



# WKU<sup>®</sup>

# Counseling & Testing Center

April 2015

Vol. 2, Issue 4

## OUR STAFF

- Peggy Crowe, Ph.D.  
Director
- Karl Laves, Ph.D.  
Associate Director
- Debra Crisp, Ph.D.  
Training Coordinator
- Brian Lee, MA, LPA  
Staff Counselor
- Elizabeth Madariaga, MA  
Coordinator, Sexual Assault Services
- Betsy Pierce, MA  
Coordinator of Outreach
- Todd Noffsinger, MAE  
Emerging Services Clinician
- Sharon Ercey, BS  
Coordinator of Testing
- Julia Johnson, AA  
Office Associate/Director of Awesomeness
- Teresa Jameson, BA  
Office Assistant
- Pat Rowan, M.A.  
Doctoral Psychology Intern
- Kelley Wilson, M.S.  
Doctoral Psychology Intern
- Siera Bramschreiber, BS  
Masters Psychology Intern
- Cody Haynes, BS  
Masters Psychology Intern

## I'm Graduating . . .

# But Where's the Excitement?

By Dr. Debra Crisp

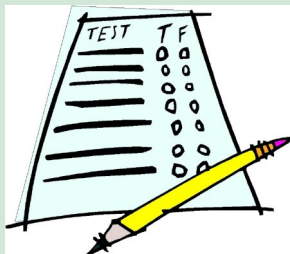
Graduation day is quickly approaching and seniors and graduate students everywhere can see the light at the end of the tunnel, and it's not an oncoming train—it's the finish line. After four, five, six or more years the end is in sight, and they should be excited right?! Maybe not.

Many of our students were told from the time they were old enough to remember that they were going to college. They were also given the message that college is what you do in order to become a success. So they dutifully attended the university of their choice. They made new friends, got involved in organizations, learned how to be independent adults, and oh yeah, went to class. They followed the path set out for them.

Post-graduation will mark the first time that there is no clear plan or path for some of our students to follow. And that's a scary proposition. What do I do next? Do I get a job? Do I go to graduate school? Can

I find a job? Am I really sure this is what I want to do? Will I fail? Will I succeed? These are all questions anyone who has completed a chapter of their life like college asked themselves. However, these may be new questions for our graduating students.

So what do we do? Let them know that we've been there and that they will get through it. Let them have their moments of panic, but remind them of how exciting this time of their life can be. Encourage them to think of failure as an opportunity to learn something that will lead to success later on (though it's an awful feeling at the time). And that failure is often the first step toward success. Remind them that there are resources on campus can help them with their questions and doubts. The Center for Career and Professional Development would be an excellent resource for any career questions; and the Counseling and Testing Center would be a resource where they can talk about their feelings, fears, and doubts as they plan the next step in their journey.



## National Alcohol Screening Day

National Alcohol Screening Day is April 9. Please visit (and encourage your students) the Counseling & Testing website ([www.wku.edu/heretohelp/alcoholanddrugscreening.php](http://www.wku.edu/heretohelp/alcoholanddrugscreening.php)) for the link to the alcohol screening.

This questionnaire allows you to check your own alcohol use. For questions or to arrange an in-person screening, contact [betsy.pierce@wku.edu](mailto:betsy.pierce@wku.edu)

# The Art of Saying Goodbye: Don't cheat the world!!!

By Dr. Karl Laves  
Associate Director

I want to start with a critical comment, or perhaps just a selfish and stern observation; mainstream America is really bad at saying goodbye. This is probably because saying goodbye in a healthy manner requires that you be aware of and open with your feelings of sadness, and mainstream America tends to not value sadness or most any other emotion related to loss or hurt, except for when professional football players lose a Super Bowl game, then it is perfectly okay for people, men in particular, to cry like babies. And why not; that is a ton of money the losing team won't be earning. And you just have to hate that grown men who get paid a lot to play a game might miss out on a bigger paycheck. But I digress...

Mainstream America tends to not be good at saying goodbye; we are somewhat spoiled by our technology and privilege. We don't tolerate much suffering anywhere in life, except for our Cross Fit sessions. But saying goodbye is so important to mental health. Saying goodbye not only protects you from regrets and unanswered questions, it also gives you the chance to tell someone how much you enjoyed them. And without getting too creepy or morbid, that really is all we have when we are on our death bed....the memories of people that we valued and that valued us.

Not that we are completely to blame for being bad at saying goodbye. Our campus isn't very good either. Think about a typical last two weeks of a semester. First we cram a bunch of deadlines together and try to catch up for the past three months. Then we schedule a ridiculous number of "final exams" using a schedule that is completely different from the semester. And when finals are over you have, what, a day or a day and a half to get off campus. Other than private conversations with friends, if you can find a time they are available, when do you have a chance to even say goodbye?

I think it is funny and admirable, that universities spend a lot of time at the first of an academic year saying hello. We have all kinds of open ceremonies, information fairs, and social events. But the end of the year? Forget about it....no time for

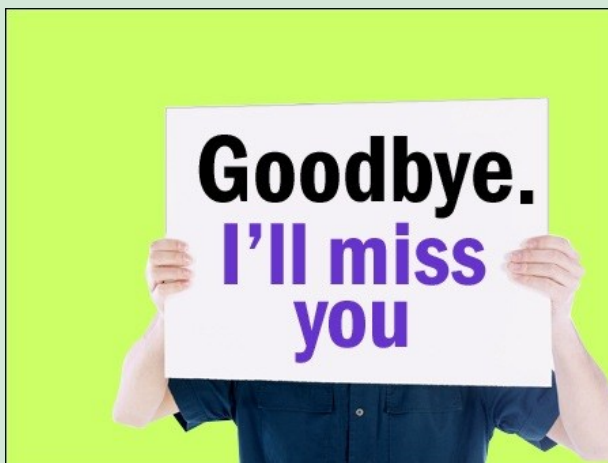
anything but getting packed up and checked out. So sad, don't you think? What would it be like if we ended every academic year with a closing ceremony; a chance to review the year and say goodbye to one another.

All good things come to an end....there is a lot of wisdom in that seemingly obvious statement. All things end, but we act like it doesn't happen. We just skip over it; we avoid it. Why? When did we get so uncomfortable with being uncomfortable? If I shed a few tears when I say goodbye to you I am only proving that you and I are pretty decent people who have a lot to offer the world. It proves that you and I cared enough to be able to be sad. We met enough people and lived a good enough life that we have things to be sad about. It isn't an expression

of loss; it is an expression of what we have gained. And there really is nothing wrong with having had a lot of fun with someone knowing that you may never see him or her again. That doesn't mean you are selfish or heartless; it means you are alive. I think we let the past and the future have too much influence on what we do in the present. I may never see you again, or I may move next door to you in three years.

So consider doing something different this year, if in the past it has been hard for you to say goodbye.

Don't wait until the last minute to say goodbye; get started on it now. Make a list of names; think of what you want to say, and plan when/where you will say it. Maybe come up with inexpensive but symbolic gifts for the people you are leaving. Sure it sounds stupid but maybe pick out a rock, or a crayon, or a bottle cap that seems to symbolically represent your relationship. People like to collect and keep little knick-knacks as they go through life. A lot can be said in a simple greeting card. When we forget to say goodbye we risk devaluing the experience; it is as if the friendship didn't mean much. Sure it is uncomfortable saying goodbye; but it is a warm and friendly kind of pain. Like crying at a movie; it hurts but it also feels good. Don't cheat the world. Be sure to say goodbye to the people who are leaving you this semester. And say goodbye to the people you are leaving. Even if it looks like the campus doesn't have time to say goodbye....the people on campus would love to hear from you.



FOR MORE INFORMATION ON THE  
WKU COUNSELING & TESTING CENTER  
CHECK OUT OUR WEBSITE AT [WWW.WKU.EDU/HERETOHELP/](http://WWW.WKU.EDU/HERETOHELP/)



**Sexual Assault Awareness Month:**

# Activities abound at WKU in March



*The WKU Sexual Assault Awareness Month was very busy this year with a great number of activities. Students, faculty and staff (right) joined in the annual “Walk-a-Mile” event March 31. Take Back the Night (above and below) had a great turnout March 26.*



*At an awards dinner held in Frankfort, KY, Feb. 25, Elizabeth Madariaga, (right) WKU Sexual Assault Awareness Programs Coordinator, received the Sexual Assault Awareness Month Award (SAMMy) for her contributions to end sexual violence.*



*Dr. Gary Ransdell (below middle) signs the annual WKU SAAM Proclamation March 2.*



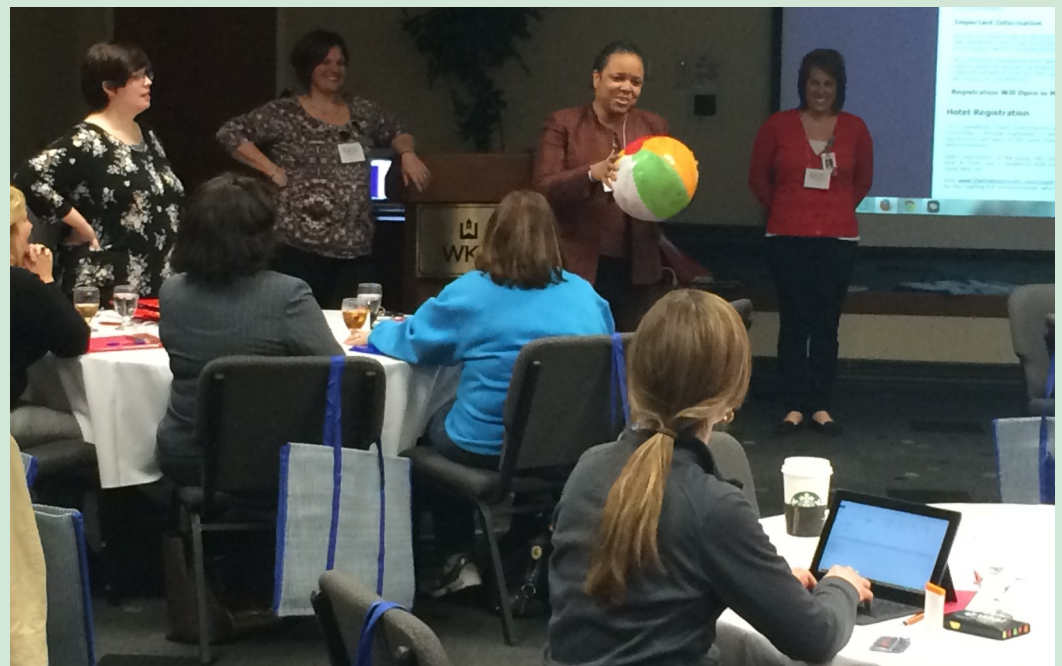


## Supporting veterans

*Pat Rowan, WKU Counseling and Testing Center (second from left) joined the WKU Student Veterans Alliance to visit veterans at the Joseph E Ballard Veteran's Center in Hanson, KY. This facility does great work for our veterans in need.*

## WKU hosts annual KATAC conference

*The WKU Counseling & Testing Center and DL Testing Center co-hosted the annual Kentucky Association of Test Administrators @ Colleges meeting March 11. Tabitha Phillips (standing, left) and Julia Johnson (standing rear right) conduct a team building exercise during the event which included a full day of speakers and other activities.*



## #22 Event held by WKU Student Veterans Alliance

*WKU Counseling and Testing Center staff member Teresa Jameson (center) joined other student veterans and family members at the monthly #22 Too Many rally March 22 in Bowling Green. The next event is April 22, noon-1 p.m. at the WKU Bell Tower. Come out and support our veterans. The event is organized by Joe Hunter. For more information, contact the Student Veterans Alliance at [student.veterans@wku.edu](mailto:student.veterans@wku.edu)*



## SPOTLIGHT



### HOPE

Hope comes from Frankfort, KY, where she grew up in foster care before catching the attention of Pawsabilities Unleashed, a training center for therapy and service animals. She is a Cairn terrier mix and approximately a year old. Beef jerky is a favorite treat, but she's not too keen on apples. As a therapy dog, a main function is to provide a calming presence, and she's already been providing that to everyone she meets. Hope is still in training and will assist any CTC staff member when she might be helpful for a student in session. Also watch for Hope at campus and community events. We are happy to have her as our newest CTC team member!

## Counseling Services

*College should be challenging, not overwhelming*

That's why we're here to help, offering our services Monday thru Friday from 8 a.m. – 4:30 p.m. There is a ONE-TIME \$20.00 fee for paperwork and documentation. After the one-time fee, students have access to unlimited visits for their entire college career here at WKU. Our services are confidential and NO information is released without the student's written permission, unless in an emergency situation. So if your mom, grandma, or next door neighbor calls to learn about your counseling appointment, "mums" the word.

We offer individual and group counsel-

ing services to help with coping strategies, conflict resolution, and crisis situations related to:

**College Adjustment**    **Eating Disorder**  
**Decision Making**    **Bipolar Disorder**  
**Problem Behaviors**    **Stress Management**  
**Grief/Loss**    **Depression/Anxiety**  
**Relationship Issues**    **Suicide Prevention**  
**Sexual Assault/Abuse**    **....and more!**

**Don't Forget! We also offer counseling for couples of all kinds: friends, relationships and roommates.**

## Testing Services Available

The Counseling and Testing Center offers most national tests such as CLEP, MAT, LSAT, DSST, ACT, HESI and COMPASS. Residual ACT and Chemistry Placement tests are also available. For more information on testing dates, see [www.registerblast.com/wku](http://www.registerblast.com/wku)

PRAXIS testing dates are at [www.ets.org/praxis](http://www.ets.org/praxis).

Questions may be e-mailed to: [testing-center@wku.edu](mailto:testing-center@wku.edu).

**facebook**

**Become a fan of WKU Counseling & Testing Center**  
[www.facebook.com/WKU.CTC](http://www.facebook.com/WKU.CTC)