

**UNIVERSITY OF ARON
COUNSELING, TESTING AND CAREER CENTER
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**NEWSLETTER OF THE COUNSELING, TESTING AND CAREER CENTER
COUNSELING, TESTING, AND CAREER CENTER**

● <http://www.uakron.edu/counseling/>

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KEEPING YOU “IN THE KNOW” OF THE GREAT SERVICES AT THE COUNSELING, TESTING AND CAREER CENTER

S. Marc Silling, PhD
CTCC Psychologist

We provide free counseling and other services to students at the University of Akron. A diverse staff includes six full time psychologists whose primary mission is to help you.

Many students have not made use of the services of the center simply because they didn't know that it existed or what was offered. This newsletter will tell you how the CTCC can help to you.

Personal Counseling

Counseling is one of the primary functions of the Center. By calling for an appointment you may see a psychologist for a confidential session to discuss your needs. We have seen thousands of students for personal counseling, career counseling, and academic skills counseling. The services are very highly rated by students and can help you attain your goals. Call 330-972-7082 to make an appointment with one of the psychologists.

Testing

The Testing component of the center offers a large number of tests. Psychological tests include personality, LD and ADHD assessments. Many students take career tests. Students can also take placement and credit by exam tests. Testing offers all of the College Level Examination Program (CLEP) exams. On taking a CLEP exam and passing (most students who study do), you would be awarded course credit without ever taking the course. For example, if you pass the College Algebra exam, College Algebra goes on your transcript as though you took the course pass/fail. Better yet, you don't have to pay tuition for the credits! Call 330-972-7084 to make an appointment

Career Counseling/Decision Making

The professional staff are extensively trained in expert career counseling. In addition, a large number of sophisticated tests are available to help you decide what major and career path is right for you. Seeing one of the psychologists for ca-

reer counseling is a sure way to help you make better career decisions.

Extensive career software is available online. SIGI is an interactive career decision system and OCIS contains up-to-date information about thousands of occupations. The information in our career software databases can be updated daily and is extensive.

College Survival Kit Workshops

Our group programs are optimized to help you do better in school. The workshops typically meet for an hour. Some groups are ongoing for up to ten sessions. Look at the extensive offerings by stopping in our office to pick up a brochure for the “College Survival Kit,” or visit our web page listed below.

<http://www.uakron.edu/counseling/docs/groups.pdf>

Can't make it to one of our study skills, test taking strategies or test anxiety management workshops? Watch the streaming video at: <http://www.uakron.edu/counseling/studyskills.php>

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National Depression Screening Day is coming

On October 9th, the [Counseling, Testing and Career Center](#) will host National Depression Screening Day. Free 10 minute screenings will be available to all students. More info is available at this web page:

<http://www.nmha.org/go/depression-screening-day>

Call 330-972-7082 to make an appointment with a psychologist

E-CHUG FOR ALCOHOL EDUCATION IS NOW AVAILABLE

S. Marc Silling, PhD
CTCC Psychologist

E-chug is an educational program designed to teach students about alcohol and tobacco. It has become very popular, with over 400 universities using the software. It is available only on-line and is anonymous. There is no place at all to put your name, so no one but you will ever see your results. Persons who have used it are very positive about the program and say it is both entertaining as well as educational.

It only takes fifteen minutes to enter your information. You enter information about your drinking and tobacco use (if any), as well as some specifics about yourself.

Then E-chug generates feedback for you. The amount of feedback is quite large and tells you how you compare to national norms for college students and also compares you to University of Akron students.

One of the more central kinds of feedback relates to how much students drink and how intoxicated they become. There is often a misperception about how much college students drink because persons who drink a lot tend to associate with other students who drink quite heavily. E-chug will show you if your drinking and levels of intoxication are more or less than is typical of college students.

E-Chug has other sorts of interesting feedback. For persons concerned about their weight, E-Chug converts your alcohol consumption into a "cheeseburger equivalent" number. Many students aren't aware that their consumption of alcohol is the equivalent of eating a large number of cheeseburgers with "the works." It's not happenstance that persons who drink heavily develop "beer bellies."

E-Chug will generate your own personal Blood Alcohol Content (BAC) chart that is specific to you. Unlike a

generic chart, your BAC chart will be specific to your weight and gender, so it will be much more accurate. It will show you how intoxicated you would become relative to how much you drink, and how long it takes for the alcohol to wear off. Some students aren't aware that when they drink eight drinks that they are still intoxicated when they go to class the next morning.

E-Chug is a part of the CTCC's programming to increase healthy behaviors for students. Anyone who has questions about the feedback obtained from E-Chug may make an appointment to see one of the psychologists at the CTCC to discuss concerns. Simply call 330-972-7082 to make an appointment.

E-Chug can be found at:

<http://www.uakron.edu/counseling/echug.php>

NATIONAL DEPRESSION SCREENING DAY OCTOBER 9TH

Greg Robinson, PhD,
Staff Psychologist

At any given time between five and ten percent of college students are dealing with significant depression. It does not have to be this way. The University of Akron offers a number of ways students who are depressed can get help. One is through confidential profes-

sional counseling at the Counseling, Testing and Career Center located in Simmons Hall, 306. Another is by contacting the Health Center located in the Recreation Center.

Many students don't know that they are in fact depressed. The notice that they have sleep problems, anxiety, problems concentrating, and have "blue days" but

never really see the whole problem. To help with this the Counseling, Testing and Career Center will offer **free ten minute screenings in the Student Union on October 9th**. Students fill out a brief questionnaire and then go over the results with a psychologist or counselor. The student may then receive recommendations if he or she needs assistance.

A WORD FROM DEAN ROCCO

An Interview with Denine Rocco, Associate VP and Dean of Student Life

S. Marc Silling, PhD
Staff Psychologist

Dean Rocco oversees several components of Student Affairs. She describes part of her duties as being an advocate for students and helping resolve personal issues. She welcomes any student's or parent's call.

Asked how students might make use of the Counseling, Testing and Career Center. She said:

"We have experts at the CTCC that are here to work with our students. I want

students to know that there are persons on campus that are willing, ready, and accessible

"Students who are free from turmoil in their lives will do much better than if they are bogged down with stress. Students are successful if they learn to manage relationships, make healthy choices, develop a support system, as well as do well academically. The services of the CTCC can help with all of these components of success."

"But beyond the effectiveness of the Center, there are some really cool people that work in the CTCC who are psychologists that shouldn't be thought of

as "just those folks you go to when you are in trouble." Our psychologists are members of our campus community that are knowledgeable about the campus and all the programming/services available, and thus they can aid students with many different issues and concerns."

Lastly, Dean Rocco noted: "While working with an individual counselor can be very helpful, there are also a large number of educational programs that take place at the CTCC. For example the CTCC staff offers over a hundred different workshops on every conceivable topic related to college life."