



Center for Counseling and Wellness Services

of Rowan College at Gloucester County

College is an Exciting Time of Change and Personal Growth

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April 2016

From the Director:

Greetings from the Counseling and Wellness Center

Spring is in the air and you are mid-way through the semester! Spring is a time for renewal and growth. The Counseling and Wellness Services (CWS) is here to assist you to become and remain emotionally, mentally and academically healthy.

As the Spring semester winds down — at a rapid rate — the stress of daily tasks mounts giving rise to an increase in stress, anxiety, self-doubts and depression. There are times you can work through them on your own or with the help of friends, family or a partner. There are other times when the issues are too private, overwhelming, or you just think that no one understands what you are feeling. Talking with a licensed professional can provide the safe and confidential support that you may need to work through and successfully complete the semester.

If you, or someone you know, is going through a tough time, talking to someone might sound like a simplistic solution, but it really is one of the best possible things you and they can do.

Please feel free to contact the CWS (856-464-5236) to talk.

Lois Y. Lawson-Bridgell,
Ph.D., MSW, LSW
Director, Counseling and
Wellness Services

Mark Your Calendar — Plan to Attend!



their feelings. Sometimes a problem is better addressed through a group session (this is not a counseling session) than individual appointments. Talking to other students who have had similar experiences provides support and perspective. A group session can be powerfully healing!

All sessions are held in the College Center, room 204, at 10:45 a.m.–12 p.m. (Please view the RCGC Portal for events and times.)

“Wellness Wednesdays”

Counseling and Wellness Services will be hosting informal group sessions on Wednesdays with professionals from various social services and behavioral health agencies.

Wellness Wednesdays are informal informational group sessions. This is an opportunity for students to share

Annual Health and Wellness Fair “Passport to Wholeness” — April 20

Professionals representing health and wellness organizations and businesses will be on campus to take part in this major spring event. The purpose of this health fair is to promote healthy lifestyles in the eight areas of wellness: emotional, social, physical, intellectual, environmental, occupational, financial and spiritual.

Welcome New Staff Member

Please stop by to welcome Mary R. Benedetti, the new case manager/outreach assistant to CWS. Mary is not new to RCGC; she is a graduate of RCGC, recently completed her bachelor's degree in Criminal Justice at Rowan University and is currently pursuing her master's in Administration of Human Services at Wilmington University. Mary has been employed at RCGC for 22 years in various positions, most recently with Security.



“Wellness is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.”
— The World Health Organization

RCGC Cares!

*Let's talk and have
someone listen to you*

Words of a student:

The Cutter

She cut her arms and legs
To try to dull the pain
Then she'd cover-up and make excuses
So she didn't have to explain
Some people assumed she wanted attention
Some assumed she wanted to die
Some assumed she was just crazy
But never asked her why
The truth is she felt she deserved it
The truth is that she was in pain
She wanted to know she was still breathing
Though she felt she had nothing to gain
she would sit up in her room
And look for things that cut
A knife, a tag, a razor
It didn't matter what
She just knew she deserved to be punished
For what she did not know
But he was very angry
And she was now his hoe
Too scared to cry tears of water
So instead she cried tears of blood
It got to the point that things were so bad
That all her emotions were blood
Now I know she didn't deserve it
But yes she is still breathing
And she has a lot to gain
Ask me how I know
.... is her name.

*Reprinted with the permission from the writer, omitting the writer's name
(06/18/08)*



Title IX of the
Education
Amendments
of 1972 is a
comprehensive
federal law
that prohibits

TITLE IX
is not just a number...
it's the Law!

discrimination on the basis of sex in any federally funded education program or activity. Federal laws require that prevention and awareness training as it relates to sexual assault and violence on college campuses mandate that Rowan College at Gloucester County provide training to its faculty, staff and students.

The student training is entitled "Student Empower: Sexual Violence Prevention." You should receive an email from Workplace Answers to your RCGC address about this training and how you can access it. You will receive a reminder email if you do not complete the training within 14 days, and another reminder email every seven days until the training is completed. If you haven't received an email, or if you have questions about the training, please contact Almarie J. Jones, Executive Director, Diversity & Equity and Affirmative Action/Title IX Officer by email at ajones@rcgc.edu or by phone at 856-415-2154.

Each student has a unique link to their training which allows Workplace Answers to track and document your completion status, so please be sure to obtain your own, unique link. The training can stop and restart with the last slide viewed as often as the trainee needs until they complete it.

RCGC is committed to providing all students and employees with a safe and healthy working and learning environment. RCGC has Zero Tolerance for Discrimination; this includes Sexual Assault, Rape and Bullying. Title IX is the Law.

RCGC's Fitness Center

The fitness center is a great stress buster

The fitness center is located near the Roadrunners practice fields and conveniently has hours of operation in the morning, afternoon and evening. The fitness center is free for all RCGC students, staff and faculty with current ID cards to provide everyone the opportunity for a flexible workout schedule. **Bring a personal lock for a locker and an exercise towel.**

Wondering how to get started? No problem! There is always a staff member on duty ready to help you reach your fitness goals.

Contact Lynn Kindrachuck, administrator, Fitness/Wellness Center if you have questions about the Fitness Center or would like to request assistance.

Office Phone: 856-468-5000, ext. 6339

Email: rkindrac@rcgc.edu

Test Anxiety

Testing can cause stress and anxiety levels to rise, even in the very best of students. During college, with so much on the line, test anxiety can be even higher. For the best results and scores, it's important to manage test anxiety with plenty of preparation, stress management and relaxation techniques.

"It really has to do with a negative anticipation about tests, both in terms of the preparation for tests and actual performance on tests," says Scott Bea, Psy.D., a psychologist with the Cleveland Clinic. Test anxiety "can affect one's study behaviors and testing behavior." There are physical and emotional signs of test anxiety. Symptoms include:

- Crying
- Depression
- Feeling afraid
- Feeling negative or anxious
- Headache
- Pacing or fidgeting
- Racing thoughts or blanking out
- Shortness of breath
- Sweating
- Upset stomach and other gastrointestinal problems

Managing Test Anxiety

You can overcome test anxiety

First you have to address what's happening physiologically. Since people are daunted by the idea of their bodies acting up, it distracts them from the cognitive thought process. To combat the physical stress that test anxiety can cause, it is recommended you learn some relaxation strategies. Progressive muscle relaxation, which involves relaxing your entire body from your head to your toes, along with deep, slow breathing, can help your body relax and your racing heart slow to a more normal pace.

Face your fears head-on. If you move toward the thing that makes you anxious, your confidence goes up and your anxiety goes down. The more you avoid it, the more your anxiety kicks into gear.

The best thing you can do for yourself is to be completely prepared, that does not mean an all-night cramming session (which could backfire if you don't get enough sleep). So start studying, and don't avoid it because of fear.

If you know test anxiety can strike you, be prepared to nip it in the bud. Have a game plan and implement it. Get your attention off yourself and onto the test — focus away from unpleasant sensations.

Coming Out in College

Did you come out in high school and are wondering what being openly LGBT in college is like? Many students arrive to campus already out. However, being in a new community, there is a first time coming out process to classmates, faculty, and friends.

Coming out is a personal journey. It is also described as a lifelong process. "No matter how many people know about one's sexual orientation, there will be others to whom that individual will have to come out" (Rhoads, 1994, p. 77). It is also a process that happens gradually. First, you might come out to yourself, tell a friend or family member, and over time, you become more and more comfortable telling others. Questioning your sexuality and coming out need to be done on your terms and happen when you are ready.

Things to look for when coming out:

1. Decide if you're ready.

Sometimes, the time just isn't right — if you're not certain about your sexuality, it's probably not the best time to come out yet. Instead, consider talking through your feelings with somebody you trust to figure out exactly how you feel.

2. Develop a support network of people you know will accept and support you.

Once you've decided to come out, make sure you identify a few friends or family members who care about you unconditionally. This safe person can also be a staff or faculty member.

3. Be patient with others and yourself.

After coming out, you might be disappointed by some of the reactions you receive. For family members or close friends, learning about your sexuality could be a shock, and they could need a while to fully understand and accept you.

4. Stand firm.

Remember that you are the only person who truly knows or understands how you feel. While some in your life may want you to change, don't let the expectations of others determine what you are. If you're facing difficulties dealing with reactions from friends or family, turn to your support network.

5. Love yourself.

Remind yourself that you're unique. Remember: while coming out may be stressful in the short term, the ability to be yourself is immeasurable in the long run.

6. Seek counseling if you feel the need.

Feel free to go to the Counseling and Wellness Services, College Center, room 206.

References

Bazarsky, D. & Subasic, A. (2013). How to come out on campus. Retrieved from <http://college.usatoday.com/2013/04/04/tips-for-coming-out-in-college/>

Defiesta, N. (2013). Tips for coming out in college. Retrieved from <https://www.campuspride.org/>

Rhoads, R. A. (1995). Coming out in college: The struggle for a queer identity. Westport, CT: Bergin and Garvey



Celebrate National Healthcare Decisions Day!

Marianne Kraemer, RN, MPA, Ed. M, CCRN, Chief Nursing Officer at Kennedy University Hospital in Stratford and other local healthcare experts will discuss

the importance of having the conversation regarding Advance Directives while you are healthy.

Date & Time: Thursday, April 14 (1–3 p.m.)

Location: Healthtrax Fitness & Wellness (Kennedy Health & Wellness Center)
405 Hurffville–Cross Keys Road
2nd Floor – Suite 201
Sewell, NJ 08080

Enjoy FREE health screenings, nutrition tips, workshops with social workers and elder law attorneys on how to complete Advance Directives, senior service programs from Gloucester County, healthy snacks and more

Event is FREE and open to the public

Medical Decision Maker —

<https://www.prepareforyourcare.org/>



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The Center for Counseling and Wellness Services Mission Statement

Rowan College at Gloucester County is committed to efforts to promote the success of our students. In this endeavor, the College offers an array of supportive services. The primary mission of CWS is to provide short-term, solution-focused assistance in order to facilitate the student's college adjustment and success.

To find out about upcoming Counseling and Wellness Services events, check out the RCGC Portal and the Counseling and Wellness Services Facebook page.

Counseling and Wellness Services

Hours —

Monday – Friday, 9 a.m. – 4 p.m.

(summer hours may vary)

Contact the office to schedule an appointment

Location —

College Center, Room 206

Contact —

856-464-5236 or

counselingandwellness@rcgc.edu

(Walk-in consultation available for immediate needs)

Professional Staff —

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Shannon White, MSW, LCSW

Clinical Consultant

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Mary R. Benedetti

Case Manager/Outreach Assistant

Additional Information —

RCGC.edu/cws