TRAINING SEMINARS FOR STAFF & FACULTY
Winter, 2015

Identifying and Referring Distressed Students
An overview will be provided of signs and symptoms of emotional distress. Learn how to effectively speak with the student about your concerns and observations. Increase your knowledge of the consultation services available to you and the referral options that are available to provide the student. Co-presented by the Counseling Center and the Office of Student Conduct.
Thursday, January 29, 2015 – 9:00 to 10:00 am. UW1-103

Effective Response to the Five Most Common Challenging Presentations
The presentation starts with a quick overview of the stress facing today's college student. We then move on to a focused presentation of knowledge and skills that will increase your effectiveness in responding to distressed individuals. Specific skills will be offered to respond to the 5 most common challenging presentations in the workplace: Persisting and demanding person; Depressed, emotional, suicidal person; Angry, irate person; Not in touch with reality person; Threatening or violent person.
Thursday, February 5, 2015 – 3:00 to 4:00 pm. UW1-103

Understanding Today's College Student
Society, family structure, sense of safety, technology, and primary and secondary education has changed drastically in the past 25 years. These socio-cultural changes have influenced the developmental tasks faced by today's college student and coping skills of young adults in general. Higher education literature captures these trends in terms such as "Generation X/Y, Millennials, and Helicopter Parents". Staff and faculty may observe these developmental changes in terms of decreased skills regarding self-initiation or motivation, organization and planning, emotional intelligence, and interpersonal communication. Are student more self-focused, less mature, under-prepared, and mentally ill then they were in the past? This presentation will discuss these changes, provide a frame for explaining these perceptions, and share ways of addressing these developmental issues to effectively respond to the needs of today's college student.
Tuesday, March 17, 2015 – 10:00 to 11:00 am. UW1-103