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UA12/9 April Newsletter

WKU Counseling & Testing Center

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Spring has arrived!

Volume 2, Issue 3

April 2011

WKU Counseling & Testing Center Newsletter

We, the staff of the CTC, would like to wish everyone a wonderful spring, even as you battle seasonal allergies and this crazy weather! Whether you're new to WKU or a seasoned pro, remember that we are always here to provide a wide variety of services & resources to registered undergraduate and graduate students. We also provide consultation services to faculty and staff as well.

Free Concert & Awareness Event

LOVE IS THE MOVEMENT

A Night of Hope and Healing with...
To Write Love on Her Arms (TWLOHA)

April 14th 7PM — 10PM
DUC Theater

Free Pizza/Drinks ~ Wristband & T-shirt Giveaways
A Swipeable Event ~ Doors open at 6:30PM!

Featuring Bands

The Black shades **Micah** **Redfoot**

Everyone needs to know that their life matters

For more information visit: www.twloha.com www.wku.edu/heretohelp
or call the Counseling & Testing Center at (270) 745-3159

National Alcohol Screening Day

Rethink your drink

Thursday, April 7th
DUC Lobby
11AM — 1PM

Everyone is invited to stop by our table and complete this questionnaire on alcohol use. We'll give you feedback and have lots of info available.
This is a swipeable event!

facebook

Become a fan of WKU Counseling & Testing Center
www.facebook.com/WKU.CTC

Our Staff

- Brian Van Brunt, Ed.D.
  - Director
- Karl Laves, Ph.D.
  - Assistant Director
- Debra Crisp, Ph.D.
  - Asst. Training Director
- Eric Manley, Ph.D.
  - Coordinator, Clinical Service & Research
- Elizabeth Madariaga, MA
  - Coordinator, Sexual Assault Services
- Betsy Pierce, MA
  - Coordinator of Outreach
- Todd Noffsinger, MAE
  - Emerging Services Clinician
- Sharon Ercey, BA
  - Coordinator of Testing
- Julia Johnson, AA
  - Office Associate (Director of Awesomeness)
- Kelly Almousily
  - Student Affairs Grad Asst.
- Amanda Ball
  - Social Work Grad Asst.
- Jeannie Banter
  - Psychology Grad Asst.
- Julie Goble
  - Psychology Grad Asst.
- Rebekah Holder
  - Psychology Grad Asst.
- Brian Lee
  - Psychology Grad Asst.
- Chance Littrell
  - Psychology Grad Asst.

Support Spotlight

LGBT Weekly Support

No appointment necessary!
Join us in a comfortable
and safe atmosphere

The sessions are confidential and any concern is welcome

Every Thursday - 4PM
Potter Hall 408
Call 745-3159 for more details!

Congratulations to our graduating interns!

Brian Lee & Rebekah Holder
Master's of Clinical Psychology

Amanda Ball
Master's of Social Work

Jeannie Banter
Master's in Counseling Psychology
from Trevecca Nazarene University

Every day is an opportunity to make a new happy ending.

THE GOAT GAZETTE presents: *Finals Week Advice*

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; be excited about getting into an exam & showing off your 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! Start getting good sleep before finals and keep it up during finals week. Pulling all nighters may seem like a normal thing to do but most students that are successful in college figured out a long time ago that it is better to study ahead of time and get some sleep.

GET A BIG HEAD! Now isn't 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 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!

College should be challenging, not overwhelming.

For more information please visit: www.wku.edu/heretohelp www.registerblast.com/wku

Monday – Friday
8AM – 4:30PM

WKU®
Counseling & Testing Center

Potter Hall 409
Ph: 270-745-3159