



WKU Counseling & Testing Center

March 2017

Volume 4, Issue 2

The Counseling & Testing Center staff hopes everyone enjoyed the wonderful spring-like weather we had in February. 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

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Star Therapy Dog

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For more information about counseling, visit: www.wku.edu/heretohelp
For more information about testing services, visit: www.registerblast.com/wku
To become a fan of our Facebook page visit: www.facebook.com/WKU.CTC

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

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Counseling & Testing Center

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ctc@wku.edu

Star's Report

February was a busy month for me. I hosted a special event on Valentine's Day which also supported the WKU Food Pantry (See page 3). I helped conduct several training events and also spent time visiting several classrooms and meeting students throughout campus, including visiting the International Student Services Lobby. So don't forget, if you see me around campus, stop and say hello.



Lunch and Learn Spring Series



Brian Lee, staff counselor, shares information about Identity Development, during a CTC Lunch & Learn session in February.

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

- 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.

Emails have been sent out with a link for registration for each event. Check your inbox!

We are grateful for the colleagues and students who attended the sessions last fall!

Additional Training Opportunities

Green Dot Training will be held March 8, 10-11:30 a.m. in POH 408. Please visit <http://baseline.campuslabs.com/wku/greendot382017> to sign up for this session.

Green Dot Training will also be held April 18, 10:30 a.m.-noon in the Health Services Training Room. Please visit <http://baseline.campuslabs.com/wku/greendot4182017> to sign up for this session.

Green Dot is a bystander intervention program designed to help prevent violence through peer and cultural influences.

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, bingeing, obsessive thinking about food, emotional eating, purging, etc. If you have questions, please contact Betsy Pierce at betsy.pierce@wku.edu

LGBTQIA Group

The Counseling & Testing Center “LGBTQIA” support group meets Mondays, at 3 p.m. in Potter Hall 408. For more information, please contact CTC at ctc@wku.edu



Community Outreach

Sexual Assault Prevention Month

The kick-off for this year's Sexual Assault Prevention Month is March 27, 10 a.m.-2 p.m., in the Downing Student Union with a proclamation signing at 1 p.m. Other March events include Healthy Days (with Clothesline Display), March 29, 1-4 p.m., at Preston Center and the Statewide kickoff of SAAPM in Frankfort, March 30.

SAPM continues in April with a Facebook Live (Q & A discussion) event, April 3, at 5 p.m. Walk-A-Mile begins at 4 p.m., April 4 at Centennial Mall. Vagina Monologues, will be April 10 at 7 p.m. in the DSU auditorium, Take Back the Night, is April 20, 6 p.m., at First Christian Church on State Street. FFOYA House mic night, follows "Take Back

the Night", April 20, on Kentucky Street. SAAPM wraps up April 26, with the Clothesline Display, from 10 a.m.-2 p.m., in the DSU Courtyard. For more information, Visit www.wku.edu/heretohelp for more information.

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:

- 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 had a great time during my event on Valentine's Day meeting with staff, faculty, and students for cookies and selfies with me. We gathered a nice variety of canned goods for the WKU Pantry.

Staff members from the Dean's Office in the College of Education and Behavioral Sciences stopped by for a selfie with me. They are (from left) Tammy Spinks, Sharon Hartz, Kristy Ketterman, Jackie Pope-Tarrance.



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.

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

Website:

www.wku.edu/heretohelp

Counseling & Testing Center Blog:

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

On-line mental health screenings:

www.wku.edu/heretohelp/mentalhealthscreenings.php

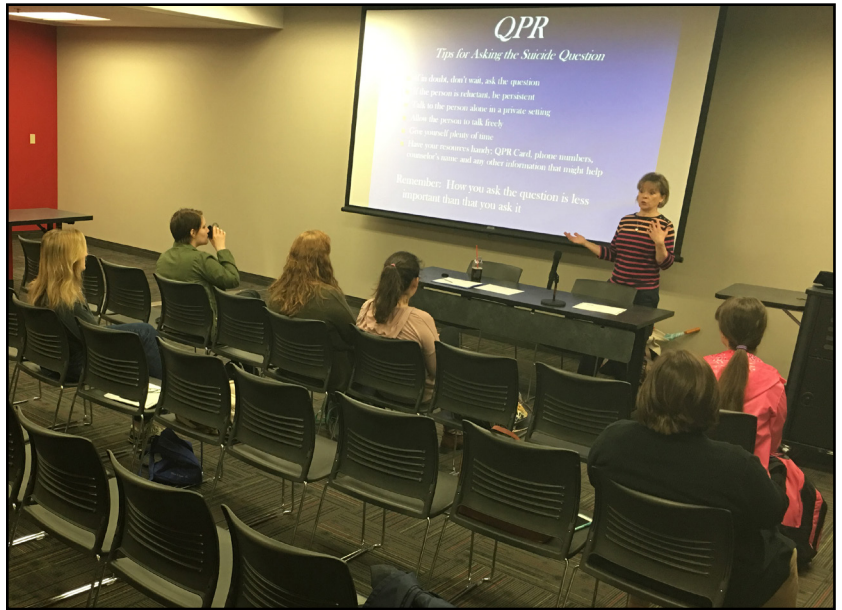
Testing Corner

The WKU Counseling & Testing Center's Julia Johnson visited Warren East H.S., Feb. 28 to talk to students and parents about testing options for foreign language requirements at WKU. WKU 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. PRAXIS information is available at ETS.org/praxis. Free study guides for all CLEP exams are available in the CTC, POH 409.



CTC staff conduct trainings/outreaches in February

The Counseling & Testing Center Staff had a busy month in February conducting several trainings about topics such as: Suicide Prevention, Safe Zone, and Green Dot. Please click on the embedded links for videos.



Betsy Pierce, staff counselor, and Star, CTC Therapy Dog (left) holds a [QPR training](#) Feb. 6, in the Downing Student Union.



Brian Lee conducts a Safe Zone training session in Potter Hall. This was one of two trainings held Feb. 24, International Standup to Bullying Day.



Dr. Karl Laves, CTC Associate Director, discusses "[Working with Distressed Students](#)" during an informational session at the Faculty House, Feb. 1.



(Above) Elizabeth Madariaga, Sexual Assault Coordinator, with Kentucky Attorney General Andrew Beshear during the "[Voices of Justice](#)" video campaign, attended by staff, faculty and students (right) Feb. 22, in the Downing Student Union.



Tips for a fun, safe Spring Break

Spring Break is just around the corner so here are some tips to make sure you fully utilize your break and come back to school refreshed, relaxed, and ready to take on the last few months of spring semester.

Have fun—Mental breaks are super important, especially for college students who pull all-nighters and study, what seems to be, every spare second of the day. So make sure you allot time to have fun. If you find yourself bored or antsy, try seeing a movie or reading a book for fun for a change—not just class required texts.

Relax—Another seemingly obvious aspect of spring break. But you'd be surprised how too much fun can leave one feeling more exhausted and drained than before the break took place. Make sure you balance fun activities with rest.

Try something new—Aside from partying, studying, traveling or whatever your preferred free-time activity may be, try something new over the break. It is very easy to just lay around or go out to a bar over break, but try something you don't normally do to switch things up. Whether it's going to a state park and hiking, or seeing a concert, push yourself out of your comfort zone and make memories that you won't forget when looking back on spring break.

Document—Take pictures, connect with friends in the area you may not get to see during the year and share your experiences online, but don't miss out on the actual experiences by looking at it all through a lens.

Limit alcohol—If drinking alcohol is part of your break, remember that it can impair your judgment and actions. Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes. Don't drink and drive.

Be active—You've probably been sitting most of the year working at the computer, studying, or in class. During the break, take the opportunity to start a fitness program. Do a variety of fun activities like walking, dancing, playing volleyball, swimming, and more. It doesn't need to be hard to be beneficial. Avoid injury by starting any new activity slowly. Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles.

Plan a successful trip—If you are going on a trip, be prepared. Are vaccinations required? Are there special food, destination, or other things you need to consider ahead of time? If you are taking medications, do you have enough for the trip? Know what's happening en route or at your travel destination.

Protect yourself—Love is all around, and so are sexually transmitted diseases. The only 100% sure way to prevent sexually transmitted diseases and unintended pregnancy is by not having sex. If you choose to have sex, using latex condoms and having a monogamous, uninfected partner may help lower your risk. Women are more likely to be victims of sexual violence than men. Women who experience both sexual and physical abuse are significantly more likely to have sexually transmitted diseases. Take precautions and avoid situations or persons that may place you at risk for harm.

Watch your step—There may be temptations on your break that involve different or high-risk activity. Think twice before putting yourself at risk for injury. Be sure to use appropriate safety gear before venturing out, such as

seat belts, life vests, or knee pads. Remember that unintentional injuries kill more Americans in their first three decades of life than any other cause of death.

Know the ropes—When swimming and boating, know what's expected and what you can do to prevent injury or death for yourself and others. Know how to swim. Wear your life jacket while boating. Avoid alcoholic beverages while boating. Complete a boating education course. Participate in

the vessel safety check program.

Protect yourself from the sun—After a cold winter, it's tempting to stay in the hot sun all day. Although getting a little sun can have some benefits, excessive and unprotected sun exposure can result in premature aging, changes in skin texture, and skin cancer. Always wear sunscreen with at least SPF 15. For eye protection, wear wraparound sunglasses that provide 100 percent UV ray protection.

Eat healthy—Having fun takes energy and fuel. Be sure to eat a variety of foods, including plenty of vegetables, fruits, and whole grain products. Also include low-fat dairy products, lean meats, poultry, fish, and legumes. Drink lots of water and go easy on the salt, sugar, alcohol, and saturated fat. Good nutrition should be part of an overall healthy lifestyle, including regular physical activity, not smoking, and stress management.

Get help—If you or a friend has an alcohol or drug problem, has thoughts of suicide, or is in crisis for any reason, get help. Call 911 for emergency services, 800-662-4357 for substance abuse help, and 800-273-TALK (8255) for the national suicide prevention lifeline.



International Earth Day—March 20

Fun facts about St. Patrick's Day

Courtesy of *mentalfloss.com*

- Saint Patrick was British—Although he made his mark by introducing Christianity to Ireland in the year 432, Patrick was born to Roman parents in Scotland or Wales.

- The Irish take Saint Patrick's Day seriously—As you might expect, Saint Patrick's Day is a huge deal and is a national holiday in both Ireland and Northern Ireland.

- So do New Yorkers—New York City's Saint Patrick's Day Parade is one of the world's largest parades. Since 1762, 250,000 marchers have traipsed up Fifth Avenue on foot—the parade still doesn't allow floats, cars, or other modern trappings.

- Chicago feels lucky, too—New York may have more manpower, but Chicago has a spectacle all its own. The city has been celebrating Saint Patrick by dumping 40 tons of green dye into the Chicago River since 1962.

- It used to be a dry holiday—For most of the 20th century, Saint Patrick's Day was considered a strictly religious holiday in Ireland, which meant the nation's pubs were closed for business on March 17. (The one exception went to beer vendors at the big national dog show, which was always held on Saint Patrick's Day.) In 1970, the day was converted to a national holiday, and the stout resumed flowing.

- There's a reason for the shamrocks—How did the shamrock become associated with Saint Patrick? According to Irish legend, the saint used the three-leafed plant as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.

- Cold weather helped Saint Patrick's legend—In Irish lore, Saint Patrick gets credit for driving all the snakes out of Ireland. Modern scientists suggest that the job might not have been too hard—according to the fossil record, Ireland has never been home to any snakes. Through the Ice Age, Ireland was too cold to host any reptiles, and the surrounding seas have staved off serpentine invaders ever since. Modern scholars think the “snakes” Saint Patrick drove away were likely metaphorical.

- There's no corn in that beef—Corned beef and cabbage, a traditional Saint Patrick's Day staple, doesn't have anything to do with the grain corn. Instead, it's a nod to the large grains of salt that were historically used to cure meats, which were also known as “corns.”

- The world runs up quite a bar tab—All of the Saint Patrick's Day revelry around the globe is great news for brewers. A 2012 estimate pegged the total amount spent on beer for Saint Patrick's Day celebrations at \$245 million. And that's before tips to pubs' bartenders.

- There are no female leprechauns—Don't be fooled by any holiday decorations showing lady leprechauns. In traditional Irish folk tales, there are no female leprechauns, only nattily attired little guys.

- But the leprechaun economy is thriving—Another little-known fact from Irish lore: Leprechauns earned that gold they're guarding. According to legend, leprechauns spend their days making and mending shoes. It's hard work, so you can't blame them for being territorial about their pots of gold.

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
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