

5-2018

UA12/9 WKU Counseling & Testing Center, Vol. 5, Issue 4

WKU Counseling & Testing Center

Follow this and additional works at: https://digitalcommons.wku.edu/dlsc_ua_records



Part of the [Higher Education Commons](#), [Mass Communication Commons](#), [Organizational Communication Commons](#), and the [Student Counseling and Personnel Services Commons](#)

Recommended Citation

WKU Counseling & Testing Center, "UA12/9 WKU Counseling & Testing Center, Vol. 5, Issue 4" (2018). *WKU Archives Records*. Paper 6174.
https://digitalcommons.wku.edu/dlsc_ua_records/6174

This Newsletter is brought to you for free and open access by TopSCHOLAR®. It has been accepted for inclusion in WKU Archives Records by an authorized administrator of TopSCHOLAR®. For more information, please contact topsolar@wku.edu.



The Counseling & Testing Center staff wish you the best of luck on final exams and a safe summer break!



Greetings from the Counseling & Testing Center staff! Believe it or not, that's the last time you will read that welcome message. This will be the final newsletter for the semester—and when we return next fall, our department will have a new name. The counseling part of our department will be staying put, but the testing side will be moving to the Division of Extended Learning & Outreach. The move will be taking place mid-summer; however, we will still be open throughout the summer in Potter Hall.

Whether you are new to the WKU Community or a seasoned pro, we are here to provide a wide variety of mental health counseling for registered undergraduate and graduate students as well as consultation services to faculty and staff. Even though our department will be renamed when we return in the fall, this monthly newsletter will continue to offer information on various events and programs for the entire WKU community in an effort to inform and educate staff, faculty, and students.

Enjoy our features, and please share this newsletter!

Talk to Us

Potter Hall 409
(270) 745-3159
ctc@wku.edu

Summer Hours of Operation

(Starting May 14)

Monday–Thursday

7:30am–4pm

Friday

7:30am–12:30pm

IN THIS ISSUE

- 2 Star's Report
Testing Corner
Support Group Spotlight
- 3 Reflecting on the Testing Center
- 4 Community Outreach
Resources
- 5 Counseling Services

Follow the CTC
on Facebook



Our Staff

Peggy Crowe, Ph.D.

Director

Karl Laves, Ph.D.

Associate Director

Susan Harper, M.A., LPCA

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, Ph.D.

PsyD Applied Psychology

Julia Johnson, A.A.

Office Associate

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

Volume 5, Issue 4
May 2018



STAR'S REPORT

You have made it to May...

...and that means the end of the semester. **Congrats** to all who are graduating, and **good job** to everyone else for completing another semester! Please, please use the summer to rejuvenate, and feel free to copy my plan for doing so: very frequent naps, lots of treats (it's ice cream season), chase a squirrel or two, and scratch when you itch. That last one is frowned upon in polite society, but really, who cares. Enjoy your break! ■



STAR



SUPPORT GROUP SPOTLIGHT

The Counseling & Testing Center "LGBTQIA" support group meets every other Monday in a comfortable and safe atmosphere at 4:30pm in Potter Hall 408. We will begin meeting again in the fall semester. For more information, contact the CTC at ctc@wku.edu.

Additionally, WKU Queer Student Union meets on Mondays at 6:30pm in DSU 2084 (the Pride Center). The Pride Center works to improve the campus climate for all LGBTQIA students by advocating for the respect and safety of all members of the campus community through events and educational opportunities. The Pride Center collaborates with other campus programs and groups to support students as they complete their educational goals. ■



TESTING CORNER

Beginning in July 2018, the WKU Testing Center will separate from the Counseling Center and will join the Distance Learning And Outreach. For question concerning testing please contact the DL Testing Center at 270-745-5122.



CTC Director, Dr. Peggy Crowe, Would like to extend a heartfelt "THANK YOU" to Sharon Erecy and Julia Johnson for their collective efforts for many years, to expand the testing program and testing offerings. Students who have come to the CTC were always greeted with a friendly smile, encouragement and support from Sharon and Julia. Your contributions were valued and recognized by everyone on the CTC Team. Thank you!

REFLECTING ON THE TESTING CENTER



Reflecting on the History of the Testing Center with Ms. Sharon Ercey and Dr. Richard Greer

As we wrap up another semester in the CTC and celebrate the work and retirement of our Testing Coordinator, Ms. Sharon Ercey, we wanted to reflect on the history of testing and its transformative impact at WKU.

From CLEP tests to certifications and licensures like the PRAXIS for teachers, Ercey emphasizes how her work and the “high-stakes testing” in the center have evolved since she first arrived in 1979, reminding us of the positive impact that former director, Dr. Richard Greer, has had on her along the way. After ten years of working as the office coordinator, Sharon recalls Dr. Greer asking her if she would like to take over the testing component of the CTC, saying, “I liked what I was doing and I had to think a lot about whether I wanted those extra responsibilities, but he gave me some time to think about it and I agreed to it.”

She also remembers Dr. Greer, the former CTC director of 20 years, for his inspirational impact on her career evolution, noting, “He is the one that encouraged me to go back to school and finish my degree. I never had encouragement in some other places and didn’t motivate myself to do it, but he saw my potential and was the one who encouraged me to stick with it and I did.”



Ms. Sharon Ercey (left) and Dr. Richard Greer reflect on their time at the WKU Counseling & Testing Center, which will split into two departments at the end of the fiscal year.

Dr. Greer sings similar praises, remembering Ercey’s promotion as “one of the wisest decisions” he made, because she not only became deeply involved with expanding the scope of the testing center, but also with nation-wide professional testing campus groups, often traveling to give presentations both on the state and national level about the program’s work.

“She was able to bring a new light to the testing center and expanded it a great deal, both in terms of program and in terms of monies and resources,” Dr. Greer says, “Before her, it was a one-room, one-person operation and much more narrow than what the testing center is today.”

The testing center has seen many changes throughout our years, both with the progression of the university
(continued on page 5)

WHO TO CALL

If the behavior is a threat:

WKU PD
911 or 5-2548

If the behavior is a concern:

WKU CTC
5-3159

If the behavior is a disruption:

WKU Office of Student Conduct
5-5429



COMMUNITY OUTREACH



*“What Were You Wearing?”
Exhibit Displayed in DSU
via WKU Facebook*

“By doing this exhibit, our hope is to let victim survivors know they are believed,” said Elizabeth Madariaga, Sexual Assault Services Coordinator at the WKU Counseling and Testing Center, about the “What Were You Wearing?” exhibit featured this month in the Intercultural Student Engagement Center in DSU 2041.

WKU is committed to supporting students, and “What Were You Wearing?” is one of many activities during April coordinated to increase awareness and prevention efforts throughout the year.

The “What Were You Wearing?” Survivor Art Installation originated at the University of Arkansas and was first shown in 2014. The project was inspired by the poem, “What I Was Wearing,” and its goal is to create a visual interpretation of the poem.

“I had seen some information about this exhibit last year and thought how amazing this could be to share victim survivor’s stories. It’s a very powerful and passionate way to talk about sexual violence in a variety of ways,” Madariaga said. “We know there’s a lot of victim blaming that goes on in various statements such as what they were wearing or were they drinking or why did they go there. This is one way to help look at one of those victim-blaming statements.”

Madariaga explained that the goal of the exhibit is to ask observers to understand the incident was never about the clothes, rather about showing support and respect to survivors. ■

*(Above and below) Members of the WKU community visit the “What Were You Wearing?” exhibit at the ISEC in DSU during the month of April.
(photos courtesy WKU Facebook)*



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 about life in general. You are welcome to ask questions or browse previously answered questions at wku.edu/heretohelp. Questions may be submitted to ctc@wku.edu.

CTC Blog
ctc.blog.wku.edu

On-line Mental Health Screening
wku.edu/heretohelp/mentalhealthscreen.php

(continued from page 3)

and the advancement of services offered, and Ercey speaks of “the biggest change over testing through the years” as that of technology and how testing came to be known on campus.

Long before computers and testing administration in labs, she says, “When I first took over testing, I worked three out of four Saturdays in a month because our big tests were given on Saturdays as they were paper and pencil. What I did in my office during the week was not the bulk of testing that I did.”

Ercey and others at the testing center recognized a need to emphasize services offered and the importance of their work. “I had a daughter and I recognized the need for offices to be intertwined with communication, so I made creative partnerships with admissions, the registrar, and advisors, eventually realizing the need to even extend the information to parents at orientation sessions, since we knew they would be able to nudge the students and help motivate them to come in and take tests like CLEP so they could potentially be ahead before they even started college.”

Ercey emphasizes the importance of parents and students

being connected with the services: “I would tell parents at orientation sessions that I feel their pain. We know how stressful it can be trying to get information and finding the right person to talk to. I would always give them my email and tell them I probably know the answer to your questions, but if I don’t I will connect you with the right person.”

As she transitions into retirement, she is confident and excited for the future at the testing center, saying, “We have excellent staff. We understand that the students are stressed out and that nobody is ever happy about taking a test, even if it’s to get them out of a class. So we have little things like candy and water; we try to help them relax a little bit and always give some encouragement.”

Speaking on her desires to stay busy and get more involved with organizations like Hotel, Inc. and the Foundry, she says, “I’m retiring from Western, not from my life.” Dr. Greer echoes this sentiment as he continues his work with his church, the McGregor Scottish clan, and his passion for restoring antique cars. We are grateful for the impact that both have had throughout the years and look forward to continuing their work serving the students of WKU. ■

Counseling Services

“College should be challenging, not overwhelming.”

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

Interested in the CTC or just want to talk? There are two ways you can make an appointment:

Call our Office at (270) 745-3159 or Stop by 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 through Friday from 8am–4:30pm. 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