Counseling and Career Services News

Helping Students with Eating Disorders

Collin College Veteran's Affairs
ACCESS Office
Veteran Counselor
Veteran's Resource Center

mutual respect. Additionally, faculty should know where resources are on campus so that they can better directly student veterans needing assistance. Knowledge is key to effective communication and understanding. 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 difficult facing a group. Many student veterans are overwhelmed and out of control. Therefore, their disorder may be further challenged by the additional stressors of college life.

What Can You Do?

Often, food and control of food are used by people with eating disorders to cope with feeling out of control in their lives. Bulimia involves binge eating episodes that are often followed by vomiting, laxative abuse or excessive exercising. Anorexia involves the refusal to maintain a minimum body weight. In this latter disorder, the individual often maintains a very low body weight, becomes extremely preoccupied with food, and is afraid of gaining weight. The person with anorexia may starve themselves, employ laxatives, and exercise excessively with the intent of controlling weight.

Letting go of all your students to Counseling Services. Counselors are available to talk to students about their feelings of hopelessness and despair. They may not necessarily know about services available at SCC, CPC and PRC. Consider inviting a counselor to your class as a means of introducing these services into the discussion.

For additional resources see: "The Role of an Educator" (NEDA) and "University Professors Helping a Student Overcome an Eating Disorder" (http://danceu101.com)

Sources:
"The Role of an Educator" (NEDA)
"University Professors Helping a Student Overcome an Eating Disorder" (http://danceu101.com)

"Increase Confidence"
"Resume Writing"
"Gaps in your Resume: How to Fix Them"
"Internship and the Full Time Experience"
"Mapping Your Career Path"