

Counseling Corner

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COUNSELING &
STUDENT SUCCESS
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LOOK FOR OUR FUTURE WORK- SHOPS ON:

- Alternatives for Anxiety
- De-Stress Fest
- Time Management Strategies
- Intro. to Career Planning
- What Career Works for Your Personality?
- Translating Your Current Skills to Your Future Job
- Utilizing Studying & Test Taking Strategies
- Vision Board

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 specific topics such as time management or stress reduction to name a few. If interested, please call (973) 328-5140.

Behind the Scenes with Veteran Faculty: Discussing Strategies to Work with Disruptive Students

CCM is best known for having wonderful faculty who work hard to share their knowledge with their students. We thought we would take advantage of the faculty right at our fingertips and ask them some "hot topic" questions that are relevant to all professors. Almost every semester it seems like there is at least one student who makes it his/her mission to find ways to disrupt the class, making it feel very difficult if not impossible to teach class as usual. This semester we asked veteran faculty members Dr. Janet Eber and Professor James Hart some questions regarding their experiences with classroom disruption in order to shed light on this relevant issue, and to help remind us of some important factors to consider while working with the "Disruptive Student." This current issue focuses on our conversation with Dr. Eber, but be sure to read about Professor Hart's insight on this topic in the October issue.

Dr. Janet Eber, chairperson of the English Department, defines disruptive behavior as, "any action taken by a student that impedes the learning process and/or diminishes the learning environment." She explains that disruptive behavior can be displayed in a variety of ways, "... as obvious as verbal disrespect of the student's professor and classmates or unintentional as the student who constantly gets out of his/her seat to leave the room or throw something in the trash." Although it is easy to assume that students are aware about specific behavior that may be considered disruptive, Dr. Eber states, "In my experience, most students do not intend to be disruptive; they are simply unaware of the need for civility and mutual respect in-and out-of-the classroom."

When a situation does ensue, Dr. Eber suggests addressing the student as soon as a problem occurs. "It also helps to get to know your students as quickly as possible; if you make a 'connection' with your students, they are sometimes less likely to be unpleasant because they realize you are sincerely interested in their success. Building trust is essential." Dr. Eber also highlighted the importance of approaching a student about his/her behavior in a confidential place after class. This can be critical in making all parties feel comfortable and can create an environment where the student is more apt to listen. Dr. Eber asserts, "...I will NOT confront him/her during class. To do so only makes the rest of the students uncomfortable. I ask the student to remain after class, at which time I will say calmly that he/she is acting inappropriately and that I expect such behavior to cease." Dr. Eber points out that once the situation is addressed, typically the behavior does not continue. However, if it does continue, she explains to the student that he/she will no longer be allowed to attend her class until the student agrees to meet during her office hours to discuss a solution. "Only once or twice have I had to ask a student to leave class because of disruptiveness, and then he/she may not return until he/she has met with the appropriate person in Student Development. This is truly the last resort when all other attempts have failed."

Dr. Eber urges us to be mindful that many students have additional responsibilities, commitments, and burdens outside of and unrelated to class that can create unintentional disruptive behavior in the classroom. As Dr. Eber points out, "...no student sets out to be disruptive and confrontational. The most important thing to remember is that students are often disruptive for reasons unrelated to our classes. Many have baggage that, should we know of it, would astound us. Others are generally immature and don't yet know how to conduct themselves in a civil manner. Still, others have a weak or non-existent support system that makes them feel alone or alienated."

Engaging students and establishing a rapport with students can help lessen the likelihood of disruptive behavior occurring in the classroom. Therefore, we thought it would be helpful for faculty to know how Dr. Eber has been able to engage her students for the many years she has been a professor. We asked Dr. Eber:

"What are three tips you would give to faculty to help keep students engaged in the classroom?"

1. "Get to know your students; establish a professional atmosphere in class that stresses mutual respect. If a problem arises, don't let it fester. Address it at once. If you don't want to speak with the student alone, seek the help of your chair."
2. "Keep a sense of humor and be genuine in your exchanges with students. They are usually pretty savvy about spotting an instructor who sincerely wants their experience in class to be positive."
3. "Keep students engaged with your own enthusiasm for the material. All the technology in the world can't beat a teacher who is passionate about the subject and who draws students into that passion. Ask them pointed questions; be specific in what you ask. Encourage all students to participate, and try to get to know each by name. So often students feel invisible in class. Don't let that happen."

In the event that there is disruptive behavior occurring in the classroom, the C&SS office is available to assist in any scenario that may occur. You can either contact the C&SS office directly or create a Retention Alert case that will be assigned to the appropriate department who will reach out to the student.



A Quick Tip to Reduce Stress

“IT’S THAT TIME AGAIN!”

The beginning of the school year is here. Busy, fast-paced schedules can create an environment of stress or over-overwhelming feelings, making it difficult to take time for oneself.

Here is a quick tip that can help:

Remember to Eat:

Whether you are feeling rushed, or feel too busy traveling place to place, it can be easy to forget to eat. It can be even easier to consume something that can give a temporary high and then a “crashing sensation” due to being unable to sustain the energy (coffee, sugar, energy drinks, etc.).

TIP:

Buy in bulk– water, granola bars, nuts, and veggies, to bring with you when you’re on the go.



What is Veteran’s Day?



At the County College of Morris, we appreciate and thank our veterans who have answered the call of duty to serve our country in the name of freedom with the utmost bravery and courage. Now, we answer their call as many come to us to attain the next challenge in their lives of receiving higher education.

Veterans Day (formerly Armistice Day) is celebrated every year on November 11th to mark the armistice signed between the Allies of World War I and Germany, for the cessation of war. This took place on the *eleventh hour* of the *eleventh day* of the *eleventh month* of 1918. A year later, President Wilson proclaimed November 11th as the first tribute of Armistice Day with the following statement: “To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given to America to show her sympathy with peace and justice in the councils of the nations...”

In honor of Veterans Day, we are hosting a special event this fall semester at the County College of Morris.

On Sunday, November 8th, CCM student clubs and organizations in conjunction with the offices of Veteran Services and Campus Life are hosting the 2nd Annual Veterans Day 5K Run/1 Mile Walk on campus.

All of the money raised will be given to the CCM Fund for Student Veterans and Families.

Details of this event will follow, but please mark it in your calendars and share with your family, friends, and students. If you are interested in participating in this event, please contact Ms. Kaitlin Najjar, knajjar@ccm.edu.

In-Demand C&SS Workshops

Whether beginning college for the first time, or being a continuing student, it is typical for the average college student to have difficulty acclimating to each college course and not understanding the 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). It is typical for a student to come into the C&SS office without an understanding of how to balance a class schedule while working and having social and familial obligations. The **Time Management Strategies** workshop will help ensure students in better understanding how to prioritize their time. Not having adequate study and test taking skills can also impede students from achieving academic success. In the **Utilizing Study and Test Taking Strategies** workshop different learning modalities will be addressed that can help students effectively combat their exams, while also assisting them in learning strategies and techniques to help navigate each exam they take. It is our goal to prepare students vocationally, but this can be difficult without a full understanding of one’s skills, interests, and values. Our brand new **Career Workshops** will help students understand what is expected of them during the career exploration period, learn the transferable skills and abilities they possess, and help link students’ personality to appropriate majors or occupations. Since anxiety is now considered one of the top mental health concerns for college students, we are offering two workshops called **Alternatives for Anxiety**, focusing on the importance of tackling anxiety related to school and everyday life circumstances. There will also be a **Vision Board** workshop offered, which is a creative way to assist students in planning and understanding one’s future goals related to their lives.

As usual we are hosting this years mental health fair, **De-Stress Fest** that had over 500 people attend last year. Attendees of **De-Stress Fest** will learn techniques and strategies to increase one’s mental health and wellness through innovative and interactive activities. We will be having a sign-in sheet available at the event if you are interested in bringing your class for a class assignment or for extra credit.

For a full description of our workshop schedule, please visit:

<http://www.ccm.edu/Media/Website%20Resources/pdf/CounselingServices/CSSWorkshops.pdf>