



# Center for Counseling and Wellness Services

at Rowan College of South Jersey

*College is an Exciting Time of Change and Personal Growth*

*Vol. 5 No. 2*

*March 2021*

*From the Director:*

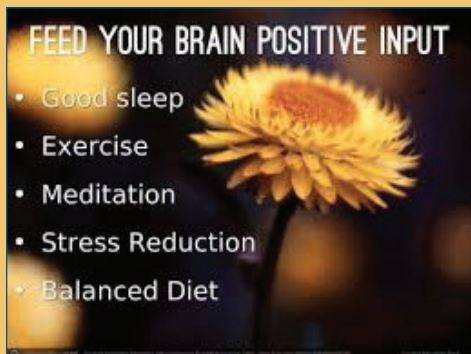
## Welcome to the Spring Semester!

It has been a year since the COVID-19 pandemic started. The prolonged pandemic has contributed to the increase in feelings of isolation, stress, anxiety and depression among students. If you are feeling any of the listed symptoms, feel overwhelmed, unable to concentrate or experiencing other life stressors, please do not hesitate to contact the Center for Counseling and Wellness Services (CWS). The CWS offers **free** and **confidential** sessions using Solution-Focused Brief Treatment and Cognitive Behavior Therapy.

Feel free to contact the office (856-464-5236), leave your name, phone number, your student ID#, and a brief message. You may also send an email to [llawsonb@rcsj.edu](mailto:llawsonb@rcsj.edu)

Best wishes for a successful semester!

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



"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



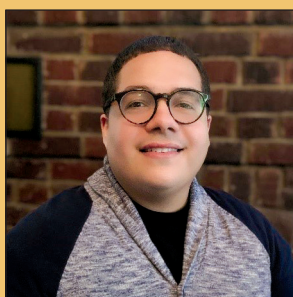
## March is National Social Work Month

The theme for Social Work Month 2021 is Social Workers Are Essential. Congratulations to Social Workers and best wishes to students pursuing a Social Work degree!

***"Social workers are essential to community well-being."***

More than 700,000 professional social workers are employed in the United States, and more than three million worldwide. Government sources report there are more clinically trained social workers providing mental health and behavioral health services than any other professional discipline in the nation.

Social workers contribute to interdisciplinary care teams in schools, hospitals, mental health centers, nonprofits, corporations, the military—and in local, state and federal government. Many social work professionals also own private consultation practices.



## Congratulations!

Congratulations to CWS's intern **Ramon Casanova!** Ramon has completed his internship with us and has done a great job in providing support, advocacy and counseling services to RCSJ's students. Best wishes to Ramon as he pursues his Social Work career.

# Celebrating Women's History Month and Diversity

## Mamie Phipps Clark

(1917 – 1983), one of the earliest Black women to earn a PhD in psychology, was the cofounder and director of the innovative Northside Center for Child Development in New York City. Mamie Clark and her husband, Kenneth were the first African-Americans to obtain their doctoral degrees in psychology from Columbia University. Dr. Clark is well known for her study of racial self-identification in African American children. Her studies on racial identification in Black and White children that was published with her husband, later supported the racial desegregation of American schools in 1954 United States Supreme Court case, Brown v. Board of Education of Topeka.



**Tsuruko Haraguchi** (1886 – 1915) was born in Tomioka, Japan and came to the United States in 1907 to pursue her graduate studies in psychology at the Teachers College of Columbia University in New York. She became the very first Japanese woman to receive a Ph.D. in any subject. Haraguchi's dissertation at Columbia focused on mental fatigue. Unfortunately, at the young age of 29 Tsuruko died from tuberculosis.



*Black female scientist at the forefront of COVID-19 vaccine development*

## Dr. Kizzmekia Corbett,

an African American, is an immunologist at the US National Institutes of Health (NIH). She along with her colleagues developed an mRNA-based vaccine for COVID-19. Developed in collaboration with biotech firm Moderna of Cambridge, Massachusetts, the vaccine is now being distributed across the United States and elsewhere.



## References:

Mamie Phipps Clark, PhD, and Kenneth Clark, PhD (2012). Retrieved from [apa.org/pi/oema/resources/ethnicity-health/psychologists/clark](https://apa.org/pi/oema/resources/ethnicity-health/psychologists/clark)

Takasuna, M. (2013). Tsuruko Haraguchi (1886-1915). Retrieved from [apadivisions.org/division-35/about/heritage/tsuruko-haraguchi-biography](https://apadivisions.org/division-35/about/heritage/tsuruko-haraguchi-biography)

Vasquez, M. (2010). Martha Bernal (1931-2001). Retrieved from [apadivisions.org/division-35/about/heritage/martha-bernal-biography](https://apadivisions.org/division-35/about/heritage/martha-bernal-biography)



**Dr. Martha Bernal**, born to Mexican immigrants, she was the first Latina to receive a Ph.D. in psychology in the United States. Dr. Martha Bernal experienced racism as a child that included being prohibited from speaking Spanish and taking academically advanced courses, and sexism at Indiana University where

females were denied opportunities in education that were offered to the white males and subjected to sexual advances from professors. After receiving her doctorate degree in psychology, Dr. Bernal faced systemic racism, discrimination and sexual harassment in the workplace.

Dr. Bernal contributed significantly to the advancement of ethnic minority psychology. In the early 1970s, Dr. Bernal dedicated herself to the goal of ensuring that students of color had the opportunity to receive graduate training. She applied much of her research to increase the status of ethnic minority recruitment, retention and training. Her social action research was designed to focus attention on the dearth of ethnic minority psychologists and to recommend steps for addressing that problem.

# Strategies for *Successful* Online Learning

## Stay Organized

- Organize all class assignments and information:
- Take notes from readings, videos, and online lectures, just as you would in a face-to-face lecture class.
- Keep a copy of anything you submit in the event a technology problem requires you to resubmit it — (*discussions posts and papers*)

## Work Space

- Select a quiet and comfortable space to work (*do not use your bed as your study or work area*).
- The space should be private, well-lit, with a desk and chair.
- Coffee shops are enticing to set-up study time, but they often can be distracting with people coming and going, and an increase in overall environmental activity. If you choose to study in a coffee shop, have a set space you go to.
- Having a regular, designated space devoted to studies can signal to your brain that it is time to study.

## Manage Time Wisely

- Just as you attend in-person classes at a regular time each week, be sure to schedule enough time in your calendar or planner to study the materials in your online course, and complete assignments.
- Set specific times to check when work is due and if there are any updates or changes in assignment deadlines. Update your calendar with changes that might occur.

## Communication

- Use the course email and group chat forums, to stay in regular contact with your professor and classmates should you have questions about content and assignments.

## Eliminate Distractions

- Turn your cell phone off (*or at least switch to silent*) to avoid losing focus every time a notification or text message pops-up.
- If you cannot resist surfing the web or checking email, download a website blocker.



Photo by Prateek Katyal from Unsplash

## How You Learn Best

- Keep a regular sleep-wake schedule to stay alert and focused during your scheduled review of class material and assignments.
- If you are a visual learner, print out materials to lectures to review.
- If you learn best by listening, build time into your schedule to play and replay all audio and video-based content.

## Actively Participate

- Contribute to discussion boards or post questions about a project you are working on.
- Read what other students and you professor are saying, and if you have questions, ask for clarification.
- Check in as often as you can. If you feel you're falling behind, speak up. Do not wait until an assignment is almost due to ask for help.

## General Health and Wellness

- Keep a regular sleep-wake cycle and do not use your bed as your study and work space.
- Limit caffeinated beverages including energy drinks, to stay up into the early morning hours to complete work. You should be sleeping during this time.
- Taking online classes means that you may be more sedentary than usual. Remember to take breaks and move around.
- Keep healthy snacks on hand including: almonds, fruit salad, Greek yogurt, air-popped popcorn, apples and peanut butter, and homemade trail-mix.

## Reference:

***USF.edu/images/student-affairs/counseling-center/covid-19/distance-learning.pdf***

# April is Sexual Assault Awareness Month

## ***What Were You Wearing Exhibit?***

In Partnership with Cumberland's Arts and Innovation Center, this exhibit aims to shatter the myth that sexual assault can be attributed to a person's choices in wardrobe. April 6th in the Student Services Building and the Arts and Innovation Center (*Cumberland Campus*) or on Instagram!

## ***Human Trafficking.***

Human trafficking has become widespread worldwide even happening within our own communities. Stop Human Trafficking is a place to learn about what human trafficking entails, how to detect it, how we can help and the resources available to us. Wednesday, **April 7 – 1 p.m.**

## ***Sexual Assault Awareness Trivia.***

Learning can be fun when you play virtual trivia with your peers! Join us with Student Life as we learn tips about healthy relationships and consent. Thursday, **April 8 – 12 p.m.**

## ***Sexual Violence 101.***

This introductory explores SERV, Sexual Violence, and invaluable resources available for survivors and those privileged enough to have never experienced Sexual Violence. Presented by Jose Jimenez and T'enaya Dow, Services Empowering Rights of Victims (SERV). **April 14 – 11:00 a.m.**



Photo by Mihai Surdu from Unsplash

## ***Consent 101.***

This introductory workshop explores consent, healthy relationships, and prevention efforts against Sexual Violence. Presented by Jose Jimenez and T'enaya Dow, Services Empowering Rights of Victims (SERV). **April 28 – 11:00 a.m.**

**Follow us on Instagram** for even more information, resources and to engage in the conversation!



Presented by the Wellness Centers at Gloucester, Cumberland and Rowan Choice — Rowan College of South Jersey

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Please Visit ***RCSJ.edu/saam*** to join or register for any of the above events.

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Photo by nicolazzi xiong from Pexels



President-elect Joe Biden nominated Dr. Rachel Levine, to be the Assistant Secretary of Health. Dr. Levine is the first transgender federal official to be confirmed by the U.S. Senate, and is the highest-ranking openly transgender official in government history. Dr. Levine is a pediatrician, and has served as Secretary of the Pennsylvania Department of Health. Dr. Levine is well-known for her many accomplishment, such as but not limited to signing an order to allow law officials to

carry Naloxone, a drug that can reverse the effects of opiate overdose, improve access to health care for gay, lesbian, bisexual and transgender people, and has risen to national prominence for leading the state's public health response to the coronavirus pandemic.

[Washingtonpost.com/politics/meet-rachel-levine-one-of-the-very-few-transgender-public-officials-in-america/2016/06/01/cf6e2332-2415-11e6-8690-f14ca9de2972\\_story.html?hpid=hp\\_hp-top-table-main-transgender-leadership%3Ahomepage%3Fh=transgender-leadership&hpid=hp\\_hp-top-table-main-transgender-leadership%3Ahomepage%3Fh=transgender-leadership](https://www.washingtonpost.com/politics/meet-rachel-levine-one-of-the-very-few-transgender-public-officials-in-america/2016/06/01/cf6e2332-2415-11e6-8690-f14ca9de2972_story.html?hpid=hp_hp-top-table-main-transgender-leadership%3Ahomepage%3Fh=transgender-leadership&hpid=hp_hp-top-table-main-transgender-leadership%3Ahomepage%3Fh=transgender-leadership)

[Washingtonpost.com/health/2021/01/19/rachel-levine-transgender-biden-hhs-pick/](https://www.washingtonpost.com/health/2021/01/19/rachel-levine-transgender-biden-hhs-pick/)

## Please remember . . . RCSJ Cares!

***Do you need someone to talk to and who will listen? Someone who is non-judgmental; someone you can talk to confidentially?***

***We are here for you.***

***Whenever you need to talk, the CWS is ready to listen.***

## About the Newsletter

Your ideas and suggestions are welcome! Contact Dr. Lawson-Briddell at [llawsonb@rcsj.edu](mailto:llawsonb@rcsj.edu) or call 856-464-5236 for your suggestions and ideas.

The Board of Trustees is committed to providing a work and academic environment that maintains and promotes affirmative action and equal opportunity for all employees and students without discrimination on the basis of certain enumerated and protected categories. These categories are race, creed (religion), color, national origin, nationality, ancestry, age, sex (including pregnancy and sexual harassment), marital status, domestic partnership or civil union status, affectional or sexual orientation, gender identity or expression, atypical hereditary cellular or blood trait, genetic information, liability for military service, or mental or physical disability, including AIDS and HIV-related illnesses. For questions concerning discrimination, contact Almarie J. Jones, Special Assistant to the President, Diversity and Equity, Title IX and Compliance at 856-415-2154 or [ajones@rcsj.edu](mailto:ajones@rcsj.edu). For disability issues, contact Dennis M. Cook, Director, Department of Special Services, ADAAA/504 Officer at 856-415-2265 or [dcCook@rcsj.edu](mailto:dcCook@rcsj.edu).

## The Center for Counseling and Wellness Services Mission Statement

Rowan College of South Jersey 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 RCSJ 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@rcsj.edu](mailto:counselingandwellness@rcsj.edu)

(Walk-in consultation available for immediate needs)

### Professional Staff RCSJ—Gloucester Campus

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William Leonard, Ph.D.

Intervention Teams Consultant

Diane Mussoline, EdS, LMFT

Director of Behavioral Services

Rowan University Center

### Additional Information

[RCSJ.edu/gc/CWS](https://www.rcsj.edu/gc/CWS)



### Gloucester Campus

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