

## **Additional Information for Faculty**

### **Class Presentations/Workshops**

The Counselor can provide classroom presentations or assist with facilitating group discussions on numerous topics that relate to personal growth and can complement course content. For example:

#### **Communication Skills**

Interpersonal Skills – on the job and in relationships.

#### **Understanding Personality Types**

Developing appreciation for, and understanding the differences between personalities utilizing the Myers-Briggs Type Personality Indicator.

#### **Conflict Resolution**

Recognizing tension on the job, in the classroom or in relationships and how to begin resolution.

#### **Anxiety**

What to do when experiencing symptoms and how to reduce anxieties.

#### **Depression**

Understanding symptoms in self and others and how to begin overcoming depression.

#### **Problem-Solving**

Develop strategies for how to cope with and resolve problems

#### **Presentation of Self**

Understanding how individuals convey attitude and create positive or negative perception.

#### **Stress Management/Reduction/Relaxation Exercises**

Review causes of stress, how stress manifests itself physically, emotionally, and in our behavior. Recognizing the difference between positive and negative stress. Participate in a relaxation exercise.

#### **Tapping Creativity**

Tips for expanding creative abilities.

#### **Grief**

Dealing with the mourning process, what to expect and how to cope.

#### **Understanding the Concept of Wellness**

Reviewing the dimensions of wellness and the integration of body, mind, spirit in the promotion of well-being.

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