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## UA12/9 March Newsletter

WKU Counseling & Testing Center

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Happy St. Patrick's!



# WKU Counseling & Testing Center Newsletter

The staff of the Counseling & Testing Center would like to wish everyone a Happy St. Patrick's Day! 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.

Volume 2, Issue 2

March 2011

## 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 Almously  
- 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.

### ATTN GRADUATE STUDENTS: Interested in Being Part of the Counseling Center Staff?

We are accepting internship applications for those seeking a master's degree in counseling, psychology, social work, and counseling-related programs. The 20-hr per week internship provides a variety of opportunities for hands-on experience and training in your chosen field.

**March 21st, 2011 - Preferred Deadline**

See 'Graduate Student Positions' at: [www.wku.edu/heretohelp](http://www.wku.edu/heretohelp) or contact Dr. Debra Crisp, Asst. Training Director 270-745-3159 [debra.crisp@wku.edu](mailto:debra.crisp@wku.edu)

## Counseling Services

*College should be challenging, not overwhelming.*

That's why we're here to help, offering our services Monday thru Friday from 8 - 4:30pm. There is a one-time \$20 fee for paperwork and documentation that provides students with 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. Individual and group counseling services are provided to help with coping strategies, conflict resolution and crisis situations related to:

- |                       |                      |                   |
|-----------------------|----------------------|-------------------|
| College Adjustment    | Decision-Making      | Problem Behaviors |
| Stress Management     | Depression/Anxiety   | Eating Disorders  |
| Relationship Concerns | Bipolar Disorder     | Grief/Loss        |
| Suicide Prevention    | Sexual Assault/Abuse | ... and more      |

Thursday, March 31<sup>st</sup>  
at 6PM

Sexual Assault  
Awareness Month

### TAKE BACK THE NIGHT MARCH AND CANDLELIGHT VIGIL

beginning and ending at the Warren County Justice Center

**A one-mile walk followed by a candlelight vigil and moment of silence to honor victims and survivors of violence in our community**

For more info, contact: Elizabeth Madariaga, 270-745-3159

facebook

Become a fan of WKU Counseling & Testing Center

[www.facebook.com/WKU.CTC](http://www.facebook.com/WKU.CTC)

## 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!



### SEXUAL ASSAULT AWARENESS MONTH



**March 16:** Clothesline Project on display  
10am - 2pm at Downing Univ. Center

**March 19:** Puerta y Puerta, 9 am - 1 pm  
Contact Hope Harbor for info at (270) 782-5014

**March 22:** The Clothesline Project on display  
10 am - 12 pm at WKU-Glasgow Campus

**March 22:** Girls Fight Back, sponsored by WKU  
Greek Life, 7 pm at DUC Auditorium

**March 31:** Take Back the Night March and Candlelight Vigil,  
6 p.m. at the Warren County Justice Center

**No one is luckier than those who  
believe in their own luck**



*Kelly is working on her  
Master's in Student Affairs  
in Higher Ed. at WKU and  
her favorite color is green!*

### Student Affairs Team Wins National Case Study!

Kelly Almously, our Student Affairs Graduate Assistant, participated in a national case study as part of a 4-member team from WKU's Student Affairs program. Her fellow teammates were: Erin Jozwiak, Kim Kubicek, and Cherise Mingus.

The 10th Annual Virtual Case Study Competition, sponsored by Student Affairs.com, had 36 entries from 24 schools. The winning teams are:

**\*1st Place:** Western Kentucky University (\$150/member)

**\*2nd Place:** University of Rhode Island (\$100/member)

**\*3rd Place:** Oklahoma State University (\$50/member)

The WKU team's submission will be featured in the Student Affairs.com April 2011 e-journal. Be sure to check it out!

### THE GOAT GAZETTE: St. Patrick's Day Trivia

- St. Patrick's true given name was Maewyn Succat
- Blue was the color originally associated with St. Patrick, until the 19th century
- There are four places in the United States named Shamrock (West Virginia, Texas, Indiana, Oklahoma) and nine named Dublin
- According to legend, leprechauns work as shoemakers and wear green as camouflage
- The tradition of pinching anyone who doesn't wear green on St. Patrick's Day was started by young children



*College should be challenging, not overwhelming.*

For more information please visit: [www.wku.edu/heretohelp](http://www.wku.edu/heretohelp) [www.registerblast.com/wku](http://www.registerblast.com/wku)

**Monday – Friday**

**8AM – 4:30PM**



**Counseling & Testing Center**

**Potter Hall 409**

**Ph: 270-745-3159**