



Greetings from the Counseling & Testing Center staff. Another month is gone and finals are just around the corner. 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

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

Betsy Pierce, M.A. Coordinator, Outreach

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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 Animal Assisted Therapy Dog

**PLEASE
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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

Summer Hours of Operation

(Starting May 15)

Monday-Thursday

7:30 a.m.-4 p.m.

Fridays: 7:30 a.m.-12:30 p.m.

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

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Potter Hall 409

(270) 745-3159

ctc@wku.edu

A NETFLIX ORIGINAL SERIES

13 REASONS WHY ▶

NETFLIX

Need to Talk About it?

13 REASONS WHY DISCUSSION



Monday, May 1
4-5 pm | DSU 3023
Pizza & Drinks Provided



Star's Report

Merry month of May everyone! April has wrapped up and I was very busy. I appeared on WBKO's AM Kentucky with Elizabeth Madariaga and Midday Live with Betsy Pierce to discuss Sexual Assault Prevention Month activities. I also participated in all the great activities like "[Walk-a-Mile](#)" and "Take Back the Night." May is going to be a busy month—at least the first couple weeks—as finals week is coming up and I am going to be out and about wishing all our WKU students good luck on final exams.

- May 8th, I will be walking around campus from 9:15-10:45 a.m., and again from 12:15-1:15 p.m.
- May 10th, students can come see me at Potter Hall from 1:30-3:30 p.m.

Weather permitting, I will be outside, so stop by to see me.



Julia Johnson, Assistant Testing Coordinator, speaks with parents about STAMP testing during a T.O.P. program.

Testing Corner

WKU offers the College Level Examination Program (CLEP) tests which allow students to earn college credits in a variety of subjects include: history, math, science, political science, marketing, and English. The CTC 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.

Support Group Spotlight

LGBTQIA Group

The Counseling & Testing Center "LGBTQIA" support group's final meeting for the Spring 2017 semester is Monday, May 8, at 3 p.m., in Potter Hall 408. For more information, please contact CTC at ctc@wku.edu



Sexual Assault Prevention Month

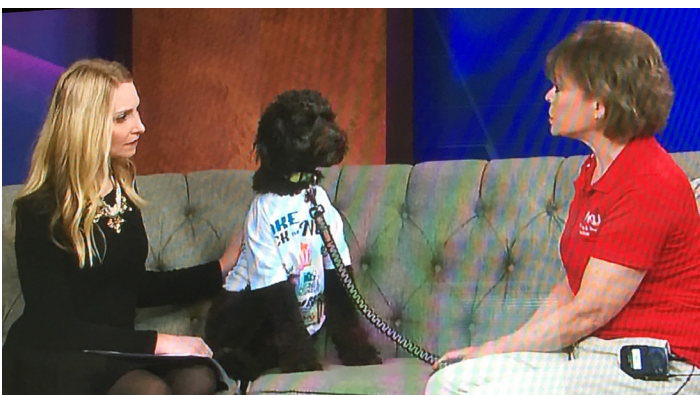
The Sexual Assault Prevention Month activities were a great success. The kick-off in the Downing Student Union gave students a chance to win prizes and take a selfie with Star. A [Facebook Live](#) (Q & A discussion) event was held April 3rd. Many staff, faculty and students turned out April 4th, for “[Walk-A-Mile](#)” at Centennial Mall. The *Vagina Monologues* was performed in Downing Student Union, April 10th. The rain threatened to dampen *Take Back the Night*, April 20th, but cleared in time for several hundred participants walking for Sexual Assault Prevention. The *Clothesline Project* wrapped up the month as it honored women survivors as well as victims of intimate violence.



WKU students, staff, and faculty came out to join Sexual Assault Prevention Month's “Walk-a-Mile” event.



(Above and right) Take Back the Night had a great turnout (April 20th) as hundreds of people from around Bowling Green and WKU gathered to bring awareness to Sexual Assault Prevention Month.



(Left) Betsy Pierce and Star appear on WBKO Live at Midday with Laura Rogers to highlight “Take Back the Night” activities.



The cast performed The Vagina Monologues April 10th in Downing Student Union.

The Clothesline Project wraps up WKU's Sexual Assault Prevention Month. The Clothesline Project was created to bring awareness to the issue of violence against women.



KATAC 2017



The Counseling & Testing Center staff hosted the 2017 Kentucky Association of Test Administrators @ Colleges at the Knicely Conference Center in April. Testing administrators from colleges and universities throughout Kentucky gathered to learn and discuss up-to-date testing practices for a variety of academic tests such as College Level Examination Program (CLEP) tests, Accuplacer, Language testing, and more.

The CTC provides thousands of tests each year to help students earn college credit and show proficiency in several academic areas. For more information, or to register for an exam, visit www.registerblast.com/wku.

Memorial Day–May 29

**A day to remember and honor those who made
the ultimate sacrifice**

Community Outreach

Counseling and Testing Center staff members, along side Counseling and Student Affairs, and Social Work faculty hosted a panel discussion March 10th, entitled “*So You Want to Be a Counselor.*”



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/mentalhealthscreen.php



Counseling Services

College should be challenging, not overwhelming

Interested in our services? There are two ways students can make an appointment:

1. Call our office at (270) 745-3159.
2. 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 (for paperwork and documentation that provides students with unlimited visits for their entire college career here at WKU) 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. 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!*

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