

KEEPING YOU "IN THE KNOW" ABOUT THE COUNSELING, TESTING AND CAREER CENTER

National Depression Screening Day October 9th, 2008

S. Marc Silling, PhD
Staff Psychologist

Depression is a common experience for college students, which can adversely affect them both personally and academically. At any given time about five percent of the student body is significantly depressed which means that with 24,000 students on campus, 1,200 students are experiencing depression every day. The treatments for depression (usually counseling, but also medication) are highly effective if students know that what they are experiencing is depression and seek help.

Students may feel de-

pressed to the point that they are quite troubled, but not have a label for the feeling. By attending a brief screening at the Student Union, students with depression can be offered choices if they are depressed. This year's National Depression Screening Day at UA is

on October 9th and will take place at room 312 from 10-4 in the Student Union. Attending to students will be staff from the Counseling, Testing and Career Center,

Health Services, and Recreation and Wellness Center. Students fill out a brief questionnaire and then go over the results with one of the CTCC staff. All assessments are confidential. Call the CTCC at 330-972-7082 for more information



"I'm not in Kansas any- more": The Transition to College

Donna McDonald, PhD
Staff Psychologist

Preparing for college can be a little like falling into Oz. You find yourself involved in a whirlwind of activity until you are suddenly plopped into a new place. Just like Dorothy you may be unsure of the right path and need to rely on people you have just met and who may even seem different from yourself. Feelings of self-doubt or simply feeling a little "shaken" for a while are normal.

At the CTCC, we often talk with students who are adjusting to their new environments. They may feel different from their classmates or wonder how to make new friends. Others need help learning new college level study skills. Sometimes students ask for help finding a career direction. Homesickness may also present difficul-

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National Depression Screening Day is coming

On October 9th, the [Counseling, Testing and Career Center](http://www.uakron.edu/counseling/) 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>

Counseling services are
free to students!

“I’m not in Kansas anymore”: The Transition to College (continued)

ties.

Finding ways to stay in touch with friends and family is important. However, creating a community of supportive people on campus is also needed. College is a time not only to learn in the classroom but outside the class room as well. Learn more about yourself while being open to different ideas, different cultures and ways of looking at the world. As Dorothy travels down the yellow brick road, she meets the scarecrow. Although they don’t appear to have much in common,

they became friends and help each other. She learns that those different from her have a lot to offer. Dorothy also discovers her Kansas-life has prepared her to be strong and to manage the problems she faces.

College also requires you to take more responsibility for yourself. In college, professors won’t be checking up on you to see if you’re studying. No one is around to make sure you’re eating and sleeping right. Dorothy originally expected the Wizard to send her home but she

later discovered she could do it on her own. You also have the ability to accomplish more than what you might originally expect.

College can be fun, stressful, thought-provoking and even scary at times. Remembering your strengths, being open to new experiences, and taking greater responsibility for yourself can help you travel down the road to success. But also remember, there are plenty of people who are willing to listen and help you stay on track – including all of us at the CTCC.

COLLEGE LEVEL EXAMINATION PROGRAM (CLEP) TESTING

S. Marc Silling, PhD
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One of the ways The University of Akron attracts students is by providing credit for previous experience. The easiest way to obtain this credit is to take a CLEP test. CLEP tests are published by the Educational Testing Service and are accepted by most institutions of higher learning. There are currently 34 different CLEP tests of which The University of Akron accepts eight. There is talk that UA may be accepting more in the near future.

How it works: CLEP tests are 90

minute examinations that are administered via computer in The University’s Counseling, Testing and Career Center. After completing the exam it is scored electronically and the results are printed for the student immediately. On obtaining a passing score, the student then has the course added to his or her transcript as though he or she took the course pass/fail. Better yet, the fee for adding the credit is only \$5 per credit hour and the student does not pay tuition. Thus by taking several CLEP tests students can save thousands of dollars. For example, if a student did well in math in high

school he or she could take the College Algebra CLEP exam, and on passing receive credit for College Algebra (and complete the math requirement for many majors).

CLEP tests cost \$70 each which is paid directly to ETS, and an additional fee of \$15 is paid to the CTCC to cover the cost of all the equipment. This is a lot cheaper than the tuition fee for three or four credit hours!

Information and sample tests are available from ETS at our website:

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

NEW PUBLICATIONS FROM THE CTCC

Eric Hayden, PhD

Levant, R.F., Halter, M., Hayden, E. & Williams, C.M. (in press). The Efficacy of Alexithymia Reduction Treatment: A Pilot Study. *The Journal of Men’s Studies*.

Julia Phillips, PhD

Cooper, S., Benton, S., Benton, S., & Phillips, J. C., (2008). Evidence-based practice in psychology (EBPP) among college counseling center clinicians. *Journal of College Student Psychotherapy*, 22(4), 28-50.