



Greetings from the Counseling & Testing Center staff. March surprised us with some warm days and a few cold days, but wrapped up with a few storms. 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 Animal Assisted 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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Potter Hall 409
(270) 745-3159
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Star's Report

I hope everyone enjoyed the month of March as much as I did. I enjoyed soaking up a little sun and feeling those warmer temperatures. I continued to stay busy with several activities on campus and meeting so many new people, including the wonderful students at the Med Center campus. I even hung out with Big Red during Healthy Days March 29. I wrapped up March by appearing on AM Kentucky with Elizabeth Madariaga March 31st, to talk about Sexual Assault Prevention Month. So don't forget, if you see me around campus, stop and say hello.



Lunch and Learn Spring Series

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

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!



(Above) Staff, faculty, and students join Counseling & Testing Center Intern Patricia Satterwhite, (left) during a Lunch & Learn on Laughter Therapy, March 30



Additional Training Opportunities

Green Dot Training will 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.

Community Outreach

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*).

The final gathering is scheduled April 14th at 1 p.m., in DSU 2113.

Testing Corner

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.

Support Group Spotlight

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



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



Big Red helps Elizabeth Madariaga get the word out to students to check out the Counseling & Testing Center's on-line resources.

Sexual Assault Prevention Month

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.



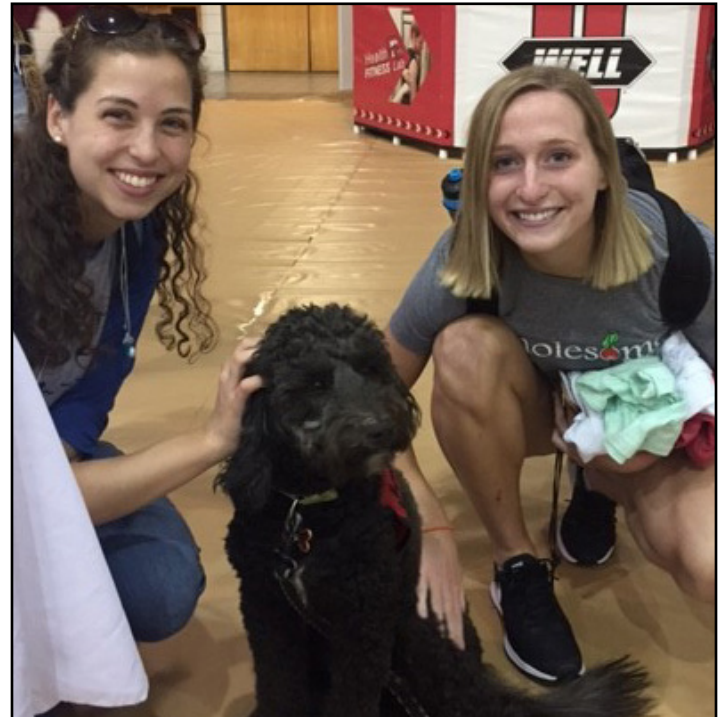
(Above) Elizabeth Madariaga, Sexual Assault Services Coordinator, introduces WKU President Gary Ransdell during the Proclamation Signing/kick-off of Sexual Assault Prevention Month. (Far Left) Kentucky Attorney General Andrew Beshear and WKU President Gary Ransdell, sign the proclamation for WKU's Sexual Assault Prevention Month. (Left) Kentucky Attorney General Andrew Beshear addresses the audience during the SAPM kick-off.



CTC staff at Healthy Days



Betsy Pierce, Counseling and Testing Center Outreach Coordinator, and Star, Animal Assisted Therapy Dog, joined Big Red during the Healthy Days event in the Preston Center, March 29.



Star, Counseling and Testing Center Animal Assisted Therapy Dog, enjoyed meeting and taking pictures with students during the Healthy Days event in the Preston Center, March 29.

Finals are coming!

Finals ARE coming!

April is here and we are on the downhill slide of the semester so it is never too early to start preparing for the end of term. With this in mind, the Counseling & Testing center has some great advice to help relieve some of the stress of finals week.

Take this advice, just not literally! This is a somewhat humorous attempt at sharing helpful ideas for your upcoming finals week. Yes, FINALS are coming!!!

Give up now!! Give up the idea that finals are horrible exams that must be tolerated. Some students actually find finals week to be exciting. Kind of like an athlete that looks forward to getting into the game; students can be excited about getting into an exam and showing off their skills

Drink heavily!!
Drink a lot of water and juice to stay hydrated and to get your vitamins, anti-oxidants, etc. Watch out for too much caffeine. Too much caffeine interferes with memory, comprehension, sleep quality and can also lead to irritability and lack of concentration.

Goof off!! As much as you are studying you also need to be playing. Recreation and exercise improve your capacity to concentrate, they help you manage tension and anxiety, they are good outlets for social support and they improve your stress tolerance.

Knock yourself out!! Good sleep is vital to finals week. Start getting good sleep before finals week and keep it up during finals week. Pulling all-nighters may seem like a normal thing to do, but most successful students in college figured out a long time ago that it is better to study ahead of time and get your sleep.

Cheat!! Don't wait until finals week to study. Start now. Lay out all the material that you have that will be on the test. Spend 15 minutes a day going back over it and reminding yourself what it was about. A little studying each day now will be a whole lot better than doing it all in the last week.

Throw away your highlighters!! Highlighting your textbooks does nothing but make the pages look shiny. To learn something you have to use it; coloring it yellow doesn't count. Put a checkmark next to the words, sentences, charts,

etc., that are important and then go back and quiz yourself. Don't repeat it back to yourself....tell yourself a story about what you marked. Rote memory might have worked in high school... in college you have to know the stuff!

Get a big head!!
Now is not the time to doubt yourself. You made the cut when you were admitted. College can be challenging but thousands of people graduate every semester. Calm down, think about how far you have come so far... and imagine being one of the thousands that graduate. All you

have to do is study, know the stuff, and show off on the test. Imagine you are the instructor when you are taking the test, let your answers be like your lecture. Imagine you are explaining your answers to a class of students. Tell your story about the material.

Do: laugh, share, talk, eat chocolate, work out, study each day and eat good foods

Don't: freak, withdraw, rely on stimulants, count on luck or think that you work better under pressure!



Holocaust Remembrance Day–April 23

Fun facts about Easter

Courtesy of *elitedaily.com*

- The tallest Easter egg chocolate was made in Italy in 2011. It stood at 10.39 meters and weighed an astounding 7,200 kg.
- In the U.S., only 12 of the 50 states recognize Good Friday as a holiday.
- The art of painting eggs is called pysanka, which originated in Ukraine. It involves using wax and dyes to color the egg.
- The term Easter gets its name from Eastre, the Anglo-Saxon goddess who symbolizes the hare and the egg.
- The exchange or giving of Easter eggs actually dates back to before Easter and the giving of eggs is actually considered a symbol of rebirth in many cultures.
- There used to be a tradition churches observed that resembled the game of “hot potato.” Here, the priest would toss a hard boiled egg to one of the choir boys. The boys would toss the egg amongst themselves and when the clock struck 12, whomever had the egg was the winner and got to keep the egg.
- Peep peep... did you know Americans buy more than 700 million marshmallow Peeps during Easter? This makes Peeps the most popular non-chocolate Easter candy.
- 8. Americans consume more than 16 million jelly beans during this holiday. That is enough jelly beans to circle the globe not once, not twice, but three times.
- Are you an ears, arms or tail person? Seventy-six percent of people eat the ears on the chocolate bunny

first, 5 percent go for the feet and 4 percent for the tail.

- During the holiday, more than 90 million chocolate bunnies, 91.4 billion eggs and 700 million Peeps are produced each year in the United States alone.
- Next to Halloween, Easter is the biggest candy-consuming holiday of the year. Good thing they are almost six months apart, perfect for your yearly dentist check-ups!
- An estimated \$14.7 billion is spent in total for Easter in the U.S.
- The Easter egg is said to symbolize and represent joy, celebration and new life.
- Easter is the celebration of the resurrection of Christ; it is the oldest Christian holiday and one of the most important days of the year.
- Half the states in the United States banned the dyeing of chicks on Easter; however, Florida recently overturned this law and now prevents the dyeing of all animals.
- Not only did Florida overturn the dyeing of animals, but the state also held the largest Easter egg hunt, where 9,753 children searched for 501,000 eggs.
- The White House of tradition of the Easter Egg Roll started back in 1878, with President Rutherford B. Hayes!
- Workers in Birmingham, who make the famous Cadbury Creme Egg, produce more than 1.5 million egg delights a year.
- The idea of the Easter bunny giving candies and eggs is said to have originated in Germany during the middle ages.

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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