

Counseling and Career Services News

Keep Calm and Call a Counselor

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Selecting a career path means knowing oneself, ones values, personality, interest, and abilities. Collin College's Counseling/Career Services offers a collaborative venue for students to navigate challenges and concerns in their life experience including goal setting, managing crisis and transitions, fashioning career plans and promoting change.

Counseling may help students understand themselves in light of their relationships, their academic development and their work and with understanding they can make informed choices for their future.

For student who want to hone their resumes, practice interviews, look for jobs, Collin's Career Services provides professional guidance and feedback.

With the **Annual Collin College Job Fair in March**, Counseling/Career Services is offering four workshops targeted to prepare students to attend and be successful.

March workshops at Spring Creek campus are:

March 6 - "Interview and Get the Job"

March 20 - "Making the most of a Career Fair"

Workshops at Preston Ridge campus include:

March 6 - "Resume Writing"

March 25 - "Interview Coaching"

Annual Collin College Job Fair

Spring Creek Living Legends Conference Center

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

Sponsored by Counseling/Career Services/Student Employment

Counseling/Career Services offer unique on-line tools

Interview Stream

Interview Stream is an innovative learning tool students can use to enhance job interviewing skills by creating a compelling and realistic "simulated interview" experience with challenging questions that students must respond to, just as they would in a live job interview.

Interview Stream is web based, and can be used by a student anywhere, anytime, and as often as needed to prepare for any employment, scholarship, or internship interviews. Also Interview Stream can facilitate mock interviews for professors. Students have the flexibility to email their interview link to their professor or counselor after they have done a mock interview at home.

If you want more information about how Interview Stream may be used in your classroom, please contact Career Services at any campus.

Experience

Experience is a web-based eRecruiting system that connects Collin students and alumni to career information and interested employers. Jobs and internships are listed on the site.

MyPlan

MyPlan.com helps students make well-informed decisions about their education and careers. The online career assessments help students in choosing a major, planning for their first career, changing careers, and deciding which college to transfer to.

For more information contact Career Services at career@collin.edu or

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Understanding Mindfulness

It's a busy world. You plan your day while listening to the radio and commuting to work, and then plan your weekend. But in the rush to accomplish necessary tasks, you may find yourself losing your connection with the present moment—missing out on what you're doing and how you're feeling. Did you notice whether you felt well-rested this morning or that forsythia in bloom along your route to work?

Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. Mindfulness is now being examined scientifically and has been found to be a key element in happiness.

Some benefits of Mindfulness are:

Improves Well Being

- Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events.
- By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others.

Improves Physical Health

- Helps relieve stress
- Treat heart disease
- Lower blood pressure
- Reduce chronic pain
- Improve sleep
- Alleviate gastrointestinal difficulties

Improves Mental Health— In recent years, psychotherapists have turned to mindfulness meditation as an important element in the treatment of a number of problems, including:

- Depression
- Substance Abuse
- Eating Disorders
- Couple's conflicts
- Anxiety Disorders
- Obsessive-compulsive Disorder

Some experts believe that mindfulness works, in part, by helping people to accept their experiences—including painful emotions—rather than react to them with aversion and avoidance.

There is more than one way to practice mindfulness, but the goal of any mindfulness technique is to achieve a state of alert, focused, relaxation by deliberately paying attention to thoughts and sensations without judgment. This allows the mind to refocus on the present moment.

For more information about Mindfulness techniques go to <http://www.helpguide.org/harvard/mindfulness.htm>

<http://stess.about.com/od/tensioamers/a/exercises.htm>

Upcoming Spring Seminars

PERSONAL ENRICHMENT Seminars

Preston Ridge Campus
Founders Hall
Room 230, Noon – 1 p.m.

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., 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 23rd "Keep Calm: Moving Forward... College to Career"

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

How Healthy is Your Relationship?

Wed., April 2, 2014 1 – 2 p.m.

Central Park Campus Conference Center

CAREER SERVICES SEMINARS

Preston Ridge Campus
Founders Hall, Room 141
Noon - 1 p.m.

Thurs., March 6 - "Resume Writing"

Tuesday, March 25 - "Interview Coaching"

POWER HOUR

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

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"

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/student-services/counseling.html>

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