, visit: [www.wku.edu/heretohelp](http://www.wku.edu/heretohelp)

For more information about testing services, visit: [www.registerblast.com/wku](http://www.registerblast.com/wku)

To become a fan of our Facebook page visit: [www.facebook.com/WKU.CTC](http://www.facebook.com/WKU.CTC)

**Hours of Operation**  
Monday-Friday  
8 a.m.-4:30 p.m.

**Become a fan of WKU**  
**Counseling & Testing Center**

**facebook**

**Potter Hall 409**  
**(270) 745-3159**  
**ctc@wku.edu**



## Star's Report

It is great to be back in the Counseling & Testing Center after a fun holiday break. I got to play with friends at Dogs Day Out, got groomed, and visited the veterinarian for my annual check up and vaccinations. I am looking forward to seeing everyone on campus this semester and have some fun outreach events planned. For more information on my next event, see page 3.

## Lunch and Learn Spring Series

The Counseling & Testing Center team is offering the following workshops Wednesdays and Thursdays this Spring.

- 2/9 Healthy Relationships presented by Elizabeth Madariaga
- 2/15 Loss/Grief presented by Betsy Pierce
- 2/23 Identity Development presented by Brian Lee
- 3/2 Mindfulness presented by Betsy Pierce
- 3/3 Everything You Wanted to Know About Testing presented by Sharon Ercey and Julia Johnson
- 3/22 Identity Development presented by Brian Lee
- 3/30 Laughter Therapy presented by Patricia Satterwhite
- 4/12 Motivation & Positive Thinking presented by Dr. Peggy Crowe
- 4/19 Finishing Strong presented by Elizabeth Cravero

All sessions are 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 with a link for registration for each event one week prior to the session. We are grateful

for the colleagues and students who attended the sessions last fall!



*Elizabeth Madariaga 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 during the fourth installment of the CTC Lunch & Learn series during the Fall 2016 semester.*

### Additional Training Opportunities

Safe Zone Training will be held Feb. 24, 10 a.m.-noon and 2-4 p.m. in POH 408. For more information, please contact Brian Lee at [ctc@wku.edu](mailto:ctc@wku.edu).

## Support Group Spotlight

### “Eating For Me”

The “Eating For Me” support group meets Mondays, at 3 p.m. in DSU 3018. This support group is for anyone who struggles with disordered eating, such as restricting, binging, obsessive thinking about food, emotional eating, purging, etc. If you have questions, please contact Betsy Pierce at [betsy.pierce@wku.edu](mailto:betsy.pierce@wku.edu)

### LGBTQIA Group

The Counseling & Testing Center “LGBTQIA” support group meets Mondays, starting Feb. 6, at 3 p.m. in Potter Hall 409. For more information, please contact CTC at [ctc@wku.edu](mailto:ctc@wku.edu)



# Community Outreach

## QPR (Suicide Awareness and Prevention)

Question, Persuade, and Refer training aids us in recognizing the signs of someone who is contemplating suicide, AND how to have that conversation to help prevent self-destruction. Attendees will learn what behaviors, words, and clues are red flags, and how to ask that scary question "Are you thinking about killing yourself?" Then, we will discuss how to refer that person for further help. Join Betsy Pierce, CTC Staff Therapist, Feb. 6, from 1-2 p.m. in the DSU 2113 for this informative session.

To register, e-mail [vicki.armstrong@wku.edu](mailto:vicki.armstrong@wku.edu).

## Fridays with F.R.I.E.N.D.S. Continues

The Division of Student Affairs Social Justice Working Group, the Counseling & Testing Center, and the office of the Chief Diversity Officer are sponsoring an on-going series and opportunity for our university community to gather, affirm one another, and (re)connect with F.R.I.E.N.D.S. (*Finding Respect in Everyone's Natural Differences and Similarities*).

Gatherings are scheduled for the following Friday's this spring:

- February 17th at 1 p.m., in DSU 3023
- March 3rd at 3 p.m., in DSU 2113
- March 24th at 11 a.m., in DSU 2113
- April 14th at 1 p.m., in DSU 3023

## A Date With Star

I want to show how much I love the students, faculty, and staff at WKU by hosting a special event Feb. 14 from 11 a.m.-1 p.m. in Potter Hall 409. Join me for a Valentine's Date and take a picture with me while you enjoy some cookies and punch. To show our commitment to our students, the Counseling & Testing Center will be collecting donations for the WKU Food Pantry. Items needed include: whole grain or low sugar cereals pastas, pasta sauce, boxed dinners, potatoes, fresh, dried, or canned fruit; whole grain or wheat bread, bread or biscuit mix in box; whole grain granola bars, pudding cups, various nuts; brown rice, 100% fruit juice, whole grain crackers, soups, canned tuna, salmon, or chicken (packed in water); spices, and toilet paper.



## Resources

Here To Help is the on-line mental health information page sponsored by the Counseling & Testing Center. Students can ask questions about school, relationships, personal issues, or just about life in general. You are welcome to ask a question, or browse previous questions and responses.

Question may be submitted to [ctc@wku.edu](mailto:ctc@wku.edu).

The Counseling & Testing Center has several resources and on-line screenings available to students.

### Website:

[www.wku.edu/heretohelp](http://www.wku.edu/heretohelp)

### Counseling & Testing Center Blog:

<http://ctc.blog.wku.edu/>

### On-line mental health screenings:

[www.wku.edu/heretohelp/mentalhealthscreenings.php](http://www.wku.edu/heretohelp/mentalhealthscreenings.php)

## Testing Corner

The WKU Counseling & Testing Center offers the College Level Examination Program (CLEP) tests which allows students to earn college credits in a variety of subjects to include: history, math, science, political science, marketing, and English. The Center also provides Departmental Exams and the language assessment exams such as STAMP and BYU Flats.

Other exams include MAT, PRAXIS, LSAT, DSST, ACT, Residual ACT, NBCC, and HESI.

For more information, please visit: [registerblast.com/wku](http://registerblast.com/wku). PRAXIS information is available at [ETS.org/praxis](http://ETS.org/praxis).

Free study guides for all CLEP exams are available in the CTC, POH 409.

**Testing tip:** Have a positive attitude! Approach the big test as you would a giant jigsaw puzzle. It might be tough, but you can do it! A positive attitude goes a long way towards success.



# Just another day in the big picture

*By Dr. Karl Laves*

**F**ew things pull me into a Lewis Black-like rage than hearing people express deep sorrow and regret about being lonely or alone on Valentine's Day. I can think of few situations that better illustrate the idea "we have met the enemy and he is us." In the words of David Powlison, "Feeling sorry for yourself is one of the strongest, most addictive narcotics known to man. It feels so good to feel so bad. Self-pity arises so easily, seems so plausible, and proves so hard to shake off."

Folks, I have sympathy and empathy for people's pain, but I also think we set ourselves up for a great deal of the pain we experience in life. So what if so many hundreds of years ago a bunch of people decided to dedicate a day to love, or whatever the origin of Valentine's Day is. Some say it was a liturgical celebration, a remembrance of a martyr. Today it is another mainstream American McHoliday where you dump a ton of cash at Heart-Mart in yet another socially validated celebration of shared narcissism. Too obscure a reference? Erik Erikson wrote about how many adults based their romantic relationships on a quid pro quo notion. It isn't that I love you so much as it is I love that you love me.

Get the drift here; I am on a rant and I may not be making sense. The divorce rate in America is ridiculous, the prevalence of cheating and domestic violence is epidemic and yet people want to get all pitiful on one day of the year because they are alone. What is it about Feb. 14 that makes one's life so miserable? Is it the alignment of the planets? Does the inner core of the earth shift and send shockwaves only felt by the broken hearted? C'mon, were you any less miserable on Feb. 13, or April 10, or July 7? In the manner of a true cognitive-behavioral therapist, which I am not, let me ask "what are you choosing to believe about Feb. 14 that requires you to despise yourself?"

How many of those couples, so deeply and publically in love on the 14th, will be broken up by March? How many of them are cheating on each other already, hence the need to bribe one another? Are you that vain or needy that

you would rather have a pretend relationship instead of a real one? Can you imagine that there really are people who would rather be alone than be in a bad relationship?

**Y**ou don't have to beat yourself up for being alone. Love, done well, takes time and you sure don't want to rush it. Forgive me for this comparison; love is like money. If you get a whole lot quickly, you probably did something hinky to get it. Let's get some perspective here my friends. On one day of the year you are going to mope around and feel horrible because you don't

have a special someone? Because on the same day there are people walking around wishing they had a home, a meal, a safe place to play....there are people wishing they were not poor, hungry, or abused. On the day you think you have to be sad because you didn't get a box of chocolates there are other people wishing they had a few more days with their family before the cancer ends their lives.

Yes, it can be unpleasant to be alone or lonely. But it is not a permanent condition. And it certainly is not a condition that magically becomes worse on Feb. 14. Unless you say it does....but that is just you saying

it....nobody else is thinking it. Well, maybe some people are thinking it...those narcissistic, thin-skinned, vain and entitled people I mentioned before.

So, here are my revolutionary thoughts for Valentine's Day. Don't have someone special? Good!!! Send Valentines to people who are hurting for other reasons. Make some goody bags and drop them off at the hospital, local school, or police station. Take yourself out for an excellent dinner and movie. Better yet, find three or four fellow wonderful humans who are not currently dating, etc., and all go together. The origin of Valentine's Day, according to some, is a celebration of a person who suffered for others, who gave time and energy to those around him. This Valentine's Day why don't you honor the true meaning and share the love and don't get so wrapped up in the material Kardashian bull hockey of chocolates and roses.

This Feb. 14, send a valentine to someone who really deserves it.....you!



**International Stand Up to Bullying Day–Feb. 24**

# Fun facts about Valentine's Day

By Nina Spitzer  
Courtesy of *sheknows.com*

- The ancient Romans celebrated the Feast of Lupercalia on Feb. 14 in honor of Juno, the queen of the Roman gods and goddesses. Juno was also the goddess of women and marriage.

- Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.

- In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."

- In 1537, England's King Henry VII officially declared Feb. 14 the holiday of St. Valentine's Day.

- Physicians of the 1800s commonly advised their patients to eat chocolate to calm their pining for lost love.

- Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s.

More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day. Over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.

- Men buy 73 percent of all flowers for Valentine's Day, while women buy only 27 percent.



- Red roses are considered the flower of love because the color red stands for strong romantic feelings. About 189 million stems of roses are sold in the U.S. on Valentine's Day.

- About 145 million valentines are sent in the U.S. each year according

to estimates by the U.S. Greeting Card Association. That's second only to Christmas with 1.6 billion units, and is followed by Mother's Day with 133 million units.

- In addition to the U.S., Valentine's Day is celebrated in Canada, Mexico, United Kingdom, France, Australia, Denmark and Italy.

- A love knot is a symbol of undying love, as its twisting loops have no beginning and no end. In the past, they were made of ribbon or drawn on paper to prove one's eternal love.

- Every Valentine's Day, the Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.

## Counseling Services

### *College should be challenging, not overwhelming*

Interested in our services? There are two ways you can make an appointment.

1. Have the student call our office at (270) 745-3159
2. Have the student stop by our office in Potter Hall, Room 409

Once an appointment is made, we ask students to stop by the office prior to their appointment date to fill out paperwork. It takes about 20 minutes to complete. The one-time fee of \$20 is due on the first appointment day and can be paid by cash or card only.

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 fee for paperwork and documentation that provides students with 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. Individual and group counseling services are provided to help with coping strategies, conflict resolution, and crisis situations related to:

*College Adjustment  
Stress Management  
Relationship Concerns  
Suicide Prevention*

*Decision-Making  
Depression/Anxiety  
Bipolar Disorder  
Sexual Assault/Abuse*

*Problem Behaviors  
Eating Disorders  
Grief/Loss  
... and more!*

**Hours of Operation**  
**Monday-Friday**  
**8 a.m.-4:30 p.m.**

**Become a fan of WKU**  
**Counseling & Testing Center**

**facebook**

**Potter Hall 409**  
**(270) 745-3159**  
**ctc@wku.edu**