

Counseling Corner

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COUNSELING &
STUDENT SUCCESS
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LOOK FOR OUR
FUTURE WORKSHOPS
ON:

- **Creating Healthy and Safe Relationships**
- **De-Stress Fest**
- **Time Management**
- **Positive Ways to Deal with Stress**
- **Career Connection for the Liberal Arts Major**
- **Ways to Improve Study & Test Taking Strategies**

To see the full workshop schedule please visit:
<http://www.ccm.edu/Media/Website%20Resources/pdf/CounselingServices/CSSWorkshops.pdf>

IMPORTANT NEWS

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. Counselors are also available to speak on a specific topic such as time management, stress reduction and other relevant topics. If interested, please call Ariella Panek at (973) 328-5140 or e-mail her at apanek@ccm.edu to set a time for a counselor to come into your classroom.

Generation Y in the Classroom: How to Decode the Millennial Student

Gen Y, Millennials, Gen Next, - or whatever name you want to give them – are increasingly becoming the most influential generation today by dramatically reshaping our cultural and consumption patterns. Since the majority of our students may belong to this group, it becomes important to familiarize ourselves with this generation's values, attitudes, and beliefs, as well as ways to connect with and motivate them in the classroom.

So who are these Gen Y students anyway? Demographically speaking, they are individuals born between the early 1980's through the early 2000's. This generation is 3 times the size of their predecessor Gen X in number and about the same size as the Baby Boomer generation. (Bureau of Labor Statistics, 2005). They are culturally, ethnically, and economically diverse, and come from a variety of geographic backgrounds (generationy.com).

Perhaps most importantly, millennials grew up in an environment saturated with media and technology (being exposed to an average amount of 8 hours of media per day). They are said to be energized by ideas, are entrepreneurial-minded, and willing to take risks. They are also classified as being adept at multi-tasking and fast thinking. Individuals of this generation can be described as being independent while also possessing a strong desire to connect with people and collaborate in groups (generation.y.com).

According to the *Center for Generation Kinetics*, rapid technological advances during Gen Y's lifespan have profoundly influenced their communication style. They tend to prefer texting, social media, and email rather than conversing over the phone. They have been characterized as conducting practically their whole lives on the internet: sharing (blogs), buying or selling (eBay, Amazon), meeting (social media, chats), collecting, (downloads), searching (Google), learning and researching (web, search engines), and communicating (YouTube & Flickr).

The Center for Generation Kinetics offers some suggestions for educators regarding motivating and communicating with Gen Y students in the classroom:

- Brief and direct emails that include bullet-points are effective with millennials because they tend to gauge the importance at a glance.
- Gen Y students are more visual-oriented and prefer visuals to graphics and text.
- Gen Y students value learning in realistic contexts. Material is more meaningful to them when it is backed up with real world verifiable proof. Educators are encouraged to provide connections with the world that their students are living in as frequently as possible to maximize the salience of the subject.
- Gen Y students learn better through experimentation and interactive participation.
- The use of up-to-date technology in the classroom is vital for these students.
- Educators are encouraged to have students offer feedback on their classmates' projects to capitalize on the importance of peers.
- Make use of instant messaging, discussion boards, and blogs.

While complaining about the ubiquity of technology in our students' lives has become almost second nature- particularly how the presence of constant and continuous access has primed this generation to expect instant gratification – it has also brought with it some changes that can be leveraged in positive ways.



Honoring Veterans Day



Veterans Day occurs every year on November 11th.

World War I, known in history as “The Great War,” officially ended when an armistice between the Allied troops and Germany went into effect on November 11, 1918. This date, which is regarded as the end of “the war to end all wars,” became a national holiday by President Woodrow Wilson, a day to be filled with pride in the heroism of those who died in the country’s service.

We, at County College of Morris feel forever thankful for those who continue to serve or have served our country and we are fortunate to have many active and veteran military men and women here as students, faculty and staff members. As a show of respect for their service and bravery, we are hosting several events on campus.

On Sunday, November 9th, the departments of Counseling and Student Success and Campus Life, along with PTK, SGA, and the Student Ambassadors Club, are hosting the Inaugural Veterans Day 5K run and 1 mile walk! The run is in support of Wounded Warriors Project, which is an organization that works hard to raise awareness of injured service members. We look forward to having you that day as we keep active, have fun, and honor our brave men and women who have fought for us. Registration information will follow soon.

On Tuesday, November 11th, we will pay tribute to Veterans as we raise the flag outside of the Student Community Center. It will be a day of respect and honor as we host guest speakers, listen to the college’s band and choir, and begin to observe the holiday season by collecting toys and signing cards for warriors.

Please contact Ms. Kaitlin Najjar if you are interested in volunteering for these events, knajjar@ccm.edu



Easy Ways to Get Healthy

It’s easy to forget that one of the simplest ways to maintain energy and keep our bodies healthy is by drinking water. According to InstantHealthyLiving.com, Water “keeps your body hydrated, helps purify toxins from the body and also makes you lose weight. This means when we are dehydrated to some extent your body cannot fully carry out daily activities.” One way to encourage yourself to drink more water is to add various fruits into it, not only creating a naturally sweet flavor, but also giving you nutrients and vitamins from the fruit itself. There are many fun and easy recipes available in books, magazines, and online to try. Grape Melon Medley, Cherries Jubilee, Rosemary Refresher and Peach Pie are just a couple of deliciously flavored fruit and herb water recipes (prevention.com). Now that we have come up with a way to make water look and taste more attractive, we can now focus on ways to remember to increase our water intake. There are many refillable water bottles available for a small price and some are even dishwasher safe! Now that there are filtered water stations all over campus it is easy to refill without the hassle. One way to make staying hydrated fun is to download the free app: “Waterlogged” on your smart phone. You are able to keep track of how much water you consume along with daily reminders to encourage you to reach your goal for the day. It keeps track of your weekly and daily progress and also offers rewards when you meet your water intake goals. Hopefully now when someone mentions water, tasty energy comes to mind.

More In-Demand Workshops Offered by the Office of Counseling & Student Success

This Fall semester the C&SS Office is offering a variety of different workshops/presentations that are relevant for today’s college students. It is typical for the average college student to have difficulty acclimating to the college environment and not understand the new responsibilities that may be expected of them. Therefore, our aim is to aid students in understanding the importance of accountability while being in college, as well as provide support and resources to help students when life gets difficult, and ultimately assist students in reaching his or her individual goal (s).

On October 9, Monica Gural, lawyer at Legal Services of New Jersey, presented on “*Creating Healthy and Safe Relationships.*” The presentation focused specifically on the perspective of the college student, as it relates to sexual assault awareness, dating violence, and precautions one can take when beginning a new relationship. Since the program was a success, we are planning on having her again in the spring.

It is typical for a student to come into the C&SS office without an understanding of how to balance a class schedule as well as not having adequate study and test-taking skills, all of which can also impede students’ path to academic success. In “*How to Improve Your Student & Test Taking Strategies*” workshop, different learning modalities were addressed that could help students effectively prepare for and strategically navigate their exams. This too, will be offered in the spring. Finally, a workshop that is being presented for the first time this semester is “*Career Connection for Liberal Arts.*” This workshop is geared toward the many students who are matriculated as Liberal Arts – Humanities/Social Sciences majors without having a clear understanding of what they would like to study at a four-year institution, and ultimately how it will apply to a career.

Please keep in mind, if any student is not able to attend a specific workshop or if it has already passed, he/she can meet with a counselor individually to go over any specific topic he or she may like to address.

Once again, we hosted this year’s mental health fair, *De-Stress Fest*, on October 28th. We had a wonderful turnout of 400 people attending in just three hours. Attendees of *De-Stress Fest* learned techniques and strategies to increase one’s mental health and wellness through innovative and interactive activities. If you are interested in bringing your class to any workshops in the future for a class assignment or for extra credit, please let us know at (973) 328-5140 or at apanek@ccm.edu, and we will be sure to have a sign-in sheet available for your class.

For a full description of all the workshops offered, please visit or workshop schedule at: <http://www.ccm.edu/Media/Website%20Resources/pdf/CounselingServices/CSSWorkshops.pdf>