



Counseling & Testing Center

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We Are Open!

The WKU Counseling & Testing Center is open during the summer. We will continue CLEP and PRAXIS testing among others, and our counselors are available for clients.

Finals are coming! Finals ARE coming!

Last semester the Counseling & Testing center gave some great advice to help relieve some of the stress of finals week. Here is an abbreviated version of that story.

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.

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.

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

Knock yourself out!! Good sleep is vital to finals week. Start getting good sleep before finals week and keep it up during finals week.

Cheat!! Don't wait until finals week to study. Start now. Spend 15 minutes a day going back over your notes and reminding yourself what it was about.

Throw away your highlighters!! Highlighting your textbooks does nothing but make the pages look shiny. To learn something you have to use it. Don't repeat it back to yourself. Tell yourself a story about what you marked.

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.

WKU
PAWS
For Stress Relief
Puppies, Popsicles & Punch!

Monday, May 11
DSU courtyard
1:00-4:00 pm

Play with some pups from the Warren County Humane Society, have a popsicle, blow some bubbles, and take some time to de-stress before finals!





Hope's Notes

I have had a busy month since I was introduced in April. I am busy learning how to behave in the office and sit quietly in sessions or in my crate when I am not needed.

I participated in my first Counseling & Testing Center events at the end of March including Take Back the Night and Walk-a-Mile in Her Shoes.

I get to enjoy going for walks around Potter Hall each day and love to try to chase the squirrels. But what I really enjoy is getting to visit with everyone, both inside the office and out during my walks.

I know May is going to be busy with finals week and, for some, graduation, so if you need a little "Hope" time, come say hello in Potter Hall, Room 409. If I am not in a counseling session, I would really love to visit with everyone! I am also looking forward to joining the Paws for Stress Relief May 11, from 1-4 p.m., at the Downing Student Union Courtyard.

Time to Graduate, Bid Farewell!

The time has come for the Counseling & Testing Center to bid farewell to Masters of Psychology Interns, Siera Bramschreiber and Cody Haynes.

Siera and Cody will complete their Master of Psychology Degrees and graduate with the Class of 2015. They have been a welcome addition to the CTC and will be missed.



Cody Haynes



Siera Bramschreiber

Siera will complete her Thesis this Fall, and possibly continue her education as a doctoral student in Neuropsychology.

Cody will continue working in the WKU research lab through August and plans to begin a career in Therapy and Assessment in the near future.

The WKU CTC Staff wish them well in all of their future endeavors and look forward to hearing from them as often as possible.



Congratulations Elizabeth!

Elizabeth Madariaga has received the Catherine C. Ward Feminist Action Award.

To be eligible for this award, the recipient must be actively working to improve life for women at Western Kentucky University.

**For more information on the
WKU Counseling & Testing Center
Check out our website at www.wku.edu/heretohelp/**