

# Counseling for Wellness

## MENTAL & EMOTIONAL FITNESS

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There are four mental exercises that you can learn and practice every day to become, more positive, confident, and optimistic. If you adopt these behaviors you have a better chance having good mental and emotional health

1. **Think about the future.** Ask yourself this question; *"If your life was perfect five years from now, what would it look like?"* Future oriented people do not dwell on past events, but focus on future possibilities.
2. **Create a five year vision.** We tend to overestimate what we can accomplish in one year, and underestimate what we can do in five years. Take some time to explore what your vision is for the future. Once you have a clear picture of what you want, the only question to ask is "How do I achieve it?"
3. **Commit to excellence.** Life is self-serve. Nobody brings it to you. You have to get up, accept responsibility and serve yourself. *What one skill or area in your life would help you the most in achieving your vision?*
4. **Concentrate on solutions.** People who are solution focused think about what can be done and how a problem can be resolved instead of what has happened and who to blame. *When you focus on solutions you become more positive, creative and optimistic.*



Down in the dumps? The Counseling center provides **Free** consultation, support, therapy and education programs to all registered NDC students.

216.373.5211

Slipiec@ndc.edu



### TEST ANXIETY??

Try these helpful hints on the day of your test:

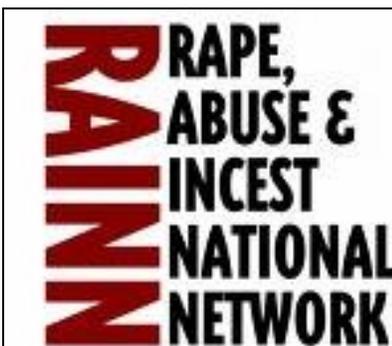
1. Eat a moderate breakfast
2. Avoid caffeine
3. Avoid last minute cramming
4. Do something relaxing an hour before the test
5. Arrive early at test location
6. Avoid classmates that generate anxiety
7. While waiting for the test to begin, distract yourself by reading a magazine or book
8. Come prepared with tools you will need to take the test (pen, pencils, calculator etc.)
9. Find a seat away from distractions
10. Just before starting the test, clear your mind by focusing on your breathing as you take a few slow deep breaths

## APRIL IS SEXUAL ASSAULT AWARENESS MONTH

### 10 Important Tips for College Girls

1. Don't feel the need to take off your top and dance on the pool table at *any* party. Unless you want to forever be known as "the girl who took her top off". Even though you will get the attention of many, many males at your college, you will also lose the respect of many, many males at your college. *Don't go for the negative attention.*
2. The more you drink does not guarantee that you will have more of a good time. Most college girls end up doing some of the stupidest things they regret for a long time to come when they were at their drunkest. You can always pull the ever-popular "**red cup**" trick. This means that you take one of the red plastic beer cups by the keg but fill it with water or a sprite and cruise.
3. Just because a guy makes out with you at a party and gets your **phone** number does not guarantee he will call you.
4. Don't feel the need to go to every party. After a while, you'll begin to realize that they're all the same. Don't fret if you missed the party last night. Chances are there will be five more like it this weekend.
5. A guy's idea of a first date in college is often inviting you to meet up with him at the upcoming keg fest or party. If he invites you to the school's annual naked run, **DON'T GO!**
6. Always go with a friend to a party. It's a bad idea to party alone. There's safety in numbers you know!
7. Stay away from drugs. They'll mess you up and get you into trouble.
8. Always make it your goal at the end of the night to end up in *your own bed*. It's always bad when you end up in someone else's bed, in a hallway of some dorm or... you get the picture.
9. Don't ever let yourself feel pressured to have **sex** with anyone. If you're having doubts, hold off!
10. Once you set down your drink at a party, **you're done with it.** If you want another drink, go get a fresh one. You don't know what's been put in your drink after you lose track of it.

Adapted from Associated content, Inc. <http://www.associatedcontent.com>



I was at a party last night and really liked this one guy. We hung out all night and had a great time.

Later we were kissing and fooling around and he wouldn't stop. We had sex, but I really didn't want to and told him no over and over.

Did I get Raped??? **YES**



# MEN CAN STOP RAPE

CREATING CULTURES FREE FROM VIOLENCE

INC

## Rape as a Men's Issue

### INFORMATION SHEET

[www.MenCanStopRape.org](http://www.MenCanStopRape.org)

#### SHOW YOUR STRENGTH

Stand up. Speak up.



Men can stop rape.

#### Why Should Men Care About Rape?

**...because men rape.** Men commit the great majority of all sexually violent crimes. Even when men are sexually victimized, other men are most often the perpetrators.

**...because men are raped.** We don't like to think about it, and we don't like to talk about it, but it's a fact. Studies show that a staggering 10-20% of males are sexually violated at some point in their lives. Men are not immune to the epidemic of sexual violence.

Nor are male survivors safe from the stigma that society attaches to victims of rape. When reporting the assault, male survivors are often doubted, called gay, or blamed for their own victimization. Frequently, they respond, as do many female survivors, by remaining silent and suffering alone.

**...because rape confines men.** Taking into account that 80% of victims know the man that raped them, it becomes virtually impossible for women to distinguish "safe guys" from men who are dangerous and therefore a "potential rapist." The result is a society with its guard up. Relationships with men are approached with fear and mistrust. Intimacy is limited by the constant threat of violence.

**...because men know survivors.** At some point in every man's life, someone close to him will likely disclose that they are a survivor of sexual violence. Men must be prepared to respond with sensitivity, compassion, and understanding. Ignorance on the part of men can only hinder the healing process and may even contribute to the survivor feeling even more victimized. A supportive male presence during a survivor's recovery, however, can be invaluable.

**...because men can STOP rape.** Rape is using sex as a weapon for power and control. For rape to stop, men must be empowered to make different choices. All men can play a vital role in this process by challenging rape-supporting behaviors and by raising awareness about the damaging impact of rape.

**Every time a man's voice joins those of women in speaking out against rape, the world becomes safer for us all.**

**SHOW YOUR STRENGTH.  
Stand up. Speak up.**

To learn how men can stop rape, go to [www.MenCanStopRape.org](http://www.MenCanStopRape.org)  
Learn more about our youth development programs, public education materials, and trainings for professionals.

## NDC COUNSELING CENTER

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The counseling center provides both individual and psycho-educational services to the students of Notre Dame College.

Our hours are....

**Monday thru Thursday 10-9, Friday: 10-6  
and Saturday by appointment.**

To schedule an appointment, call or email or stop on by.

**24/7 crisis intervention services available**

**After hours emergencies please call  
campus security at 216.373.5212**



**FACTS ON TAP: College Students and Alcohol**  
[www.factson tap.org](http://www.factson tap.org)

**ULifeline**

<http://www.ulifeline.org/schools/notredamecollege>

**Do you know someone  
thinking about suicide?**

**For help call:**

**216-623-6888**



## Meet Colleen Byrne—NEW PART TIME COUNSELOR



Colleen comes to Notre Dame College with experience in human and organizational development as a counselor, athletics coach, account manager and a member of a globally award-winning business excel-

lence team. Originally a far west-sider from Avon Lake, Colleen made her way south to Vanderbilt University on an athletics scholarship, dividing her time between studying Human & Organizational Development and running cross country and track & field. With an additional year of competitive eligibility after graduation, Colleen moved on to earn her M.Ed. from Vanderbilt in Human Development Counseling and shifted

into a coaching role with her team after wrapping up her time as an SEC athlete. After a stint in the professional world developing her business skills outside of counseling she knew she was ready to move back into a helper role, but not after a little challenge and fun! She spent a year on her own in Auckland, New Zealand, traveling and living as a self-proclaimed adventurer, all while working steadily at New Zealand's largest insurance company helping them fulfill a ten-year goal and earn "Gold" status from the Baldrige Business Excellence Foundation. Upon returning home to the U.S. Colleen focused her efforts on becoming the counselor she had trained to become at Vanderbilt. She is passionate about the college population and believes strongly that each student is motivated and

equipped with the tools they need to be successful in life, but that sometimes we all need some additional support in figuring out how to navigate such a dynamic time in our lives. This position gives Colleen the opportunity to bring together the skills she has learned as a student-athlete, coach, counselor and business professional to support the students, faculty and families of Notre Dame College.

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[www.ndc.edu/CampusNDC/counselingservices.aspx](http://www.ndc.edu/CampusNDC/counselingservices.aspx)  
[www.NotreDameCollege.edu/campus\\_life/counselingHealthServices.aspx](http://www.NotreDameCollege.edu/campus_life/counselingHealthServices.aspx)