



next inSTALLment



a campus wellness letter

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For Your Well-Being

“Love is the only force capable of transforming an enemy into a friend.”—Dr. Martin Luther King Jr

SPRING 2008

Workshops and Potential Support Groups

The Counseling Center will offer a variety of workshops throughout the Spring 2008 semester that could easily turn into a support group if there is enough student interest. Groups can be an excellent way for students to make important connections and cope with emotional concerns that can hinder academic and personal growth. Typically, support groups are organized around a theme or a need. The *For Your Well-Being* Workshop Series will be held in the Disability Services Conference Room; Science 105 from 12:30 – 1:15 pm. If 4 or more students make a request (and commit to at least 4-6 sessions), an on-going weekly meeting can be arranged during that time frame which could also be extended to a full hour for the semester. Groups are facilitated by a counselor, supervised by a licensed clinical psychologist and students are required to meet with the counselor once before the group begins.

All Workshops and Groups are FREE and Confidential.

HEALTHY RELATIONSHIPS-*Improving Your Relationships by Working on Yourself*

We all have a relationship story—with parents, partners, roommates, and friends. Which one would you like to talk about? Topics include how to maintain a healthy relationship by embracing the concept Differentiation as a means to improve yourself while improving the quality of your relationships.

Wednesday 2/20 from 12:30-1:15 pm; Science Bldg, Room 105 Conference Room

DIMENSIONS OF IDENTITY

Race, Gender, Ethnicity, Religion, Sexuality, Physical or Mental Disability or Ability, Class, Education, Lifestyle... How do these all (and more!) affect each person's sense of self and how s/he goes through life?

In this workshop students will have an opportunity to explore what identity is and consider how it is formed; examine the many dimensions of identity; and discuss the many facets identity they integrate into their lives.

Monday 3/10 from 12:30-1:15 pm; Science Bldg, Room 105 Conference Room

STRESS AND ANXIETY MANAGEMENT

Anxiety is a normal part of life and a very common emotional experience – but how do you “let go” of anxiety in order to prevent it from interfering with your academics, work, athletics, relationships, or how you feel about yourself? This workshop will help you develop positive and realistic coping skills in dealing with anxiety-provoking situations or when things seem intense or overwhelming.

Thursday 3/20; Wednesday 4/16 from 12:30-1:15 pm; Science Bldg, Room 105 Conference Room

MINDFUL MEDITATION

This workshop is for students who want to learn and practice simple mindful meditation oriented techniques. These techniques can be used to decrease anxiety, increase insight, focus on what matters most and expand ways of calming and centering yourself in the midst of stressful situations or circumstances.

Thursday 2/21; 4/17 from 12:30-1:15 pm Science Bldg, Room 105 Conference Room

STRIVING FOR EXCELLENCE INSTEAD OF PERFECTION WORKSHOP

Do you often worry about not being good enough, pretty enough, the “right” age even though you have achieved wonderful accomplishments in your life thus far? Do you place exceedingly far reaching expectations for yourself? Do engage in regular negative self-talk or repeat self-defeating behaviors? You could very well be caught in the Perfectionist Trap and this Workshop is for students who desire to strive for excellence rather than perfection.

Wednesday 2/28 from 12:30-1:15 pm; Science Bldg, Room 105 Conference Room

If you would like to further enhance your level of well-being, a good place to start looking for a way to increase it is the Student Counseling Center, x 4239. We're located next to Campus Safety.

The *next inSTALLments* can now also be found at www.whittier.edu: click on Students, click on Health & Wellness, click on Wellness Letter or sign on to MyWhittier.edu, click on Campus Life, click on Wellness Coalition, click on Wellness Letter.