

**COUNSELING &
STUDENT SUCCESS
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Counseling Corner

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WHAT IS MENTAL HEALTH?

Did you know that 1 in 4 people are diagnosed with a mental illness (*National Institute of Mental Health*)? This statistic only accounts for those who have been actually diagnosed in a therapeutic setting- which means that the number is most likely much higher. Mental Health can encompass almost all aspects of one's life. The common misconception is that people only need counseling "when they have problems," or if they are "crazy." The reality is that counseling can be beneficial in almost any situation. Some common reasons for people to seek counseling include: looking for insight into their way of life, looking to perceive a situation in a different way, and to receive a better understanding of who one is. Another reason why someone may want to explore the idea of counseling is if a person would like to better him/herself by working toward a goal or goals.

One's Mental Health can be affected by a variety of life events that can occur. Changing one's direction in life, reaching an impasse with a spouse, wanting to change or better one's attributes, adjusting to a life changing event like obtaining a new job or having a baby are some reasons why people may feel overwhelmed, stressed, or have difficulty functioning in daily roles in one's life. Remember, when you meet someone who may be experiencing something new or different, take time to ask, "how are you feeling?" and you may be surprised how appreciative that

WHAT IS PROJECT SUCCESS?

Some of you may have heard about the Project Success (PS) program that is organized and run by the Office of Counseling & Student Success, and quite a few of you may also have some PS participants in your classes. This group of students have made a very important choice to be a part of the PS program, in an attempt to improve their academic standing.

Project Success is a voluntary program for students who have been placed on academic probation for the first time, and is designed to help students identify internal and external factors that prevent them from succeeding academically. The program will enable students to gain a better understanding of their learning style, identify and establish support networks on and off campus, develop realistic, attainable academic, career and personal goals, as well as improve upon their decision making skills.

Participants are required to meet with their Team Leader – a Counselor in the C&SS office – at specific periods during the semester to develop an educational plan. The Team Leader will serve as an advisor, mentor, and support person to the PS student over the course of the semester, while meeting together a minimum of 3 times during predetermined weeks. Team Leaders will also be tracking the academic performances of PS Students through Progress Reporting. In fact, if you have any PS participants in your classes, you will have received Electronic Progress Reports during the month of October.

It is the hope of the C&SS office that all of these students will make the necessary changes to help get their academic careers back on track, and we appreciate all the support that you as Faculty provide to make this a reality. If you have any questions or concerns about the Project Success program, please do not hesitate to contact John Urgola, Counselor in the C&SS office, at 973.328.5008 or at projectsuccess@ccm.edu.

LOOK FOR OUR FUTURE
WORKSHOPS ON:

- De-Stress Fest
- Time Management
- Stress & Anxiety Reduction
- Career Discovery Group
- Career Choices
- Strategies to Deal w/Life
- Faculty Workshops

IMPORTANT NEWS

Starting this Fall, the Counselors in the CSS Office will be offering their time to come into the classrooms of each department and give a brief overview of all the services CSS offers. If interested, please call (973) 328-5140.



What's Heating Up in Career Counseling?



What do you want to do with your life? It's an intimidating question that most people struggle with at various points in their life. Whether it's a new college student fresh out of high school or the well-established professional who wakes up one day feeling unfulfilled by their career, the uncertainty and anxiety surrounding career decisions can be absolutely daunting. However, the good news is that with the right guidance and support, making educational and vocational decisions can be a breeze! The counseling staff at the office of Counseling & Student Success are available to help students with all aspects of career planning; including self discovery, career exploration, choosing or changing majors, and educational planning. Services include: Self assessment tools, career development workshops, and individual career counseling. We offer a variety of formal and informal career assessments to help students identify their interests, abilities, personal attributes, and values, to help individuals make informed and appropriate career choices.

Counselors are also available throughout the year to meet individually with CCM students about all aspects of the career planning process, including helping students develop a comprehensive career and educational plan to reach their goals. We also offer workshops each semester that include activities to help students develop career decision-making strategies and the opportunity to learn about themselves and the world of work in a supportive setting with other CCM students. For a complete listing and description of current workshops, please visit the Counseling & Student Success Webpage or contact the office at (973) 328-5140. So remember, when you come across a student anxiously struggling with what they would like to do with his/her life, reassure them that it's incredibly common, offer your knowledge and support, and remind them that Counseling & Student Success Staff is here to help.



What is a Late Withdrawal?

Once the last day to withdraw comes and goes, we are officially in the Late Withdrawal period. If a student fails to withdraw before the withdrawal deadline, the only option is to apply for a late withdrawal. Since CCM gives all students 75% of the semester to withdraw, the only time a Late Withdrawal is appropriate is when extenuating circumstances has occurred and documentation of the incident is provided. An example of this would be if a death in the family occurred or a student has been hospitalized for any reason. The following does NOT constitute as a permissible reason for a late withdrawal: If a student forgot to withdraw even though they knew they were not attending class, failed to recognize that he/she was doing poorly in a class, or wanted to wait to see how they did on the next exam. Without documentation, a late withdrawal is not possible. However, students are able to appeal for a withdrawal at any time after the semester ends and the grade is given, by writing a letter to either Dr. Simmons or Dean Caffie explaining why he/she is asking for a withdrawal.

NEED ASSISTANCE WITH A STUDENT? CREATE A RETENTION ALERT!

On many occasions students may need assistance from other departments on the CCM campus, and Retention Alert is a useful program that you can use to refer students who could use some additional support to succeed in his/her classes. Simply log into your WebAdvisor account and click on the FACULTY Menu. You will be able to access Retention Alert features under the "Faculty Information" section. By creating an RA Case, information about the student concern will be automatically sent to an appropriate resource on campus. The resource will then contact the student to help him/her develop a plan of action for addressing the issue.

For example: A student is doing poorly in her classes because she is working two jobs due to a divorce she is currently going through. Her professor notices a behavioral change in her and decides to approach her to see how she is doing. After hearing about the student's current situation, the professor may decide to create a "Personal" Case, at which point a Retention Alert would likely be sent to the C&SS office. The Counselor assigned to the Case would then reach out to the student to provide assistance, and would also have the ability to reassign the case to another helpful campus resource. For example, the student may receive some short-term personal counseling at the C&SS office, and also be referred to a Financial Aid Advisor to inquire about potential grants/loans.

If you have any questions regarding Retention Alert, it may be helpful to first ask some of your colleagues about their experiences with the program. Furthermore, if you would like additional assistance with creating a Case, you may contact Jan Caffie, Dean of Student Development & Enrollment Management, and a copy of the RA Faculty User Manual can be made available to you.