

# Counseling and Career Services News

## Helping Students with Eating Disorders

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College can be a challenging time for many students. Students with eating disorders may use food to cope with feeling overwhelmed and out of control. Therefore, their disorder may be further challenged by the additional stressors of college.

First of all, what is an eating disorder? The two main eating disorders are anorexia nervosa and bulimia nervosa. Anorexia is an intense fear of becoming fat and an extreme restriction of food. Bulimia involves binge eating episodes that are often followed by vomiting, laxative abuse or excessive exercising. Often, food and control of food are used by people with eating disorders to cope with difficult feelings or to gain a sense of control in their lives.

### What Can You Do?

According to NEDA, an instructor should not attempt to serve as a therapist, but should provide understanding, nonjudgmental support and direct the student to appropriate resources.



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### Discuss your concerns with professionals.

**Talk to the student.** Approach the student privately, keep your discussion informal and express your concerns.

**Inform the students** about confidential, no-cost counseling services available at SCC, CPC and PRC.

**Communicate care and concern.**

**Listen to other student's concerns.**

Consider inviting a counselor to your class as a means of introducing all your students to Counseling Services. Counselors are often available to present a 5-10 minute overview of services as a way of outreach.

### National Eating Disorders Awareness Week February 24- March 2

Sources: "University Professors Helping a Student Overcome an Eating Disorder" (<http://danceu101.com>)

"The Role of an Educator" (NEDA)

"Eating Disorders: What Everyone Should Know (American College Health Association)

Resources:

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) (NEDA)

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

## BEING "Vet Friendly" Considerations when working with student veterans

A significant number of military men and women attend Collin College. On behalf of the Veteran's Resource Center, we want to share some tips from the American Council on Education's *Veterans Guidelines and Best Practices in the Classroom*.

For additional resources see: <https://vetfriendlytoolkit.acenet.edu/search/Pages/results.aspx>

It is vital that veteran students become aware that faculty members understand their needs and to recognize that the transition to education and an academic environment can be a difficult one.

- Encourage veteran students to contact you if they encounter circumstances that may impact their performance in a particular course.
- Veteran students may request seating preferences (back of the room, for example). Do not misunderstand this request – just understand that they are often more comfortable facing a group.
- Understand that some veterans may be initially hesitant to actively participate in class discussions. Allow each to build his/her own level of trust with you and other students.
- Expect the same classroom responsibilities and performance, but accommodate absences related to VA appointments or Reserve-duty commitments.
- Take the time to explain course assignments and institutional policies to all students (and do not single out student veterans). Military students will be used to following orders and directions.
- Learn about combat-related disabilities but do not assume that all student veterans deal with the symptoms of these injuries.
- Structure your course with the spirit of universal design and teach using multiple methods to account for students who have different experiences, learning preferences and capabilities.
- Most importantly, avoid expressing personal sentiments related to war or military personnel that could alienate or embarrass student veterans.

Additionally, faculty should know where resources are on campus so that they can better direct student veterans needing assistance. Knowledge is key to effective communication and mutual respect.

Veteran's Resource Center [VTAcevedo@collin.edu](mailto:VTAcevedo@collin.edu)

Veteran Counselor-Counseling Services [mgeracie@collin.edu](mailto:mgeracie@collin.edu)

ACCESS Office <http://www.collin.edu/studentresources/disabilityservices/index.html>

Collin College Veteran's Affairs <http://www.collin.edu/gettingstarted/financialaid/veterans/>

<http://www.collin.edu/studentresources/counseling/Veterans.html>

## Upcoming Spring Seminars

**PERSONAL ENRICHMENT Seminars**  
Preston Ridge Campus  
Founders Hall  
Room 230, Noon – 1 p.m.

**Thurs., Feb. 13**

"Time Management and Study Strategies"

**Tuesday, Feb. 25**

"Test Anxiety and Procrastination"

**Wed., March 19**

"Cope with your Emotions"

**Tuesday, April 8**

"Increase Confidence"

**Thurs., April 24**

"Managing Your Stress"

**EMOTIONAL WELLNESS Seminars**  
Spring Creek Campus  
Room D102, Noon– 1 p.m.

**Wed., Jan. 29 - "Keep Calm: New Year... New Semester- Tips for Student Success"**

**Wed., Feb. 12- "Keep Calm: Relationship Satisfaction...The Science of Love"**

**Wed., Feb. 26 -"Keep Calm: Feeling Down?... Finding Your Happiness"**

**Wed., March 19 "Keep Calm: Live in the Present: An Introduction to Mindfulness"**

**Wed., April 9 "Keep Calm: Stop Worrying... Strategies to Help You Cope"**

**Wed., April 23<sup>rd</sup> "Keep Calm: Moving Forward... College to Career"**

**Wed., May 7 "Keep Calm: Prepare to Pass... Test Anxiety Management"**

**CAREER SERVICES SEMINARS**  
Preston Ridge Campus  
Founders Hall, Room 141  
Noon - 1 p.m.

**Thurs., Feb. 6 - "Navigating through Career Decisions"**

**Tuesday, Feb. 18 - "Exploring Majors/ Careers"**

**Thurs., March 6 - "Resume Writing"**

**Tuesday, March 25 - "Interview Coaching"**

**POWER HOUR Career Development Workshops**  
Spring Creek Campus - D102  
Noon—1 p.m.

**Feb. 6 - "Resumes & Cover letters"**

**Feb. 20- "Networking"**

**March 6 - "Interview and Get the Job"**

**March 20 - "Getting the Most from a Career Fair"**

**April 3 - "Internship and the Full –time Job Search"**

**April 17 - "Is this the Right Career for Me?"**

**May 1 - "Gaps in your Resume: How to frame volunteer and life experiences"**

## Annual Collin College Career Fair

Spring Creek Living Legends Conference Center

**Save the date! Wednesday, March 26, 2014**

**1 p.m. – 4 p.m.**

**The Job Fair is open to the public.**

**Students, friends & family**

For information: Contact Elaine Stewart, Coordinator Job Development

(972) 548-6769

## Virtual Interaction Leads to Enhanced Communication Skills

The at-risk Kognito training assists in identifying and referring students in distress. Additionally the program serves to increase effectiveness in communication and social skills. Please help us promote at-Risk to your students. It can be used as a learning tool with students completing the 30-minute program online followed by an in-class discussion.

By interacting in a virtual environment, students will learn effective interactions and interventions. Using at-Risk's educational gaming technology, students are asked to explore 4 different social circumstances throughout the school year to observe other college students and their behaviors. In these scenarios, students practice using open-ended questions, reflective listening and other communication skills, learning how what we say can affect other's reactions and responses. Students are introduced to strategies for minimizing overly defensive or aggressive responses from their peers with the intended result of increasing confidence and proficiency in handling similar situations in real life.

To access at-Risk:

Faculty <http://www.kognitocampus.com/faculty> Enrollment key: collin85

Students' <http://www.kognitocampus.com/student> Enrollment key: collin85

(Certificate available at end of program)



**at-risk for College Students**  
Peer-to-peer training on identifying, approaching and referring friends experiencing psychological distress, including depression and suicidal ideation

## Confidentiality

Collin's Counseling staff are Licensed Professional Counselors. They may not legally or ethically disclose information about the student without the student's written consent.

For a complete copy of Faculty/Staff Handbook see: <http://www.collin.edu/studentservices/counseling.html>

This newsletter was submitted by Counseling and Career Services. Questions, comments or to unsubscribe contact: [personalcounseling@collin.edu](mailto:personalcounseling@collin.edu) or 972-881-5126