

Building Pathways to Health Careers

April 2009



Up Coming:

- **Next Advisory Committee Meeting:**
June 4th 10:00am Passaic
- **Next Grant Steering Committee Meeting:**
April 23rd 9:30am
- **Next quarterly report due to the Department of Labor:**
May 15, 2009

Update on Counseling Services:

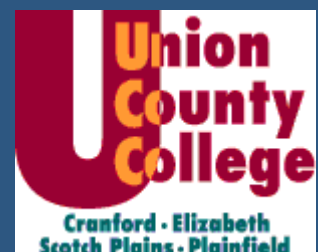
By Maureen Bekheet

Union County College Counseling Services offers academic advising, career, and personal counseling services to all UCC Students. The Allied Health Student Development Specialist works specifically with the LPN and EMT students to provide them with the necessary supports needed to succeed in their programs. Many students experience a great deal of stress in their lives, such as balancing student life with family responsibilities, time management, coping with anxiety and depression, dealing with losses, and handling new academic demands. To help overcome these stressors, the Student Development Specialist has been meeting with students for individual counseling and has also been offering workshops that address these different issues.

Each semester the Student Development Specialist has been conducting classroom visits and providing students with an overview of the counseling services that are available to them. During each classroom visit, students are asked to complete a Workshop Development Survey to assess their needs. Based on this semester's survey results, the following workshops have been offered: *Identifying and Managing Test Anxiety*, *Enhancing Your Test Taking Strategies*, and *How to Write a Resume*. Student attendance has been high for the workshops and feedback has been very positive. The workshops provide students with information on the various topics, but they also give the students a chance to share their thoughts and feelings with each other. Students are able to build a support system and discuss what areas they are struggling in and what areas they have been succeeding in. They are able to relate to each other and many students seem to find comfort and support in knowing that they are not alone. Students are encouraged to contact Maureen Bekheet at 908-791-4911 or email Bekheet@ucc.edu for information on workshops or to schedule an individual appointment.

"Education isn't how much you have committed to memory, or even how much you know. It's being able to differentiate between what you know and what you don't."

Anatole France



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This product was funded by a grant awarded under the President's Community-Based Job Training Grants, as implemented by the U.S. Department of Labor's Employment & Training Administration. The information contained in this product was created by a grantee organization and does not necessarily reflect the official position of the U.S. Department of Labor. All references to non-governmental companies or organizations, their services, products, or resources are offered for informational purposes and should not be construed as an endorsement by the Department of Labor. This product is copyrighted by the institution that created it and is intended for individual organizational, non-commercial use only.

Featured Article:

We are interested in featuring a short article or description of a selected Advisory Committee participant every month in this section. Please get involved and submit your paragraphs by May 11, 2009 for the May 2009 newsletter.

Please submit all information and questions/comments to Kathleen Michell at michell@ucc.edu.



Open House Announcement:

Practical Nursing and Allied Health Open House

April 22, 2009 at 6:00pm

Location: Plainfield Campus cafeteria

Call 908-709-7519 or email reception@ucc.edu to register.

