



WKU®

Counseling & Testing Center

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WKU Counseling & Testing Center receives funding for community awareness project

WKU's Counseling and Testing Center has received funding from the National Association of VOCA Assistance Administrators (NAVAA) through a grant from the Office for Victims of Crime, within the Office of Justice Programs, U.S. Department of Justice, to promote community awareness of crime victims' rights and services during 2015 National Crime Victims' Rights Week.

April 19-25 is National Crime Victims' Rights Week (NCVRW); the 2015 theme is "Engaging Communities. Empowering Victims." The annual observance, first designated by President Ronald Reagan in 1981, seeks to increase general public awareness of and knowledge about the wide range of rights and services available to people who have been victimized by crime.

Since 2004, the NCVRW Community Awareness Project has provided financial and technical assistance to more than 720 community projects that promote victim and public awareness activities, and innovative approaches to victim outreach and public education about victims' rights and services during National Crime Victims' Rights Week.

The WKU Counseling and Testing Center's Interpersonal Violence Project was one of the 90 projects recommended by the NAVAA and selected for funding by OVC for 2015 from the 194 applications that were submitted nationwide.

According to Elizabeth G. Madariaga, WKU's Sexual Assault Services Coordinator, the \$5,000 award will be used to create a campaign focused on raising awareness of the rights of victims of interpersonal violence, such as sexual assault, intimate partner violence and stalking.

"This gives us the opportunity to provide these resources to the campus and the surrounding community," she said. "The support from NAVAA and OVC for our 2015 National Crime Victims' Rights Week activities will help us help crime victims.

Members of our community are encouraged to help promote justice through service to crime victims by joining our 2015 National Crime Victims' Rights Week activities and supporting victim assistance programs throughout the year."

According to OVC Director Joye Frost, the Community Awareness Project helps generate widespread public awareness of crime victims' rights and needs, and the importance of engaging all people in America in victim assistance efforts. "This year's National Crime Victims' Rights Week theme reminds us of the importance to create a victim response system that is open and accessible to all survivors and victims of crime," Frost said. "It is very important that we build partnerships throughout our communities to better



address all victims' needs by believing them and offering support and resources regardless of where they disclose their victimization. Everybody plays a role."

For information about 2015 National Crime Victims' Rights Week activities or about victims' rights and services in Bowling Green and the surrounding area, contact Elizabeth G. Madariaga, Sexual Assault Services Coordinator, at (270) 745-3159 or visit www.wku.edu/heretohelp. For information about national efforts to promote 2015 National Crime Victims' Rights Week, visit the Office for Victims of Crime website at <http://www.ovc.gov>.

About the NAVAA: The National Association of VOCA Assistance Administrators is a non-profit organization that represents the 56 state agencies that distributes money from the federal Victims of Crime Act (VOCA) Crime Victims Fund to more than 4,000 direct victim assistance service providers. The money in the Crime Victims Fund comes from fines collected from offenders convicted of federal crimes and not from U.S. taxpayers.

The Counseling & Testing Center Staff would like to wish everyone a safe and happy holiday season. See you in 2015.

Kelly Autism Program recognizes Counseling & Testing Center



On November 4th, the Kelly Autism Program recognized the Counseling & Testing Center for continued service and support during the 11th annual Alliance Award ceremony. The ceremony was held at the Augenstein Alumni Center and hosted by Ms. Julie Ransdell, Dr. Marty Boman, and the staff and students of the Kelly Autism Program. The Alliance Award recognizes individuals and organizations from the campus and local community that support KAP's mission and its students. The CTC is honored to have received this recognition; we would also like to congratulate fellow recipients and those students recognized for their achievements.

WHERE ARE THEY NOW



Jennifer Kehoe

After I finished internship, I moved back to NJ. I am currently living there with my dog and husband- it's nice being able to live with my husband again! We are close to Whole Foods and several farmer's markets, although I still miss

Community and SKY farmer's markets in Bowling Green. I have gotten a job working at an inpatient hospital; I will be responsible for evaluating and working with patients across several units. I am working on finishing up my research so that I can graduate and then work towards my license. I am enjoying being back in NJ with friends and family, but I still miss WKU.



Stacy Golman

After completing internship, I moved to St. Louis for a post doc fellowship at the Community Psychological Services at UMSL. My post doc focused on conducting comprehensive evaluations including learning disabilities, ADHD, and personality assessments. I also provided

psychotherapy to members of the community. After completing my post doc I obtained a license in MO and conducted several disability evaluations. Going forward, I will be moving to Pittsburgh to live closer to family. I have several potential job opportunities which may lead me toward doing evaluations and therapy with children or the elderly. I will miss the WKU Counseling Center pot lucks though!

Did you know . . . ?

December is . . .

World Aids Month
Bingo's Birthday Month
Buckwheat Month
National Drunk & Drugged Driving
(3D) Prevention Month
National Write A Business Plan Month
National Tie Month
Operation Santa Paws (1-19)
Safe Toys and Gifts Month
Spiritual Literacy Month
Universal Human Rights Month
Worldwide Food Service Safety Month
Weeks of observance . . .
Older Driver Safety Awareness Week: 1-5
National Hand Washing Awareness Week: 7-13

Computer Science Education Week: 8-14
Human Rights Week: 10-17
Gluten-free Baking Week: 14-20
Posadas: 16-24
Chanukah: 17-24
Saturnalia: 17-23
Kwanzaa: 26-1/1
National Days of Observance. . .
Civil Air Patrol Day: 1
Rosa Parks Day: 1
World Aids Day: 1
Cyber Monday: 1
Special Education Day: 2
International Day of Persons With Disabilities: 3
Special Kids Day: 3
World Wildlife Conservation Day: 4
AFL-CIO Day: 5

International Volunteer Day for Economic & Social Development: 5
National Salesperson Day: 5
St. Nicholas Day: 6
National Pearl Harbor Remembrance Day: 7
Bill of Rights Day: 15
International Migrants Day: 18
International Human Solidarity Day: 20
World Day of Prayer and Action for Children: 20
National Homeless Persons' Remembrance Day: 21
World Peace Day/Winter Solstice: 21
Christmas: 25
Boxing Day: 26 (Canada)
Pledge of Allegiance Day: 28
World Peace Meditation Day: 31

The Big Holiday Depression Myth

Hello WKU family,

Have you ever thought that the stress of the holidays is something we have created ourselves? Have you ever thought that maybe believing that holidays will be stressful is why holidays end up being stressful? Read this article from Benjamin Radford and then ask yourself how much holiday stress is our own creation? Are we stressed because we are helpless victims being forced to spend money, or are we stressed because we are choosing to “keep up with the Jones family”. Pogo the Possum once said “we have met the enemy, and he is us.” Think about it; set yourself free.

Happy Holidays, for real!

By Benjamin Radford

At some point during this holiday season—maybe as you're rushing to the corner store for more turkey stuffing, or while at a Christmas Eve sale wrestling the last Xbox 360 away from a middle-aged mom—you will be tired, stressed and depressed.

Most people have heard the bit of folk wisdom about how depression and suicide increase during the last two months of the year. The holidays can be stressful, no doubt about it: the crowds, the hassles, the cold weather, those annoying relatives you thankfully see only once a year.

And, of course, there's seasonal affective disorder, perhaps better known by its apt acronym SAD. SAD is a mood disorder that strikes some people during the winter months, causing them to become depressed or lethargic. The disorder is not fully understood but thought to be caused by the decrease in sunlight during winter months.

While stress levels may increase, do suicide rates? After all, there are plenty of stressors throughout the rest of the year as well.

Actually there's no evidence that suicide rates spike in December; in fact they drop slightly.

A 1987 study by researchers David P. Phillips and John S. Wills found that about 100 fewer suicides occur on holidays than other days of the year. Part of the reason may be that while holidays are stressful, they are also a time when friends and

family come together, offering emotional and social support to troubled individuals.

It's not all good news, though.

On average, people are slightly more likely to die during the holiday season. While this may seem ominous and mysterious, there is a logical explanation. This effect occurs because during Thanksgiving, Christmas and New Year's, people engage more in two activities that increase their chances of death: drinking liquor and traveling. Alcohol consumption is linked to both higher homicide rates and more vehicle accidents.

So cheer up! With moderation and common sense, odds are you'll make it through another holiday season.

Benjamin Radford is LiveScience's Bad Science columnist. His books and films can be found on his website, www.benjaminbradford.com.



PLEASE SHARE

The Counseling & Testing Center encourages all faculty and staff to share this newsletter with students throughout the campus. Information provided in this newsletter can benefit everyone! Thank you and have a safe and happy holiday season.

FOR MORE INFORMATION ON THE
WKU COUNSELING & TESTING CENTER
CHECK OUT OUR WEBSITE AT WWW.WKU.EDU/HERETOHELP/

SPOTLIGHT

PEGGY CROWE



I moved to Kentucky from Wisconsin in February, 1996, to pursue my Master of Arts degree in Student Affairs. I also worked full time in the Department of Housing & Residence Life. After completing my Master's degree in 1998, I served in various other roles at WKU, including an Area Coordinator, M.A.S.T.E.R. Plan Coordinator, UC175 instructor, and Assistant Director for HRL. I left WKU in 2002 to pursue my Ph.D. in Higher Education Administration at Bowling Green State University, Ohio.

I returned to WKU in 2004 and worked with Dr. Gene Tice and Howard Bailey, coordinating development and fundraising efforts within the division of Student Affairs. In turn, this was the focus of my dissertation research, "Development & Fundraising Efforts within Divisions of Student Affairs at 4-year Public Universities".

After serving as Asst. Dir. for HRL (2006-2013), I was promoted to Associate Director for HRL. I have fully enjoyed serving WKU in these two positions the past year and a half. Both roles have allowed me the opportunity to continue to work with faculty, staff, and students and have put all of my educational preparation and experiences into practice! I have learned so much from the CTC team and they have certainly

challenged and helped to make me a better higher education professional. I enjoy spending time with my family (husband Michael and 5-year old son Michael, III) – my most important "job." I have a new-found love of spinning class, traveling back home to Wisconsin to visit family, and cheering on the Green Bay Packers.

TERESA JAMESON

I am a 14-year Air Force veteran who, after leaving federal government service after seven years, decided to finally get that elusive college degree. I began attending WKU in the Spring of 2012 and graduated with a Bachelor of Arts degree in History/Social Studies in the Fall of 2013. I was a sprinter when it came to my academic career. By earning 33 credit hours through CLEP and applying a few of my military service credit hours I was able to complete my four-year, double major in exactly two years. My friends and family call me the "queen of CLEP." I started working at WKU as a student employee and then as a part-time Military Student Consultant with Military Student Services. After that position ended in February 2014, I began the arduous task of finding a new job. I am excited to be back at WKU working with students in the Counseling and Testing Center.

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 **Eating Disorders**
Decision Making **Bipolar Disorder**
Problem Behaviors **Stress Management**
Grief/Loss **Depression/Anxiety**
Relationship Issues **Suicide Prevention**
Sexual Assault/Abuse **....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, NBCC, PCAT, HESI and COMPASS. Residual ACT and Chemistry Placement tests are also available. 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: testingcenter@wku.edu.

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