

2009-2010 Theme:  
THE FRIENDSHIP EXPERIMENT

Below is a list of several of the workshops the SUNY Fredonia Counseling Center (SFCC) staff has to offer. If you are interested in having the SFCC present, you may request a specific workshop or have one tailored to meet the needs of your audience. Our programs are designed to promote social responsibility, meaningful interpersonal relationships, leadership development, appreciating diversity and collaboration.

**TITLE: The Friendship Experiment**

This is the Counseling Center's theme for the 2009-2010 academic year! Participants will learn about Aristotle's 3 types of friendship and consider their own friendships in that light. We will brainstorm and discuss the skills necessary to becoming a good friend and developing true friendship. Small group activities will present participants with common dilemmas in navigating the challenges of friendship. Finally, we will briefly consider how friendship relates to civic engagement.

Learning Objectives:

- Identify and describe Aristotle's three types of friendship.
- List at least five skills necessary to developing a friendship grounded in goodness.
- List three ways good friendship behavior benefits the wider community.

**TITLE: Friendship and the Good Life**

We will begin by examining the way social connection and service to others impacts our sense of well-being. 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 coming week to carry forward this positive behavior toward self and others.

Learning Objectives:

- Understand the connection between happiness and connection with and service to others.
- Identify strengths you have used in the past and can use in the future to benefit your friends and/or the larger community.
- Generate a list of 3 things you could do this week to lift your mood and increase meaningfulness by offering service to others.

**TITLE: Shift Happens**

Today, to a large extent, college-aged students are left to raise themselves, often relying on a media created view of our changing world. As a result, to be a college student today is an experience of excitement and uncertainty, wide-open possibility and confusion, new freedoms

and new fears. Now, more than ever, true friendships based on goodness are necessary to promote civic responsibility and engagement. When friends help one another to be better persons, subordinating their own interests on behalf of a greater loyalty to friendship, they are practicing skills indispensable to promoting a good society.

Learning objectives:

- Identify three varieties of friendship.
- Experience friendship interactions that promote civic engagement in a good society.
- Prepare participants to pursue friendships based on goodness and virtue.

**TITLE: Thank You for Being a Friend**

Research in Positive psychology shows us that the practice of gratitude is strongly linked to life satisfaction. In this workshop we will do individual and small group exercises focusing on gratitude and friendship. Participants will learn guidelines for gratitude activities that have been shown to be meaningful and uplifting to those who practice them – and to those who receive thanks! Finally, we will conclude with a guided meditation on gratitude and friendship.

Learning Objectives:

- Briefly describe what research shows about the impact on mood of a focus on gratitude.
- List the three questions used in the Japanese practice of *naikon*.
- Describe the prescription for a “gratitude letter” and for a daily gratitude practice.

**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: Wisdom from the Great Wizard of Oz**

Like the characters in the Wizard of Oz, today's college students must rely on friendships to actualize their dreams. Friends who care for and accept each other for who they are encourage one another to better use their brains, follow their hearts, and access the courage necessary to navigate the yellow brick road to adulthood. This workshop promotes improving the quality of friendships to support greater intra/interpersonal satisfaction.

Learning objectives:

- Identify three varieties of friendship.
- Experience friendship interactions that promote civic engagement in a good society.
- Prepare participants to pursue friendships based on goodness and virtue.

**TITLE: Oh, the Places You'll Go**

Dr. Seuss has a lot of insight to offer today's college student. When it comes to friendships, "You'll get mixed up, of course, as you already know. You'll get mixed up with many strange birds as you go." The strange birds one gets mixed up with will inevitably have a profound impact on an individual's personal growth and satisfaction with life. This presentation focuses on evaluating and enhancing the quality of friendships to promote the effective management of the challenges of everyday living and to provide inspiration to live life with purpose.

Learning objectives:

- Identify three varieties of friendship.
- Experience friendship interactions that promote civic engagement in a good society.
- Prepare participants to pursue friendships based on goodness and virtue.

**TITLE: Creating Boundaries**

The various demands on college students can lead to difficulty creating and respecting healthy boundaries within friendships. 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 friendships are being violated.
- Learn ways to create healthy personal boundaries.

**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.