INTRODUCTION:

The counseling center’s mission is to assist students in reaching their personal and educational goals and removing barriers to learning. Part of our service mission is a strong outreach/consultation component oriented towards prevention, student development, and wellness. We are committed to working closely with faculty, staff and students to support student health and academic success.

The following guide represents programs/presentations that have been utilized in the past and are still available this academic year. In addition to this list, we are glad to work with you to tailor a program to the specific interests and needs of its intended audience.

If you are interested in having one of our staff members present a program to your group, organization, or staff, please contact UCC’s outreach coordinator for more information:

Dagmar Kaufmann, Ph.D.
Outreach Coordinator
University Counseling Center
585-275-3113
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We would appreciate being given at least two weeks notice because the teams often become quite busy toward the middle and end of the semester and sometimes cannot accommodate last minute requests.

General Presentations/Staff and Faculty Programs

Counseling Center Services
This program can run from 15-50 minutes. Q and A forum encouraged.

Dealing with Distressed or Distressing Students
This workshop is for those in leadership roles. Participants in this workshop will learn when and how to deal with distressed students or students who cause distress (e.g., worry, fear) in others. Ideas for interventions, ways to refer and tips on making the most out of your interventions with those students will be included.

Promoting Healthy Relationships among Instructors and Students (College Writing Program)
This presentation will address aspects of boundaries and boundary crossing in relationships. We will consider power dynamics and their impact on relationships. We will work on learning how to define parameters of relationships based on the context in which different kinds of
relationships exist. The presentation will examine ways to optimally attend to relationships and consider how to communicate relational needs clearly and effectively.

**Difficult Conversations (RA Training Hot Topic)**

Need some help with those really hard conversations with your residents? Have residents who have neglected their personal hygiene? Or who are isolating themselves? Are you concerned but really don’t know how to talk about it? Are you afraid of being offensive? Learn some ways to have an open and honest conversation with your residents, and also learn why these topics are so important to discuss.

**Stress and Adjustment to College**

**Change/Transitions**

This program is designed to explore what types of things come up when we are facing changes, transitions, and saying goodbyes (i.e. graduation, study abroad, moving to a new dorm, etc.). It runs about 60 minutes and can be tailored to more specific groups of students as needed.

**Self-Care and Academics**

This program is designed to talk about the effects of stress on academics, and how effective self-care can improve academic performance for students. It runs about 30 minutes and can be tailored to more specific groups of students as needed.

**Health and Academics**

This program is specifically designed for international students and focuses on issues of stress and its effects on academic performance. We will discuss ways to handle physical and emotional stress as well as explore aspects of mental health (depression, suicide) that can be difficult to discuss in casual conversation. This program runs about 1 hour.

**Stress Management**

This workshop can be tailored to the needs of any group. It typically involves some brief education on stress and the role of stress in the life of a college student. Some self-assessment of the current and recent levels of stress can be included. Activities focused on decreasing stress will be offered and can include (but are not limited to): progressive muscle relaxation, visualization, breathing exercises, mindfulness and meditation exercises, etc.

**Stress-free Zones**

This traveling interactive exhibit includes several “stations” students can visit such as self-soothing toys/props, light therapy boxes, relaxation audio clips, and crayons to help manage stress and improve relaxation. Information about stress and stress management techniques is available. This exhibit is most appropriate for health fairs and other tabling events.

**If only I had more time!**

Hands-on exercises will allow students to identify how they spend their time, clarify their priorities, and organize time more efficiently.

**Mindfulness 101**

This program is designed to give students a crash course in mindfulness skills - strategies to reduce stress and anxiety and stay more present in the moment. It runs about 60 minutes and can be tailored to more specific groups of students as needed.
Adjustment to College (for First Generation College Students)
This program was designed specifically for 1st generation or non-traditional undergraduate college students. The aim is to provide these students with information about UCC services and to normalize counseling, and mental health difficulties. Common difficulties associated with adjustment to college, such as stress and time management, in addition to those experiences and feelings that may be specific to 1st generation students, are addressed. A mindfulness exercise is included to give students one example of how to cope with stress. This program runs about an hour if allowing for question and discussion time.

Diversity Issues

Dialogue about Sex and Gender Identity
This program is intended to welcome new and returning LGBTQ students to the University of Rochester community. Our intention is to create an opportunity for open dialogue around issues of sexual and gender identity, the coming out process, and the mental health challenges caused by homophobia and heterosexism. The program will run for 1 hour.

Gender Identity
A discussion of the complexity of gender using film clips and information. What happens when there are more options for our sense of ourselves and others than just Male or Female?

White Racial Identity
A discussion of power, privilege and pride – What does it mean to be White? Largely interactive and group-discussion based.

Intimate Partner Violence (GLBTQ community focus)
Program discussion begins by interacting with audience members and exploring myths and facts about intimate partner violence in general and more specifically within the GLBTQ community. Also explores how intimate partner violence in these relationships can have additional nuances that must be understood. Offers additional research-related education on the topic.

Women and Leadership
This outreach program is intended for undergraduate students with an interest in learning more about the barriers (behavioral and cultural) associated with obtaining leadership positions for women. This particular program calls for some reflection and discussion, as it asks participants to think about their leadership behaviors personal barriers. The program also facilitates discussion about how to break through some of these barriers. The program could run for an hour or less, depending on the size of the group.

Eating Disorder/Eating Concerns

National Eating Disorders Awareness Week (Part of Feel Fabulous in February)
Annual awareness week—scheduled in February—of multiple programs designed to provide free and quick screening for your risk of developing or having an eating disorder as well as to help the campus community focus on the prevention and early detection of eating disorders.

Eating Disorders Awareness
This program offers educational information about eating disorders including warning signs, prevalence rates, symptoms, and consequences. Additionally, presenters use imagery exercise to increase understanding and empathy for individuals. Finally, the program offers tips for addressing these issues with a loved one and offers opportunities to role play difficult discussions. This program lasts approximately 1 hour.

**Relationships/Conflict/Sexual Assault**

**Anger Management**
This program is discussion based and focuses on exploring the experience of anger, our associated response to the expression of anger as well as how others tend to respond to anger. Participants will learn about styles of anger expression, the function of anger, and ways to constructively express this emotion. Ideal for smaller groups but it can be adapted to larger groups. Generally 1 hour.

**How to have Healthy Relationships and Break-ups**
This program is intended for an undergraduate audience to provide “tips” for fostering healthy communication, conflict management, and individuation within romantic relationships. The program also outlines Gottman’s “four horseman” to provide individuals with a sense of what contributes to less healthy conflict and how to avoid this. Strategies for ending relationships and coping with loss after a break-up are covered. The program could run about an hour if allowing for discussion time and questions.

**Conflict Resolution**
This program utilizes presentation and discussion to explore why conflict occurs, its usefulness, and ways to manage conflict. Presenters will discuss models of conflict and the utility of knowing how personality variables can affect response to conflict as well as aspects of communication that affect conflict.

**Sexual Assault Awareness**
In collaboration with UHS Health Promotions Office, this program includes a short movie about sexual assault. UCC staff then facilitates a group conversation about reactions to the movie, beliefs about the prevalence and causes of sexual assault, and students’ roles in preventing and addressing sexual assault at the university and other relevant contexts.

**Depression and Suicide**

**National Depression Screening Day**
Annual outreach program designed to provide free and quick screening for your risk of developing or having depression as well as to help the campus community focus on the prevention and early detection of depression and suicide.

**Grief and Loss**
How do I help someone who is going through a significant loss? How do we allow ourselves to be in college, and to move forward in our lives while grieving, and finding ways to honor that loss? Offers information both on handling losses personally and tips for helping others.

**Depression/Suicide Awareness**
This program begins with a short film, The Truth about Suicide, which highlights the difficulties of mood disorders and suicidality in the college population. After the film time is offered to discuss reactions, provide education on the warning signs, symptoms, and prevalence of depression and suicide. Also allows opportunities to discuss ways to talk about these issues with others and tips for self-care.

Other Programs

**Dreams and Dream Interpretation**
A brief overview of the unique world of dreams from a psychological perspective – what we know and don’t know, ways that people use dreams to get to know their inner life, ideas about and some experiences with dream interpretation.

**Design Your Own Program!**
Don’t see anything that fits your needs or interests on this list? The UCC staff would be happy to work with you to develop a program on the topic of your choosing or tailor a program for the specific needs of your audience. Just contact Dagmar to get started.