

Thursday, April 19, 12 - 12:50 p.m.

A Reason to Live:

*A Film about Depression and
Suicide in Young Adults*

Topic: Gender, Diversity, and Mental Health

(Room 2153)

Thursday, April 19, 11 a.m. - 1 p.m.

Mirror of Privilege

Topic: Diversity

Michelle James

(Room 2140)

SKOKIE CAMPUS

WORKSHOPS

Wednesday, March 7, 1 - 2 p.m.

How to Help Friends in Distress

Mark Kiel

Learn the basics of helping friends and loved ones under emotional stress.

(Room C120)

**Tuesdays, January 31, February 28, and
March 27 - all at 1 p.m.**

Procrastination Workshops

Jan Thompson-Wilda and Mike Maloney

Discover effective ways to eliminate this #1 grade killer.

(All sessions are in Room B202)

About The Student Development Faculty:

Your Workshop Presenters

The goal of the Student Development faculty is to provide students with learning opportunities that enhance their cognitive and emotional development. The faculty is comprised of skilled, experienced professional counselors who teach courses in psychology, facilitate psycho-educational workshops, and provide individual counseling for Oakton students.

To contact a Student Development faculty member about a workshop or personal counseling, use the information below:

Greg Baldauf, Room 2809/DP

847-635-1846, greg@oakton.edu

John D'Anca, Room 2112/DP

847-635-1966, johnnd@oakton.edu

Michelle James, Room 2106/DP

847-635-1730, mjames@oakton.edu

Paul Johnson, Room 2731/DP

847-376-7088, pjohnson@oakton.edu

Mike Maloney, Room B224/SK

847-635-1439, mikem@oakton.edu

Cary Schawel, Room 2520/DP

847-635-1988, carys@oakton.edu

Jan Thompson-Wilda, Room B220/SK

847-635-1477, jan@oakton.edu

Linda Zimmerman, Room 2612/DP

847-635-1842, lindaz@oakton.edu

Personal Counseling

Common problems and concerns students bring to counseling include:

- Depression
- Loneliness
- Family problems
- Divorce
- Concerns about sex and sexuality
- Concerns about alcohol and drug use
- Grief and loss
- Thoughts of suicide
- Trauma or abuse
- Stress and anxiety
- Relationship issues
- Gender issues
- Disordered eating
- Self-esteem
- Living in a new culture

To make an appointment with a counselor, contact the Advising and Counseling Office.

Room 1130, Des Plaines campus, 847-635-1741

Room A105, Skokie campus, 847-635-1400

The Student Development Faculty

presents

Workshops and Film Discussions

SPRING 2012



DES PLAINES CAMPUS

WORKSHOPS

Thursday, February 9, 11 a.m. - 1 p.m.

Procrastination

Michelle James

What are the characteristics of procrastination?
How can you conquer this #1 grade killer?

(Room 2145)

Wednesday, February 15, 2 - 3:30 p.m.

Growing Yourself Back Up Again

Greg Baldauf

Learn techniques that can help when you “regress”
to a childhood state.

(Room 2145)

Thursday, February 23, 1 - 2 p.m.

Unhealthy Eating

Mark Kiel

Find out more about emotional and disordered
eating habits.

(Room 2138)

**Mondays, February 6 and March 5,
11 a.m. - 12:30 p.m.**

Getting Better Grades

John D’Anca

Explore simple things you can do to be a better
student and get better grades.

(February 6: Room 2153, March 5: Room 2145)

Tuesday, February 14, 11 a.m. - 12:15 p.m.

Creating Healthy Relationships

Linda Zimmerman

Create relationships that work—and avoid dan-
gerous connections.

(Room 2143)

Tuesday, March 20, 11 a.m. - 12:15 p.m.

Dealing with Anxiety and Depression

Linda Zimmerman

Do you sometimes worry? Are you overwhelmed
by sadness? Learn techniques for dealing with
those feelings using Rational Emotive Behavior
Therapy (REBT), a simple cognitive method.

(Room 2140)

Thursday, March 22, 11 a.m. - 1 p.m.

Diversity 101

Michelle James

How are culture, ethnicity, and identity defined?
What do these terms have to do with equality?
Find out at this workshop, which also addresses
concerns for a just and fair society.

(Room 2140)

Monday, March 26, 11 a.m. - 12:15 p.m.

Perfectionism

Beth Wrobel

Gain a better understanding of the helpful—and
unhelpful—aspects of being a perfectionist.

(Room 2145)

Wednesday, April 11, 11 a.m. - 12:15 p.m.

Assertiveness: Learn to Say “No”

Beth Wrobel

What does it mean to be assertive? What stops us
from being firm or saying “no,” and how can we
become more assertive?

(Room 1560)

Wednesday, April 11, 2 - 3:30 p.m.

Anger Management

Greg Baldauf

Learn about the characteristics of anger—and
how to manage it.

(Room 2145)

FILM DISCUSSIONS

Film Review: Psychological Topics and You

A discussion will follow each film.

Wednesday, March 21, 11 a.m. - 12:15 p.m.

Thin

Topic: Eating Disorders

Cary Schawel

(Room 1560)

Wednesday, March 7, 11 a.m. - 12 p.m.

Raising Cain: Exploring the Inner Lives of Boys

Topic: Gender, Diversity, and Bias

Paul Johnson

(Room 2145)

Thursday, March 29, 11 a.m. - 1 p.m.

Race: The Power of an Illusion Part I

Topic: Diversity

Michelle James

(Room 2140)

Thursday, April 5, 11 a.m. - 1 p.m.

Race: The Power of an Illusion Part II

Topic: Diversity

Michelle James

(Room 2140)

Thursday, April 12, 11 a.m. - 1 p.m.

Race: The Power of an Illusion Part III

Topic: Diversity

Michelle James

(Room 2140)