

PHYS 110

Self-Awareness, Transition, & Resources

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Student Affairs

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Counseling Center

Balancing Needs & Differences

- How are you honoring your own needs?
- How have they changed over the course of the last year?
- Do you know the needs of others?
- Could their actions or reactions be a way of meeting their own needs?
- Folks may be coming from different countries or states
 - How may their responses differ from Illinois, University of Illinois, etc.
- What cultural factors may be involved in varied responses?
 - Reflect on varying needs and values



Consider Situations & Comfort

- What are your comfort levels with various situations
 - Think of these on a spectrum
- Plan ahead without ruminating
- Are there alternatives that you could offer?
 - Would you be open to a meal instead of a party?
 - Would you prefer a hybrid meeting instead of online?



Tips for Communicating

- Express your thoughts and feelings calmly
 - Take responsibility for your emotions and express them in a calm manner, try "I feel" statements
- Plan what you're going to say
 - Know your wants and needs and think of how you want to express them (be specific)
- Say "no" when you need to
 - You can't make everyone happy all the time
- Respect yourself
 - Your wants and needs are as valid as anyone else's and it's fine to express these in a respectful way



Take Time to Recharge Often



- “You know, one of the greatest gifts that we can give another person is the gift of our full attention. And often when we think about serving, we think, what can I tell somebody to help them fix something? And what can I do to change a problem in their life? But we often forget that simply showing up and listening can be an extraordinarily powerful experience. If you've ever felt deeply listened to by somebody else, you know that that experience helps you feel seen and appreciated and understood. And that is a very, very powerful antidote to loneliness and to disconnection.” -Vivek Murthy, MBA, MD (19th & Current Surgeon General of the US)



Reasons Students Might Use Our Services



- Academic distress/stress management
- **Mild/moderate anxiety or depression**
- Relationship concerns
- **Family distress**
- Harm reduction drug/alcohol use
- **Social skills**
- Bereavement
- **Lack of motivation**
- Identity development
- **Managing microaggressions/racism/oppression**
- Resiliency
- **Homesickness**
- Sexual concerns
- **Roommate or friend difficulties**
- Perfectionism
- **Time management**

How to Find Us



/IllinoisCounselingCenter



@IllinoisCounselingCenter



@UI_Counseling



/UniversityofIllinois
CounselingCenter

Hours of Operation

Monday, Tuesday, and Friday: 8:00 am – 5:00 pm

Wednesday & Thursday: 8:00 am – 7:00 pm

(5:00 pm – 7:00 pm by appointment)



counselingcenter.illinois.edu

217-333-3704



Counseling Center Services Overview

Clinical

Time-Limited
Individual Counseling

Group Counseling

Specialized
Assessments

Crisis Intervention &
Management

Outreach & Prevention

Workshops on Request

Skill-Building
Workshop Series

Training and Involvement

Counseling Center
Paraprofessionals

Harm Reduction Peers

INNER VOICES Social
Issues Theater



Counseling Services



Initial Appointment (IA)



Initial Consultation (IC)



Time-Limited
Therapy



Unscheduled/Urgent



Group Therapy



Embedded Counselors

- College of Agriculture, Consumer, and Environmental Science: Mark Layng, LCPC
- College of Applied Health Science: Kim Peters, LCPC
- College of Liberal Arts and Sciences: Andy Novinska, LCPC
- Department of General Studies: Matilda Smith-Thompson, LCSW
- Grainger College of Engineering: Juve George, Psy.D.
- Gies College of Business: Jennifer House, LCSW
- Fine and Applied Arts: Bryan Deutsch, LCSW

Call 217-333-3704 for more information.



Kognito At-Risk Training

- Teaches skills to recognize distress in others, talk to them about it, and connect them with resources that can help.
- Modules for students and faculty/staff.
- Modules specific to concerns of LGBTQ individuals and student veterans.

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Stay Well

Thank you!



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