

## SUNY Fredonia Counseling Center: 2010-2011 Programs

### 2010-2011 Theme: STUDENT VOICES

The Counseling Center's outreach theme for the 2010-2011 academic-year is **STUDENT VOICES**. Presentations will be interactive, inviting students to share the challenges they face and inviting them to identify strengths and problem solving skills that will empower them to meet those challenges successfully. Individual, small group and large group activities are designed to promote the development of *independence, personal and educational goals, realistic self-appraisal, clarified values, and enhanced self-esteem*.

#### TITLE: **Student Voices**

We will begin by asking students to share and discuss the challenges they are facing as they navigate the college experience. Interactive exercises will focus on identifying personal strengths students can use to meet those challenges effectively. Students will explore their short-term priorities and goals and consider how those relate to longer term life goals.

#### Learning Objectives:

- Learn how successfully facing life's challenges can turn stress into growth and increased confidence and skill
- Identify your personal style and its strengths
- Set measurable goals that can help build toward your long term priorities

#### TITLE: **A Life In Balance**

The college years are an exciting and demanding time in one's life. It is a time full of change, difficult challenges, and opportunities for growth where individuals sometimes struggle to find and/or listen to their own **voice**. Living a satisfying and happy life requires one to live with intention, utilizing their personal voice as a guide. This workshop explores both the poisons to and sources of balance and encourages participants to engage in intentional reflection and inspired action towards a life in balance.

#### Learning Objectives:

- Identify poisons to and sources of balance
- Identify intentional activities that promote satisfaction and happiness
- Learn how a *Character Strengths and Virtues* assessment can help one find their own voice

#### TITLE: **The Heroic Journey**

All of us possess a potential that, when tapped, can help us find greater success and fulfillment in our lives. This program is designed to help individuals better understand how an evaluation of their personal stories can help them find themselves, unlock their potential, and transform the world. Awakening the **voices** of the heroes within promotes: a better understanding and appreciation of human diversity, success, citizenship, leadership, self-understanding, and personal growth.

#### Learning Objectives:

- Identify the hero archetype most active in their life

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- Consider the impacts of the shadow side of this archetype on personal growth
- Identify 3 ways to express one's archetype *gifts* in positive, productive, and heroic ways

### TITLE: **Creating Boundaries**

The various demands on college students can lead to difficulty creating and respecting healthy boundaries. Creating strong personal boundaries allows students to focus on things that matter the most to them. This workshop focuses on helping students set boundaries and take responsibility for their personal choices.

#### Learning Objectives:

- Identify personal priorities.
- Recognize when boundaries within relationships are being violated.
- Learn ways to create healthy personal boundaries.

### TITLE: **Body Positive**

When you look in the mirror, how do you see yourself? Body image is our personal view and interpretation of our body. The Body Positive program is designed to help college students establish and maintain a positive body image. Through structured discussions, activities, and exercises the workshop emphasizes creating and reaffirming positive and healthy personal body image.

#### Learning Objectives:

- Recognize body positive and negative practices
- Learn how media and other cultural factors affect body image
- Identify ways to enjoy a healthy relationship with food, exercise, and body image

### TITLE: **Friendship and the Good Life**

We will begin by discussing the challenges of finding and maintaining friendships. Students will learn Aristotle's 3 types of friendship and how friendship grounded in goodness involves giving of ourselves. Participants will do an exercise that encourages them to recognize their own strengths by reflecting on their own acts of service. Finally, participants will consider actions they can take in the future to use their strengths in the service of friends and of the larger community.

#### Learning Objectives:

- Identify and describe Aristotle's three types of friendship.
- List the characteristics of a friendship grounded in goodness.
- Identify strengths you have used in the past and can use in the future to benefit your friends and/or the larger community

### TITLE: **Campus Connect: A Suicide Prevention Training**

This 60 to 180 minute training teaches participants the warning signs for suicide and how to identify, understand, and relate to the emotional experiences of individuals in crisis. A primary objective of this training is assist students in developing the communication and listening skills necessary to develop positive and supportive helping relationships with individuals in crisis.

Learning Objectives:

- Identify common thoughts/feelings/behaviors experienced by those in crisis as well as helpful and/or effective crisis response styles.
- Increase awareness of participants to the common warning signs of suicidal ideation.
- Introduce and emphasize importance of listening, reflecting, connecting and caring.
- Introduce participants to making referrals and practice crisis response skills.

**TITLE: Resolving Conflict**

Conflict is a natural part of friendship brought on by our different beliefs, experiences, and values. If not managed carefully, however, conflict can harm relationships. In this presentation we will focus on ways to identify and resolve conflicts in a healthy manner.

Learning Objectives:

- Identify common conflicts in friendships.
- Communicate understanding during conflict.
- Recognize healthy and unhealthy ways to resolve conflicts.

**TITLE: Step Up**

Have you ever observed a situation that caused you concern or made you uncomfortable and didn't know what to do? Did you want to help, but didn't, and later regretted it? Perhaps you weren't sure if it really was a problem or you thought someone else would do something. You're not alone. This situation is more common than you might think, and is known as the bystander effect.

Learning Objectives:

- The 5 Decision Making Steps
- Strategies for Effective Helping
- The S.E.E. Model: Safe; Early; Effective
- Warning Signs, Action Steps and Resources

**TITLE: Voices Not Victims**

This interactive workshop invites participants to discuss the prevalence, dynamics and effects of sexual assault. Common myths about sexual assault survivors and offenders will be addressed with accurate statistics and information. Participants will learn concrete supportive strategies and become familiar with on campus support services, including adjudication and reporting options. Participants will brainstorm sexual violence prevention and risk reduction strategies.

Learning Objectives:

- Define prevalence, dynamics, and effects of sexual assault
- Learn ways to support a survivor
- Recognize ways to prevent sexual violence on campus

**Title: Is it Love or Control?**

Relationship abuse/violence is often very hard to identify. It can often follow learned behavior patterns that come from family, culture and media. Talking about and identifying what a HEALTHY RELATIONSHIP looks like, helps us to see problems that may be in your own, or a friend's relationships.

Learning Objectives:

- Identify abusive patterns in relationships
- Recognize healthy and unhealthy relationships
- Learn support services available to survivors

**TITLE: Alcohol 101**

This interactive workshop focuses on healthy decision-making and social choices around alcohol and other drug use. Students are encouraged to explore their personality preferences and behavioral characteristics in the context of a college environment where students encounter various cultural influences around substance use/abuse.

Learning Objectives:

- Increase awareness of the quantity, frequency, and pattern of substance use
- Learn personal expectations and beliefs about substance use
- Identify pros and cons of substance use behavior

**TITLE: To Sleep, Perchance to Dream...**

Most Americans, and certainly most college students, get far too little sleep and many struggle with insomnia. This program will include an entertaining and insight promoting dream interpretation component along with a brief unit on the importance of healthy sleep and techniques for improving ones sleep patterns.

Learning Objectives:

- Name 3 impacts of regularly getting too little sleep.
- Name 3 things you can do to fall asleep more quickly and easily.
- Identify ways in which how our physical health impacts our mental and emotional well-being as well as our relationships with others.

**TITLE: SafeZone**

The SafeZone committee is comprised of students, faculty, and staff who provide the campus with education and training to promote the understanding of issues affecting lesbian, gay, bisexual, and transgender people. The Safe Zone Committee offers a wide variety of educational programs related to LGBT issues such as creating safe spaces on campus, ally building, and coping with bias. Please contact Julie Bezek at the Counseling Center (673-3424) for the complete list of programs available.