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WKU Counseling & Testing Center

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Spring is here from the Counseling & Testing Center staff. CTC is open and ready for the Spring semester. 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
Karl Laves, Ph.D.  Associate Director
Susan Harper, M.A., LPCA.  Staff Counselor
Brian Lee, M.A., LPA  Staff Counselor
Elizabeth Madariaga, M.A.  Coordinator, Sexual Assault Services
Betsy Pierce, M.A.  Coordinator, Outreach
Masami Matsuyuki, Ph.D.  Staff Psychologist/Training Coordinator
Sharon Ercey, B.S.  Coordinator, Testing

Rutuja Chinchankar, M.A.  Doctoral Clinical Psych. Intern
Julia Johnson, A.A.  Office Associate/Director of Awesomeness
Bobbie Jackson  Part-Time Office Assistant
Lindsey Hinken B.A.  Masters Clinical Counseling Intern
Mark Logan, B.A.  Masters Clinical Psychology Intern
Natalie Perkins, B.S.  Masters Psychological Sciences Intern
Jeffrey Powers, B.S.  Masters Psychological Sciences Intern
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.

Become a fan of WKU Counseling & Testing Center

Potter Hall 409
(270) 745-3159
ctc@wku.edu
Namaste! I am a Rutuja Chinchankar. I am pursuing the Doctorate in Applied Psychology Program (PsyD) at Western Kentucky University. I received an opportunity to intern at The Counselling and Testing Center. I am getting a very valuable experience working here. I am learning so much. And it’s a lot of fun working with a great team! Outside of work, my hobbies include cooking (I love food) and painting.

I’m originally from Bradley, Arkansas by way of Dallas, Texas. I relocated to Bowling Green, KY June of 2016. This has been a fresh start and a new beginning for me. I started working as a Part-time Office Assistant in October of 2017 here at WKU in the Counseling and Testing Center. Outside of work, I am part of the Desmond Anthony and the Movement Group as well as my own personal singing engagements throughout Bowling Green and surrounding areas.

Just a little more about me, I launched my first gospel CD titled “Trials of Life” which can be purchased on amazon.com and cdbaby.com also featured on Spotify. I have been featured on the Dr. Bobby Jones Present show in Nashville, TN show casting my talent. Also created an original video titled “A Change” which can be found on youtube to bring awareness for women who have been abused or in an abusive relationship.
Look at this differently!

By Dr. Karl Laves
Associate Director

In this issue we are going to talk about a very simple idea that could make a world of difference when it comes to day to day interaction. I was attending a conference in Chattanooga and heard an excellent presentation about Autism and Asperger’s Disorder. One of the presenters shared the idea that while people with these disorders have been characterized as having deficits in social skills, they may be in fact superior in social interaction in that they don’t play games; they are authentic.

I recently heard about a system that is used to help people on the spectrum with social interaction (see http://www.positivelyautism.com/downloads/BehaviorTrafficLight.pdf) and I thought back to Chattanooga and wondered to myself if once again these people might be ahead of us in terms of social skills.

Think of how much easier your day would be if we all wore pins, buttons, or lanyard cards that were red, yellow, or green. Or maybe symbols would be better since we don’t all see colors the same way. Imagine, for example, that you wake up feeling great so you put on a green button. The green button means people can talk to you about anything. A yellow button means you would rather only talk with people that know you well, or that you are okay to talk but you have something else weighing on your mind. The red button means you want to be around people but you don’t want to talk. You need some space, some quiet.

With buttons, or pins or whatever, we don’t have to rely on non-verbal cues, we don’t have to get into a conversation only to have to end it abruptly. With buttons or pins we get immediate information on how people are feeling/doing in general. We become more in touch with each other while saying less. I know it sounds artificial, or goofy. But I wouldn’t mind trying it for week just to see what happens. Maybe after a few months, or years, we would all be better at sensing what people need. Look at it differently, maybe people who are the most socially awkward are the people who are the most socially sensitive or aware. Maybe they are in some kind of overload of information and the people who are thought to be socially competent are really people who just don’t care as much about what others are doing. If I care less, I’m not so tense or attentive; I appear to be relaxed and carefree which is confused with being sociable, easy going.

Remember, some of the most socially smooth, charismatic, and charming people are sociopaths. At the very least maybe try coming up with a system to signal how you are feeling to your friends or co-workers. Buttons, pins, ribbons, or code words could go a long way to helping you stay connected, even when you would rather not be connected. Until next month, this has been Look at it differently; imagine me wearing a green button until you hear otherwise.

“There are some people who see a great deal and some who see very little in the same things.”

~Thomas Henry Huxley
Star’s Report

Star says “Happy St. Patrick’s Day! Even if you are not Irish, you can still be strong like a Viking!”

New Shoes Video featuring Bobbie Jackson & Brian Lee

https://www.facebook.com/bobbie.jackson2/videos/10212909033453829/?t=0
Community Outreach

NAMICONNECTION MEETINGS ON CAMPUS

HELD ON THE FOLLOWING MONDAYS DURING SPRING SEMESTER 2018:
1/29, 2/12, 2/26, 3/19, 3/26, 4/9, 4/23, 5/7
FROM 6:00-7:30 P.M.
IN ROOM 201 OF THE ACADEMIC COMPLEX
WKU-BOWLING GREEN CAMPUS

Counseling Internship & Job Fair and Site

We appreciate your participation in this event and hope you will consider joining us again next year. It is always wonderful to work with a community of great professionals who are willing to take the time to help us train new counselors! Many of the students shared that they were excited to learn more from you and were excited to have several options in our local community.

Supervisor/Practitioner

Safe Zone

CTC was invited to the WKU Office of the Registrar participating in the Safe Zone training that was held on January 10, 2018. We appreciate your efforts to make our campus community a more inclusive space for all of our WKU community members. If anyone is interested in scheduling the Safe Zone training for your office or department, please contact us at the WKU CTC.

Brian Lee
Community Outreach

I participated in the Positivity Day event as part of the Love Well week on campus. Star helped me to catch students’ attention to this event of spreading love and positivity to self and others, and I gave away the CTC brochure, educational leaflets about common issues for college students (e.g., college adjustment, stress management, self-confidence, body size diversity and acceptance), a poem for loving-kindness meditation, and lip balms.

WellU Program

For more information contact Alicia Everette, MS Student Wellness and Marketing Coordinator at www.wku.edu/awellu

Dr. Masami Matsuyuki and Star

I participated in the Positivity Day event as part of the Love Well week on campus. Star helped me to catch students’ attention to this event of spreading love and positivity to self and others, and I gave away the CTC brochure, educational leaflets about common issues for college students (e.g., college adjustment, stress management, self-confidence, body size diversity and acceptance), a poem for loving-kindness meditation, and lip balms.
LGBTQIA Group

The Counseling & Testing Center “LGBTQIA” support group will meet every other Monday in a comfortable and safe atmosphere at 4:30 PM in Potter Hall 408. Spring 2018 Meeting Dates: 1/22, 2/5, 2/19, 3/5, 3/19, 4/2, 4/16, 4/30. For more information please contact CTC at ctc@wku.

QSU meet every other Monday at 4:30 PM in DSU. Spring Meeting Dates: 2/12, 2/26, 3/12, 3/26, 4/19, 4/23, 5/7

Mindfulness-Based Stress Reduction (4-Session Group Program)

Spring 2018 for WKU Students

Location: WKU Preston Center Multipurpose Room
1:30 p.m. - 3:00 p.m. on Mondays, March 26, April 2, 9, & 16

FREE for WKU Students
Limited to 12 participants

If you have any questions or want to register for this group program, email Dr. Masami Matsuyuki (WKU Counseling & Testing Center) at masami.lmatsuyuki@wku.edu.

Please include your first and last name, email address, phone number, WKU ID#
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, Resideual 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, Potter Hall 409.

***WKU Counseling and Testing Center is now a Pearson Vue Authorized Testing Center. To schedule an exam please visit Pearson Vue.***

We are also offering Make Up Exam services for Face to Face classes for professors who allow exams to be made up: this is by appointment only, visit https://www.wku.edu/heretohelp/facefacemakeupexams.php for Make Up Exams information.

To see additional testing services we offer visit: https://www.wku.edu/heretohelp/testing.php or contact Julia Johnson at julia.johnson@wku.edu***

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**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

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

- Sexual Assault Awareness/Green Dot
- Healthy Relationships
- Major Depressive Disorder
- LGBTQIA Issues
- Identity Development
- QPR (Suicide Prevention)
- Generalized Anxiety Disorder
- Specific Depression/Sadness
- Working with Distressed Students
- Technology’s Role in Mental Health
- Stress Management
- Specific Anxieties
- Psychological Wellness
- Eating Disorders
- Emotional Regulation

March Trivia

- 1961 – President John F. Kennedy issued an executive order establishing the Peace Corps.
- 1991 – Clarissa Explains It All debuted on Nickelodeon.
- 1995 – Latina singer Selena was murdered and the live coverage of the crime drew in over 3.2 million views to CBS.
- 1998 – Titanic became the first film to gross over $1 billion worldwide.
- 2008 – Hulu opened online.
- 2009 – The Kepler space observatory was launched.

Fun Facts about March

It’s March—Happy New Year, ancient Romans!

Welcome to the third month of the year— It was originally the first month of the year in the Roman calendar and named Martius. It was named after the Roman god of war, Mars.

- Middle English - March or Marche
- Latin name - Martius mensis - Month of Mars
- Old English - Martius

WAR! YES WAR!

March was named for war—and lives up to its title

So, if so many months were named for their Latin numbers, why wasn’t March called… unumber? Firstly, because that sounds ridiculous, and secondly, because the Gods had dibs on it. March was actually named for the Latin Martius—aka Mars, the Roman God of war and a mythical ancestor of the Roman people via his wolf-suckling sons, Romulus and Remus.

Birthstone: Aquamarine 

Flower: Daffodil

Pisces (February 19 - March 20)

Aries (March 21 - April 20)