



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. 1 September 2020

From the Director:

RCSJ Counseling and Wellness Services Welcomes You to the 2020–2021 Academic Year

The staff at the Center for Counseling and Wellness Services welcomes you to RCSJ and we are wishing you a successful and enjoyable academic year. We are here to support you and help you to identify strengths and solutions for your overall wellness and academic success. Support to you is provided through confidential individual counseling, crisis services and advocacy. Seminars are being developed to offer topics that address critical issues such as anxiety, depression or other mood problems, test-anxiety, mindfulness, LGBTQ, and relationship concerns online.

Life presents many challenges and unfortunately, they will be present while you pursue your college education. Unfortunately, this year has presented many challenges and upset the normalcy of our life due to the COVID-19 pandemic, such as social and physical distancing from family members and friends, changes in how education is delivered, job loss and other stressors in society.

There are times when we can manage life's challenges on our own or with the help of loved ones, but sometimes we may feel stuck or do not have a support system. This is when it is beneficial to meet with a mental health professional. Research shows that students who seek help early, when difficulties arise, have a significantly better chance of being successful and remain in school than those who do not. If you or a student you know is experiencing emotional distress, please do not hesitate to visit the Center for Counseling and Wellness Services. We are here to support your emotional and mental health and academic success.

Best wishes for a successful semester!

Lois Y. Lawson-Briddell,

Ph.D., MSW, LSW

Director, Counseling and Wellness Services



The Center for Counseling and Wellness Services (CWS) and Updates during the COVID-19

During the Fall 2020 semester, the counseling services will remain available to students. Counseling services will be offered either through Zoom, a phone call and/or in-person on campus.

CWS offers free and confidential sessions using Solution-Focused Brief Treatment counseling and Cognitive Behavior Therapy. If you are feeling stressed, anxious, depressed, having difficulty managing your time, test anxiety or experiencing other life stressors, please do not hesitate to contact the Counseling and Wellness Services.

Feel free to contact the office by phone (856-464-5236), leave your name, phone number, your student ID# and a brief message. You may also come into the office (College Center, room 206) to schedule an appointment.

It is required that you wear a mask when entering and during your visit in the Counseling and Wellness Services office.

Hours : Monday – Friday, 9 a.m. – 4 p.m.

(Contact the office to schedule appointment, summer hours may vary)

Location: College Center, room 206

Contact: 856-464-5236 or llawsonb@rcsj.edu

(Walk-in consultation available for immediate needs)

“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

Recognizing Distress:

A Self-Checklist



If you are in distress, overwhelmed, depressed, or having thoughts of self-harm, reach out to a friend, a family member, or a mental health professional.

Please review the self-checklist below to see if any of these symptoms

are present or persistent. If you notice that one or more of these symptoms is occurring, please do not hesitate to contact the RCSJ Center for Counseling and Wellness Services or mental health resources in your community.

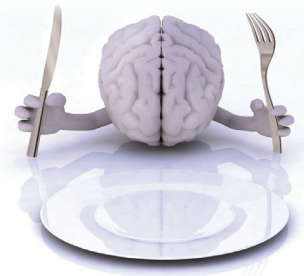
- Increased worry, fear and feelings of being overwhelmed that will not ease;
- Depressive symptoms that persist and/or intensify;
- Inability to focus or concentrate accompanied by decreased academic or work performance or performance of other daily tasks;
- Sleep difficulties;
- Excessive crying;
- Isolating or withdrawing from others and fear of reaching out to friends or family;
- Unhealthy coping (e.g., increased alcohol or drug use, engaging in risky/impulsive behaviors; disordered eating practices);
- A persistent feeling of hopelessness and or paralyzing fear about the future;
- Sudden anger or irritability, or noticeable changes in personality;
- Suicidal thoughts, feelings and plans for self-harm.

The Counseling & Wellness Service:

Provide	Provide free and confidential counseling to currently enrolled students.
Offer	Offer counseling sessions using Solution-Focused Brief Treatment and/or Cognitive Behavior Therapy modalities.
Assist	Assist students who experience problems or life stressors that may interfere with their ability to concentrate and achieve personal and academic success.
Advocate	Advocate and make referrals to campus and community resources for anything from academic support, homelessness, substance abuse services, energy assistance, childcare help, domestic violence, health insurance, and campus food support.

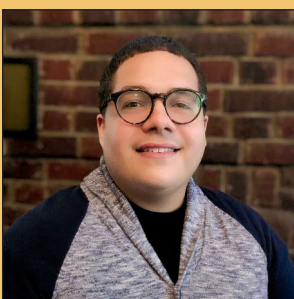
Feed Your Brain — Early in the Day

Are you eating and consuming a **healthy** meal during the time that is considered the **most important meal** of the day — BREAKFAST?



“Healthy morning meals improve blood glucose levels and mood, allowing students to concentrate more fully . . . breakfast can improve cognitive function, especially the memory skills needed for exam taking.”

(Journal of the American Dietetic Association, May 2005).



Welcome!

Please welcome CWS's intern Ramon Casanova. Ramon is in the Master of Social Work program at Capella University. Ramon's background not only includes a strong academic foundation in Social Work, but he has extensive experience working with a diverse population through his professional experience at Division of Child Protection & Permanency (DCP&P) and the Center for Family Services.

10 Reasons Why College Students Should Vote

1. It is your right.

You have the opportunity to help select government leaders and the health of our democracy relies on your participation.

2. Your vote matters.

Many students do not believe their vote will make any difference, but recent history has shown that elections can be decided by a handful of votes. Taking the initiative to vote can help prevent elections from being left to chance.

3. Shape the social agenda.

Are you passionate about a particular social issue? Gay marriage, capital punishment and the separation of church and state are only a few of many contentious topics that dominate the political discourse. Learn about candidates' views on issues that are important to you and vote in support of your beliefs.

4. Economic policies will affect your future.

Politicians continually make decisions about higher education costs and student loan policies. These and other issues prove you have an important economic interest in every election.

5. Help shape foreign policy.

National leaders in Washington, D.C., are continually making foreign policy decisions, including when to intervene militarily in world affairs. Use your vote to support foreign policies you believe in.

6. Have your say on environmental issues.

Many climate experts warn of serious, potentially irreversible weather changes that may drastically alter life on our planet. Whether you agree with this assessment or have other views, your vote is a way to express your convictions.

7. You are part of an important voting bloc.

The college vote can swing elections. The college-age students represent a powerful political force.

8. Politicians will not address student needs without student votes.

Politicians know who votes each election and they are more likely to support initiatives that are popular among groups with the highest voter turnout. For college students to have significant political influence, they must turn out in greater numbers than is traditionally seen. You have a part to play in that.

9. Demonstrate concern for the next generation.

By voting you are not only doing your part to influence the present, you are also affecting the future.

10. Honor past sacrifices.

Voting is a way to honor those who have helped to secure our rights. Military members who have fought for this country, suffrage activists and Civil Rights leaders are only a few examples of those to whom we owe our respect and appreciation.

study.com/articles/10_Reasons_Why_College_Students_Should_Vote.html



Photo by cottonbro from Pexels

Voter Registration

In compliance with certain federal and state requirements, Rowan College South Jersey is making Voter Registration Application forms and Application for Vote by Mail Ballot forms available on campus as well as providing information to links for electronic sites where such forms can be found. To find this information on campus, please visit the Student Life Office located in the College Center, the Information Center located in Student Services, and the Circulation Desk located in the Library.

Voter registration forms are also available online through the New Jersey website: state.nj.us/state/elections/voter-registration.shtml

Disclaimer: Rowan College disseminates voter registration information to its students for educational purposes only. The information is made available without regard to the voter's political preference. Information and other assistance regarding registering or voting shall not be withheld or refused on the basis of support for or opposition to particular candidates or a particular party. See HEOA (Sec.493(a)(1))

Photo by Elements5 Digital from Pexels



The Basics of Mindfulness Practice

Mindfulness helps us put some space between ourselves and our reactions, breaking down our conditioned responses. Here's how to tune into mindfulness throughout the day:

- 1. Set aside some time.** You don't need a meditation cushion or bench, or any sort of special equipment to access your mindfulness skills — but you do need to set aside some time and space.
- 2. Observe the present moment as it is.** The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. The goal is simple: we're aiming to pay attention to the present moment, without judgment. Easier said than done, we know.
- 3. Let your judgments roll by.** When we notice judgments arise, we can make a mental note of them and let them pass.
- 4. Return to observing the present moment as it is.** Our minds often get carried away in thought. That's why mindfulness is the practice of returning, again and again, to the present moment.
- 5. Be kind to your wandering mind.** Don't judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off and gently bring it back.

mindful.org/meditation/mindfulness-getting-started

September 2020 is National Suicide Prevention Awareness Month

Suicide is the second leading cause of death among college and university students in the United States. And the number one cause of suicide for college-age student suicides (and all suicides) is untreated depression.

The following are suicide prevention hotlines students may contact:



NJ Suicide Prevention Hopeline

Call: 855-654-6735

[855-NJHopeline]

Website: njhopeline.com

Chat: njhopeline.com/LiveChat.htm



The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian,

gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal or in need of a safe and judgment-free place to talk, call the Trevor Lifeline now at 866-488-7386 or visit thetrevorproject.org/pages/get-help-now



The National Suicide Prevention Lifeline number is being shortened to three digits to make it easier to remember and reduce the stigma around mental health.

today.com/health/national-suicide-prevention-hotline-number-changing-t184914

The new number is expected to be implemented across the country by July 2022. Currently, The National Suicide Prevention Lifeline uses a 10-digit number, **800-273-TALK (8255)**.

Need someone to talk to? **National Suicide Prevention Lifeline** is here to help you. Specialists are available for confidential telephone counseling and support 24 hours a day, 7 day per week.

ROADRUNNER'S REFUEL



ROWAN COLLEGE of SOUTH JERSEY

Don't Go Hungry to Class — Refuel

You may qualify for food assistance at the new Roadrunner's Refuel, an on-campus pantry created to fight hunger issues on campus. To learn more about Roadrunner's Refuel and eligibility requirements: email food@rcsj.edu or visit Kristen Wilson in the College Center, room 202.

Roadrunner's Refuel is sponsored by the Rowan College of South Jersey Chapter of the American Association for Women in Community Colleges.



Photo by nicollazzi xiong from Pexels

Students Demand Racial Justice and Equity on Campus

College student activists are organizing Black Lives Matter (BLM) protests nationwide, changing campus norms. Police violence lies at the center of these national protests, spurred on by the deaths of George Floyd, Jacob Blake, Michael Brown, Eric Garner, Tamir Rice, Walter Scott, Breonna Taylor and other black Americans at the hands of police. Racial justice is among the political issues most important to college students in 2020.



Photo by Daniel Torobekov from Pexels

bestcolleges.com/blog/college-student-activists-black-lives-matter

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 or call 856-415-5236 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. For disability issues, contact Dennis M. Cook, Director, Department of Special Services, ADAAA/504 Officer at 856-415-2265 or 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

(Walk-in consultation available for immediate needs)

Professional Staff RCSJ—Gloucester Campus

Lois Y. Lawson-Briddell, Ph.D., MSW, LSW

Director, Center for Counseling and Wellness Services

William Leonard, Ph.D.

Intervention Teams Consultant

Diane Mussoline, EdS, LMFT

Director of Behavioral Services

Rowan University Center

Additional Information

RCSJ.edu/gc/CWS



Gloucester Campus

1400 Tanyard Road, Sewell, New Jersey 08080

856-468-5000 • RCSJ.edu