



# OUTREACH PROGRAM GUIDE

## FALL / SPRING 2020-2021

### Counseling Center

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**BALL STATE  
UNIVERSITY**

THE BALL STATE UNIVERSITY COUNSELING CENTER  
presents

## OUTREACH PROGRAM GUIDE

Fall / Spring Semester 2020-2021

### 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. To this end, we are committed to working closely with faculty, staff and students to support student academic success.

Current outreach topics include: body image and eating disorders prevention, sexual assault prevention, stress management and resiliency, relationship issues, substance abuse, diversity training, suicide prevention and trauma

Due to the pandemic and for the health and safety of the campus community, we are providing all outreach presentations and services virtually through WebEx or Zoom for Fall Semester 2020. We will be offering our free massage chairs for use for students and staff but you will need to make an appointment to use them, answer safety questions, and wear a mask in public areas.

If you are interested in requesting a program from our menu of programs listed in this guide for your class or organization, please complete the "*OUTREACH REQUEST FORM FOR PRESENTATIONS REQUESTED FROM THE OUTREACH AND SPECIAL PROGRAMS GUIDE*" (<https://www.bsu.edu/campuslife/counselingcenter/outreach>) at least two weeks from the date you wish to have the program. We will make every attempt to accommodate your request.

If you would like to have us serve in a consultation role, develop a new program or help facilitate a program you are delivering, please complete the "*OUTREACH REQUEST FORM FOR COUNSELING CENTER STAFF PERSON TO BE A CONSULTANT FOR A PRESENTATION*" (<https://www.bsu.edu/campuslife/counselingcenter/outreach>). We request that you complete this form at least one month in advance to give us time to help develop this program.

**COUNSELING CENTER**  
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**I. GENERAL OUTREACH/CONSULTATION PROGRAMS**

**A. COUNSELING CENTER SERVICES**

Program Goal: Provide an overview of the services offered by the Counseling Center and discuss common problems college students face.

Learning Objectives:

1. Gain more knowledge about Counseling Center services.
2. Increase comfort in using the Counseling Center's services.
3. Encourage use of the Counseling Center's services.

**B. DISCOVERING YOUR EXCELLENCE: ENHANCING SELF-ESTEEM**

Program Goal: Develop ways of increasing self-confidence and self-esteem through discussion and experiential activities.

Learning Objectives:

1. Learn the definition of self-esteem and the factors that affect self-esteem.
2. Learn techniques and strategies to increase self-esteem.
3. Develop strategies to develop a more optimistic, positive self-image.

**C. PUTTING YOUR BEST FOOT FORWARD: ASSERTIVENESS TRAINING**

Program Goal: Increase awareness of assertive communication through experiential activities and role plays.

Learning Objectives:

1. Increase knowledge about the differences between passive, aggressive, passive-aggressive and assertive communication.
2. Become more confident in using assertive language.
3. Develop more effective communication with others using assertive behavior.

**D. OTHER SERVICES:**

**FACULTY/STAFF CONSULTATION**

Provide consultation from 8:00 a.m.-5:00 p.m. Monday-Friday for faculty and staff and address questions or concerns about students and provide psychological information.

**BULLETIN BOARDS**

Check out pre-made bulletin boards on a variety of topics by contacting Dr. Ellen Lucas (765-285-1736; [elucas@bsu.edu](mailto:elucas@bsu.edu)).

**RESOURCE AND RELAXATION ROOM (LUCINA HALL, ROOM 310-A)**

De-stress in the Counseling Center's relaxation room that is complete with two massage chairs, relaxation CD's and DVD's, a coloring station, aromatherapy and light therapy. Free of charge; no appointment is necessary. Also, the resource area provides a drop-in self-help center offering pamphlets, books, handouts and computerized guidance information on a variety of mental health issues. Resource assistants are available to help students locate information and direct them to other useful resources. **PLEASE NOTE: Only the massage chairs will be available for Fall Semester 2020.**

## **II. CAREER EXPLORATION**

### **A. DO WHAT YOU LOVE**

Program Goal: Become more knowledgeable about career values, skills and interests and identify majors and careers based upon this information.

Learning Objectives:

1. Learn the stages of career development.
2. Gain increased confidence in engaging in career research.
3. Increase knowledge in how students' values, skills and interests match with careers.

### **B. GO FOR THE GOAL**

Program Goal: Learn how to set SMART goals through experiential activities.

Learning Objectives:

1. Gain a better understanding of the importance of goal setting for academic, personal and career goals.
2. Learn how to set SMART goals.
3. Practice setting SMART goals.

### **C. TWO PEOPLE, TWO CAREERS: CAREER DECISION-MAKING FOR PARTNERS**

Program Goal: Explore the unique challenges facing partners in making career decisions and learn strategies to help to navigate these challenges.

Learning Objectives:

1. Become more aware of the challenges facing partners in coordinating careers.
2. Learn strategies partners can utilize in coordinating career decisions.
3. Learn the advantages and disadvantages in making career decisions with partners.

### **D. TAKING ON THE WORLD: MAKING THE TRANSITION FROM COLLEGE TO THE WORKPLACE**

Program Goal: Assist students in making a successful transition from college to the workplace and gain information to ease this transition.

Learning Objectives:

1. Gain a better understanding of the differences in qualities, expectations and skills needed in a successful transition from college to the workplace.
2. Learn what employers are looking for in the values, traits and attributes of a new hire.
3. Acquire knowledge about coping skills needed to navigate the transition from college to the workplace.

### **E. SIGI 3**

Program Goal: Learn how to use SIGI 3 to explore students' values, skills, interests and personality and identify resources helpful in researching career interests.

Learning Objectives:

1. Gain a better understanding of the stages of career development.
2. Learn how to use SIGI 3 a computerized career exploration program, to explore values, skills, interests and personality and identify careers that match these factors.
3. Become more knowledgeable about online career resources.

#### **F. VALUES AUCTION**

Program Goal: Explore career values as they relate to qualities students desire in their careers through using an experiential exercise.

Learning Objectives:

1. Gain a better understanding of the stages of career development.
2. Increase knowledge of career values and how to rank career values.
3. Learn how to choose careers based on the ranking of students' career values.

#### **G. MYERS-BRIGGS TYPE INDICATOR**

Program Goal: Using the Myers-Briggs Type Indicator (MBTI) survey, become more knowledgeable about communication styles and learn how to improve interactions with others including conflictual situations and how to use strengths and understand weaknesses in learning styles.

Learning Objectives:

1. Gain a greater awareness of how MBTI personality style affects communication styles and interactions with others.
2. Learn to better manage and navigate conflict with others based upon an understanding of MBTI personality type.
3. Gain more knowledge of learning style based upon MBTI results.

### **III. DIVERSITY**

#### **A. SUPPORTING TRANS STUDENTS**

Program Goal: Learn about terminology related to the transgender community and how to support transgender students.

Learning Objectives:

1. Learn terminology related to the transgender community.
2. Learn about examples of other cities that have implemented policies to support their transgender students.
3. Gain information about concrete ways to support transgender students.

#### **B. DIVERSITY AND INCLUSION**

Program Goal: Learn about the definition of diversity and its importance, gain an understanding of different cultural identities, both invisible and visible, and increase the awareness of how cultural identities connect with privilege, oppression, and power.

Learning Objectives:

1. Learn concepts of diversity, inclusion, and the importance of these aspects.
2. Learn about the variations of identities: invisible, visible, and intersectionality.
3. Broaden understanding of systemic influences on privilege and oppression through an introduction to diversity models.

#### **C. LGBTQ+ INTERSECTIONALITY PRESENTATION**

Program Goal: Learn about oppression, privilege, and intersectionality within one's own visible and invisible identities and within the LGBTQ+ communities.

Learning Objectives:

1. Know the definitions of oppression, privilege, and intersectionality.
2. Identify one's own visible and invisible identities and where those fall within the privilege and oppression scale.
3. Identify at least five areas where LGBTQ+ movements lack intersectionality focus.

**D. COPING WITH CULTURAL SHOCK**

Program Goal: Learn about acculturation, the stages of culture shock, and how to cope with one's cross-cultural experiences.

Learning Objectives:

1. Know how to normalize the challenges people might experience in the process of acculturation.
2. Become familiar with the stages of culture shock.
3. Learn about coping strategies to deal with cross-cultural experiences.

**E. SAFEZONE WORKSHOP**

Program Goal: Learn about terminology related to the LGBTQ+ community, gain a better understanding of heterosexual privilege and its impact and how to be an ally and advocate for the LGBTQ+ community. These outreach events are held at scheduled times throughout the year. Please check the website for a list of when these events are held.

Learning Objectives:

1. Increase sensitivity, knowledge, and skill in understanding and responding to LGBTQ+ issues.
2. Increase efficacy at being an ally and advocate for the LGBTQ+ community.
3. Create a better understanding of heterosexual privilege and its impact and provide resources and encouragement to allies and advocates.

**F. TRANS SAFEZONE WORKSHOP**

Program Goal: Learn about the terminology related to the transgender community, increase the sensitivity of cisgender privilege and its impact, and how to be an ally and advocate for the transgender community. These outreach events are held at scheduled times throughout the year. Please check the website for a list of when these events are held.

Learning Objectives:

1. Increase sensitivity, knowledge, and skill in understanding and responding to transgender issues.
2. Increase efficacy at being an ally and advocate for the transgender community.
3. Create a better understanding of cisgender privilege and its impact and provide resources and encouragement to allies and advocates.

**G. ETHNIC/RACIAL MINORITY SUPPORT GROUP**

Program Goal: Increase support, community, and advocacy for ethnic/racial minority students. These outreach events are held at scheduled times throughout the year. Please check the website for a list of when these events are held.

Learning Objectives:

1. Increase empathy for racial/ethnic minority students and their experiences of oppression.
2. Increase knowledge of different types of racism, prejudice, and discrimination that can occur for ethnic/racial minority students on and off campus.
3. Identify ways that students who do not identify as ethnic/racial minorities can be allies in advocacy and support of those who are ethnic/racial and other minority groups.

#### **H. INCLUSION & MENTAL HEALTH**

Program Goal: Increase knowledge of how Inclusion affects people's mental health and gain skills of how to support, provide community, and advocate for ethnic/racial minority students.

Learning Objectives:

1. Increase knowledge of different types of racism, prejudice, and discrimination that can occur for ethnic/racial minority students on and off campus and can affect their mental health.
2. Recognize and identify challenges/barriers and impact of the intersectionality of identities.
3. Identify and learn ways of how to create an inclusive environment and reduce the risk of having mental health issues.

#### **IV. GRIT: GROWING RESILIENCY IN COLLEGE TOGETHER**

##### **A. WHAT IS MINDFULNESS?**

Program Goal: Provide information about mindfulness and provide practice in a variety of mindfulness techniques including breathe training that can improve well-being.

Learning Objectives:

1. Learn the definition, origins and benefits of mindfulness.
2. Learn one experiential mindfulness activity.
3. Learn how to utilize mindfulness in daily life.

##### **B. DON'T STRESS ABOUT STRESS**

Program Goal: Explore signs and symptoms of stress and provide practice with a variety of stress-reducing coping strategies including diaphragmatic breathing, progressive muscle relaxation, and visual imagery.

Learning Objectives:

1. Learn how to recognize the signs of stress and identify contributing factors to stress.
2. Learn a variety of ways to both cope with and reduce stress.
3. Learn stress-reducing coping strategies.

##### **C. CRUSHING IT AT COLLEGE**

Program Goal: Provide information and skills related to common college issues and to provide practical tips to crush your college experience!

Learning Objectives:

1. Learn time management, communication and conflict management strategies to reduce stress.
2. Learn ways to leveraging perfectionism toward success and bouncing back from failure.
3. Develop strategies to balance responsibilities while creating intentional space for self-care and self-appreciation.

##### **D. RESILIENCY**

Program Goal: Learn to identify and increase purpose and meaning in life so to persevere through life's challenges.

Learning Objectives:

1. Learn ways to increase gratitude in life.
2. Learn to make link one's values to how to live and the decisions one make.
3. Learn to reframe failure as an opportunity to learn and grow.

## **V. PUB: PREVENTING UNHEALTHY BEHAVIORS**

### **A. WHAT ARE EATING DISORDERS?**

Program Goal: Gain an understanding of the symptoms, causes and various treatment approaches for people with eating disorders.

Learning Objectives:

1. Gain a better understanding of the symptoms, causes and treatment approaches for people with eating disorders.
2. Increase knowledge of the warning signs of developing disordered eating and how to help a friend or family member who may be developing an eating disorder.
3. Learn how to develop healthy eating habits and healthy weight management strategies.

### **B. BEING OURSELVES IN A FAIRY TALE WORLD**

Program Goal: Examine the messages men and women receive from fairy tales and how this can impact self-esteem, body image and self-worth.

Learning Objectives:

1. Gain a better understanding of the messages in fairy tales relating to body image and the cultural ideal for the roles for men and women.
2. Increase awareness of how messages in fairy tales are perpetuated in the media.
3. Learn how to combat the negative messages in fairy tales relating to body image, and the cultural ideal for the roles for men and women.

### **C. HEALTHY EATING FOR HEALTHY WEIGHT MANAGEMENT**

Program Goal: Gain a better understanding of why diets don't work and how to manage weight through healthy eating, appropriate portion sizes and exercising.

Learning Objectives:

1. Increase knowledge of the role that metabolism plays in weight management and how dieting negatively effects metabolism.
2. Learn healthy portion sizes and nutritional requirements for a healthy diet.
3. Gain a better understanding of the role that exercise plays in weight management and how to develop an effective exercise routine.

### **D. MINDFUL EATING**

Program Goal: Discuss the slow food movement and how to reverse speed eating which can lead to overeating and unhealthy eating.

Learning Objectives:

1. Gain an understanding of the slow food movement and mindful eating.
2. Learn how to eat mindfully.
3. Increase knowledge of how mindful eating can help to maintain a healthy weight.

### **E. THE ABC'S OF DIET SCAMS: FROM ATKINS TO THE ZONE**

Program Goal: Explore the most popular diets and misleading and false claims made about them and discuss healthy approaches to losing and maintaining weight.

Learning Objectives:

1. Become a more informed consumer of commercial diet plans.
2. Learn healthy approaches to weight management.
3. Gain an understanding of the role that exercise plays in weight management.

#### **F. THE CHANGING IDEA(L)**

Program Goal: Focus on the changes in roles, societal expectations and the cultural ideal for women and men through history and connect these shifts with the changes in body shapes and sizes through time.

Learning Objectives:

1. Gain a better understanding of the changing roles, societal expectations and the cultural image for women and men through time.
2. Learn how the changing roles for men and women relate to changes in body image and expectations for size and weight.
3. Increase knowledge of the media plays a role in propagating expectations for the ideal body for men and women.

#### **G. MIRROR, MIRROR ON THE WALL**

Program Goal: Look at the effects that the media has had on our body image and self-esteem and discuss how to create a positive and healthy self-image.

Learning Objectives:

1. Gain a better understanding of the effects the media has on our body image and self-esteem.
2. Learn how media messages play a role in the development of eating disorders.
3. Increase knowledge of how to enhance your body image and self-esteem.

#### **H. THE GROWING TREND OF COSMETIC SURGERY**

Program Goal: Provide an in-depth look at the world of plastic surgery, the current trends and potential complications in these procedures, and discuss the connection between eating disorders, body dysmorphia and plastic surgery the quest for the "perfect body."

Learning Objectives:

1. Gain a better understanding of the various types of plastic surgery and how this plays a role in self-esteem and self-worth.
2. Learn how eating disorders and body dysmorphia can develop from plastic surgery in the quest for the perfect body.
3. Increase knowledge of alternatives to plastic surgery such as body acceptance, body positivity and self-esteem.

#### **I. MEN AND EATING DISORDERS**

Program Goal: Focus on the unique challenges men face in meeting the cultural ideal for appearance and to explore men and eating disorders.

Learning Objectives:

1. Gain a better understanding of the body image issues for men and how this can lead to the development of an eating disorder.
2. Increase knowledge of the groups that have an increased risk for developing an eating disorder.
3. Learn skills and strategies to enhance body image and self-esteem and combat negative messages about appearance.

#### **J. WHAT NOT TO DO WITH YOUR DRUNK FRIEND**

Program Goal: Challenge myths about alcohol use and increase knowledge of harm reduction techniques related to alcohol use.

Learning Objectives:

1. Gain skills to intervene and help a drunk person.
2. Learn about the importance of measuring and counting drinks and practice by engaging in a pouring demonstration.
3. Gain knowledge and challenge myths related to how alcohol affects the body.

#### **K. ALCOHOL EDUCATION 101**

Program Goal: Better understand the impact of past alcohol consumption and identify ways to better manage alcohol consumption in the future.

Learning Objectives:

1. Gain more knowledge about different topics related to alcohol consumption including but not limited to BAC, sexual consent and intoxication, blackouts, and problematic alcohol use.
2. Learn about the health and mental health consequences of high alcohol consumption.
3. Learn techniques to make better choices related to alcohol consumption.

### **VI. LOST & FOUND: FINDING HOPE THROUGH CHALLENGE AND CHANGE**

#### **A. SUICIDE PREVENTION**

Program Goal: Increase knowledge regarding suicide prevention and skills on how to talk with a highly distressed or suicidal person.

Learning Objectives:

1. Increase knowledge of statistics, suicide risk factors, and common misconceptions surrounding suicide.
2. Increase knowledge of precipitating events, diversity variables and warning signs of suicide.
3. Increase knowledge and skills of how to talk to someone who is suicidal/distressed and how to refer to professional help.

#### **B. DESTIGMATIZING MENTAL ILLNESS**

Program Goal: Increase knowledge regarding mental illness and related stigma and strengthen ability to destigmatize mental illness.

Learning Objectives:

1. Increase knowledge of mental health and mental illness, including statistics, common myths, and risk factors.
2. Increase knowledge of diversity-related considerations in mental health and how these may relate to stigma and help-seeking behaviors.
3. Increase ability to challenge myths related to mental health to decrease stigmatization.

#### **C. MAYBE: UNDERSTANDING THE CONTINUUM OF COMPASSION FATIGUE**

Program Goal: Increase knowledge of the relationship between compassion stress, compassion fatigue, and vicarious trauma. Strengthen ability to engage in self-care.

Learning Objectives:

1. Increase knowledge of the common characteristics and specific differences between compassion stress, compassion fatigue, and vicarious trauma.
2. Increase knowledge and awareness of warning signs and risk factors along this continuum.
3. Strengthen ability to identify coping strategies and develop a self-care plan to effectively manage the stress related to trauma exposure.

## **VII. SEXUAL ASSAULT**

### **A. BYSTANDER INTERVENTION TRAINING**

Program Goal: Increase knowledge of what bystander intervention is and gain skills in how to intervene in a variety of situations.

Learning Objectives:

1. Increase knowledge of what bystander effect and bystander intervention are.
2. Learn what are the five decision-making steps of bystander intervention.
3. Gain skills to actively intervene in a variety of negative situations.

### **B. HEALTHY RELATIONSHIPS**

Program Goal: Increase knowledge of the differences between healthy and unhealthy relationship patterns and ways to discuss with others about unhealthy relationships.

Learning Objectives:

1. Increase knowledge about the differences between healthy and unhealthy relationship patterns.
2. Recognize the warning signs of an unhealthy relationship.
3. Gain skills to communicate with others regarding unhealthy relationships and identify community resources if need.

### **C. EFFECTIVE COMMUNICATION**

Program Goal: Increase knowledge about different communication styles and effective ways to communication.

Learning Objectives:

1. Increase knowledge about the different communication styles.
2. Gain a better understanding of what conflict is and how conflict can be healthy.
3. Develop skills to communicate effectively with others.

### **D. HEALTHY BOUNDARIES**

Program Goal: Increase knowledge around boundaries and practice boundary setting.

Learning Objectives:

1. Increase knowledge about the importance of boundaries.
2. Recognize potential barriers to boundaries.
3. Develop skills in setting boundaries in a variety of situations.

### **E. SEXUAL ASSAULT MYTHS VERSUS FACTS**

Program Goal: Increase knowledge about sexual assault facts and debunk sexual assault myths.

Learning Objectives:

1. Increase knowledge about facts and statistics regarding sexual assault and trauma responses.
2. Recognize where sexual assault myths come from within today's society.
3. Develop skills to challenge and refute sexual assault myths.