KINGSBOROUGH COMMUNITY COLLEGE
COUNSELING & HEALTH SERVICES NEWSLETTER/SPRING 2015



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FROM THE DIRECTOR

Dear Students,

As the spring semester embarks upon us, we can begin to imagine the flowers blooming, the warm sun upon our faces and the feeling of coming to campus with the beautiful ocean view. The beauty of spring is that it can symbolize a new beginning and a time for growth and change. As you continue to evolve as a Kingsborough student, continue to think about what it is that motivates you to work hard and continue your studies. Is it the passion for your major of choice? Your love for being a Kingsborough student? The challenge of the academics? The student life? Whatever it is that motivates you, continue to connect to that motivation to help you grow as a student and most importantly as an individual. I wish you all the best in this upcoming semester and know that our door is always open for you.

Dasha Gorinshteyn
Director of Counseling & Health Services

RESILIENCY

BY: JOANNA CORTES-AGNELLO

Resiliency, the idea that after a difficult event, we as human beings have the ability to fall down or bounce back stronger than ever. Rather than allow yourself to be completely lost in an event, allow yourself time to heal and to move forward. Here are some quotes that can help you think about our shared resilient spirit and the strength of one's life journey.

"The greatest glory in living lies not in never falling, but in rising every time we fall."
Nelson Mandela

"The difference between a strong man and a weak one is that the former does not give up after a defeat."
Woodrow Wilson

"Why fit in when you were born to stand out?"
Dr. Seuss

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us."
Helen Keller

"The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself."
Anna Quindlen

"The meaning of life is to find your gift. The purpose of life is to give it away."
Pablo Picasso

LEAPING BACK

BY: DAVID CASTRO

The original derivation of the term 'resilient' comes from the Latin phrase that means leaping back. This definition led to one current usage of the word—the ability of an object to take its original shape after it has been manipulated in some manner.[1] I can bend rubber in a number of different ways and it will nonetheless eventually return to its original shape once I stop bending it. This is not the case with other objects, such as a pencil. If I break a pencil in half, it does not go back to its original form unless I force it to do so (through taping the broken pieces together, for example). The other definition of resilient is similar to the first, but it applies to people, not objects. It refers to a person's capacity to return to normal after experiencing some out of the ordinary, difficult circumstance.

But how does one return to a state of normal (whatever that might be) after undergoing some kind of change? What does it mean to leap back? At times, it may feel as if you are being asked to recover sooner than you would like and to become resilient for the sake of someone or something very different than what you are used to. This can take many forms. Two examples are when a person is expected to assume unfamiliar values and customs after moving to a new country. Or, when a student is asked to adapt to a professor's demands to complete an assignment at a time when life seems most chaotic and unmanageable. Despite the fact that following guidelines and meeting requirements is important for achieving success, these requests can nonetheless seem quite overwhelming. During these moments, leaping back may feel like a daunting task that is far from normal.

Resilient people are often praised in our society for their strength and coping skills. Bouncing back quickly is regarded as a virtue. However, what is often overlooked is that the process of leaping back and how long it takes someone to do so is different for each person. Finding one's own state of normalcy in amongst the sometimes unusual and stressful demands of the daily grind is always a highly individual process. Depending on the circumstances, then, there are times when it is okay—maybe even adaptive—to not be so resilient. These are the moments when it is crucial to find some time to reevaluate what is going on and to allow yourself the time and space needed to recover in your own way and on your own terms.

1 "resilient." *Merriam-Webster.com*. Merriam-Webster, 2011. Web. 10 Dec. 2014.

DID YOU KNOW THAT COUNSELING & HEALTH SERVICES CONSISTS OF SIX SEPARATE PROGRAMS, THEY ARE:

COUNSELING SERVICES
ROOM D-102
718-368-5975

STUDENT WELLNESS CENTER
ROOM A-108 (E & F)
718-368-5975

HEALTH SERVICES
ROOM A-108
718-368-5684

WOMEN'S CENTER
ROOM M-382
718-368-4700

THE LIGHTHOUSE
ROOM U-228
718-368-6565

ACCESS-ABILITY SERVICES
ROOM D-205
718-368-5175

FOR MORE INFORMATION ABOUT THESE SERVICES, CONTACT THE INDIVIDUAL PROGRAM DIRECTLY.

NEW! STUDENT WELLNESS CENTER

You Matter!

The Student Wellness Center, located in A-108, is a new program of Counseling & Health Services. The Student Wellness Center provides health, mental health education, and supportive services to students in integrated and holistic ways. Its main objective is to provide a safe place on campus that promotes multidimensional self-care that takes into account the diverse needs and backgrounds of our students.

Making Your Appointment
Call 718-368-5975 or stop by room D-102.

Office Hours
Monday to Friday.
Office hours vary, call 718-368-5975 for hours of operation.

During Your Visit
A counselor will:

- provide you with a level of support that respectfully and confidentially addresses your challenges;
- foster an environment for addressing your concerns, create a plan, and/or problem solve,
- and develop health solutions targeted toward positive changes and transformation.

The Student Wellness Center has integrated what was formerly known as HELM into its services. Maribel Mendoza will continue providing health education to the college community and has relocated to A-108F. Ilona Fridson coordinates the overall functions of the Student Wellness Center.

Dear Students, Faculty, and Staff,

I am excited to share with you that a new program has opened its doors on campus, the Student Wellness Center, located in A-108 (offices E & F).

Many students don't realize that they need a new skillset to successfully conquer the undercurrents of academic life. The Student Wellness Center is here to provide support and resources to help you reach your optimum potential while in college.

Have you wondered what makes some students succeed and others not so much? We would like to hear your thoughts on this question, learn how you have navigated through your academic journey, and share with you ideas and experiences that students found helpful to be successful in college. In the Student Wellness Center you can meet with trained Peer Health Educators (KBCC Students), graduate interns, Health Educators, and counselors who offer care and information to help you learn how to find balance in your life.

To find out more about the Student Wellness Center, attend our events this semester, or make an appointment and start to discover your potential and ways to make your life better while in college. Make your wellness and success a priority today because ***YOU MATTER!***

Ilona Fridson, LCSW
Student Wellness Center Coordinator

STUDENT WELLNESS CENTER EVENTS / SPRING 2015

March 9-13

Healthy Start

Representatives from different health insurance plans will be available to answer your questions and provide information.
10:00-1:30 Outside the bookstore

March 10

Open House

10:00-1:30
Breezeway,
Student Wellness Center (A-108 E & F) & Counseling Services (D-102)
5:00-6:30 Table adjacent to D-102

March 17

Women Talk-Real Talk/ Men Talk-Real Talk

Let's talk and learn about the health concerns and overall wellness of women and men
10:00-1:30 Library corridor and open discussion in Rm. M-239
5:00-6:30 Table adjacent to D-102

March 24

Kick Butts Day

Butts out! Quit smoking and spread tobacco awareness
10:00-1:30 in Rm. U-213 & the Breezeway
5:00-6:30 Table adjacent to D-102

April 14

Healthy Eating/Healthy You Diabetes Alert Day

Glucose and cholesterol screening. Eating for optimal health.
10:00-1:30 in Rm. A-108F, the Breezeway, and outside the bookstore
5:00-6:30 Table adjacent to D-102

April 21

Sex, Drugs & Alcohol

Alcohol screening day & STD/HIV Awareness information
10:00-1:30 in Rm A-108F, the Breezeway, and outside bookstore
5:00-6:30 Table adjacent to D-102

May 5

What's Keeping You Up?

Anxiety screening day & information on sleep and mental wellness
10:00-1:30 in Rm. A-108F & the Breezeway
5:00-6:30 Table adjacent to D-102

May 19

CUNY Wellness Festival

Make it a ***You Matter*** day by attending this campus wide health and wellness awareness festival.
10:00-2:00 U-219/U220
5:00-6:30 Table adjacent to D-102

May 26

Fun in the Sun

Get ready for beach season. Skin and swimming safety.
10:00-1:30 in Rm. U-213 & the Breezeway
5:00-6:30 Table adjacent to D-102

June 2

Conquer Your Finals

De-stress before finals
10:00-1:30 Rm. U-213 & the Breezeway
5:00-6:30 Table adjacent to D-102

ESL SUPPORT SERVICES

Counselors are available to assist ESL students with questions or concerns they may have that pertain to academic, cultural, and personal adjustment to KCC and the USA. Since ESL students are often not only new to the college but also new to the country, we want these students to know that we are available to assist them with many issues related to this transitional period in their life.

SERVICES OFFERED:

- Supportive individual and group counseling
- ESL Class visits to provide information about counseling and ESL services, upcoming events, and campus resources
- ESL conversation groups to help ESL students to become more confident using their English language skills
- Support from ESL Peer Mentors
- Workshops designed to provide information and to enhance skills

Incoming freshman students for the fall and spring semesters who decide to attend full-time may participate in an Accelerated College ESL Learning Community Program (ACE) offered by the English Department. The ACE Learning Community has smaller class sizes and instructors, and tutors that work with each other to help you succeed. Coursework includes an ESL course; a speech class; a general education class, such as history, sociology, or health; a one-credit student success seminar; a one-credit ESL seminar, and tutoring.

For more information, please contact Karen Seales at 718-368-5975.

GROUPS

WOMEN'S SUPPORT GROUP

Wednesdays / 11:30-12:30

Women's Center / Room M-382

Starts Wednesday, March 18, 2015

ESL CONVERSATION GROUP

This group will help you become more comfortable speaking English by giving you the opportunity to practice your skills. Games and other activities will be used and you will have the opportunity to bring your own questions and concerns.

Dates, location, and time to be announced.

***NEW!* BUILDING CONFIDENCE IN CLASS PRESENTATIONS GROUP**

- Does the idea of speaking in front of a group make you nervous?
- Do you have concerns about how you are coming across to others in your presentations?
- Do you have an interest in learning about how to prepare for your presentations?

If you answered yes to one or more of these questions, this group may be for you. This group will offer an informal and supportive environment in which your concerns about presentations can be discussed. You will learn relaxation techniques and have the opportunity to practice in small groups.

Dates, location, and time to be announced.

***NEW!* ESL COLLEGE TRANSITIONS GROUP**

Are you new to Kingsborough? The ESL College Transitions group will enable you to meet other students and obtain information while coming together to discuss academic, social and personal concerns.

Dates, location, and time to be announced.

OUR STAFF

Full Time

Dasha Gorinshteyn, LCSW
Director of Counseling & Health Services

Jeanette Cruz, LCSW
Counselor & Coordinator of Faculty and Staff Campus Outreach

Karen Seales, LCSW
Counselor & Coordinator of ESL Support Services and ESL Peer Mentorship Program

Part Time

David Castro, LCSW
Marilyn Chernin, LPP
Joanna Cortes-Agnello, LMHC
Robert Gangi, PhD
Mark Hollander, PhD
Yelena Repka, LCSW
Rosa Tovar, LMSW
Orsolya Varkonyi, PhD
Margarita Vodopyanov, LMSW

Administrative

Ayfa Ashraf, CUNY CAP
Johanna De Leon, College Assistant
Nezahat Glloxhani, College Assistant
Kathleen Pacilio, CUNY Office Assistant
Lubjana Rusi, College Assistant

Interns

Rebecca Cerezo, Graduate Intern
Jacqueline Escava, Graduate Intern
Ulorn John, Undergraduate Intern
Isaac Setton, Graduate Intern
Tanupreet Suri, Graduate Intern
Kathleen Sutherland, Graduate Intern

Student Wellness Center

Ilona Fridson, LCSW, Counselor & Coordinator, Student Wellness Center
Maribel Mendoza, Health Educator

Health Services

Dorothy Gale, College Nurse
Robin Nelson, Administrative Assistant

RESOURCES

ON CAMPUS RESOURCES

Public Safety-Room L-202 / 718-368-5069 & 718-368-7777
Office of the VP of Student Affairs-Room A-216 / 718-368-5563
KCC Assessment & Care Team (ACT) - **www.kbcc.cuny.edu/act**
Student Wellness Center-Room A-108 E & F / 718-368-5975
Access-Ability Services-Room D-205 / 718-368-5175
Health Services-Room A-108 / 718-368-5684
The Lighthouse-Room U-228 / 718-368-6565
Women's Center-Room M-382 / 718-368-4700
Men's Resource Center-Room U-218 / 718-368-5864

OFF CAMPUS RESOURCES

Healthy CUNY (www.cuny.edu)
LifeNet-crisis hotline (www.800lifenet.org)
Safe Horizons - domestic violence resource (www.safehorizone.org)
New York State Smokers' Quitline (www.nysmokefree.com)
Suicide Prevention Resource Center (www.ulifeline.org)
Go Ask Alice (www.goaskalice.com)
Anxiety Disorders Association of America (www.adaa.org)
American Psychological Association (www.apa.org)
American Psychiatric Association (www.psych.org)
National Institute of Mental Health (www.nimh.nih.gov)
National Mental Health Association (www.nmha.org)
S.A.F.E. Alternatives (www.selfinjury.com)
Substance Abuse & Mental Health Services (www.mentalhealth.samhsa.gov)
NYS Office of Alcohol and Substance Abuse Services (www.oasas.ny.gov)
National Eating Disorder Association (www.nationaleatingdisorders.org)
The Jed Foundation (www.jedfoundation.org)

INTERNSHIP OPPORTUNITY

PEER COUNSELING EDUCATOR

Peer Counseling Educator responsibilities include: tabling events, wellness campaigns, class visits and presentations, aid in developing and implementing psycho-educational workshops, and participate in all outreach events hosted by the Student Wellness Center.

Qualifications:

- All candidates must currently be enrolled at KBCC and display a strong interest in the field of psychology, mental health, community health, holistic wellness, recreational therapy, nursing, and other health related careers.
- Candidates should have a GPA close to or above a 3.0 with plans of advancing their education.
- Personal qualities: empathic, good listener, friendly, self-starter, responsible, flexible, open-minded, and eager to learn.

Duration: At least six months or more.

Academic Credit: Academic credit can be claimed but is not necessary.

Application Process: Please contact Ilona Fridson, Counselor & Student Wellness Center Coordinator at 718-368-5975.

Additional incentives available for successful candidates after completing training.

Free vaccinations and other medical services are offered to students via

HEALTH SERVICES / ROOM A-108 / T. 718-368-5684

- MMR Vaccine (Measles, Mumps, and Rubella) - Fridays 9am-11am
- TB Vaccine (Tuberculosis) - appointment required
- Hepatitis B Vaccine - for information, call Health Services
- Tdap Vaccine (Tetanus, Diphtheria, and Pertussis) - for information, call Health Services
- Medical Consultation by a College Physician—appointment required

For an appointment, visit or call the Health Services office from 8am to 4pm.

KINGSBOROUGH COMMUNITY COLLEGE

COUNSELING & HEALTH SERVICES NEWSLETTER/SPRING 2015

We listen.

COUNSELING & HEALTH SERVICES
Room D.102
Tel: 718.368.5975
Fax: 718.368.5057
www.kbcc.cuny.edu/Counseling Services/

Visit our website to access past issues of the newsletter.

OFFICE HOURS
Monday 9-7 / Tuesday 9-7 / Wednesday 9-5 / Thursday 9-6 / Friday 9-5

KINGSBOROUGH
COMMUNITY COLLEGE
★ DREAMS BEGIN HERE ★