

APRIL 2023

THE PARAPHRASE

Official Newsletter of The University of Illinois
Counseling Center Paraprofessional Program



Introduction

BY KATIE HOHE

Happy April, Illini! We hope that everyone has gotten the chance to get outside and enjoy the warm spring weather. This edition of the Paraphrase Newsletter will be the final one of the Spring 2023 semester. In this issue of the newsletter, we will share resources for incoming students in preparation for the new school year. Additionally, we will take a closer look at some past and upcoming outreach events, including an LGBTQIA+ Ally Training, the National Eating Disorders Awareness Walk, and #FinishStrong. Furthermore, we will highlight the newly-released first episode of the CCP Podcast. We will also spotlight our graduating CCP seniors as well as the upcoming 45th Anniversary Celebration for the program. We hope you enjoy this exciting and jam-packed edition of the Paraphrase Newsletter!

This Issue:

Introduction

PAGE 01

NEDA Walk

PAGE 02

Graduates Commemoration

PAGE 03

Finish Strong Illinois Spring
2023

PAGE 04

LGBTQIA+ Ally Training

PAGE 05

U&I: A Wellness Podcast

PAGE 06

Supporting New Students in
the New School Year

PAGE 07

April Sexual Health Fair

PAGE 08

45th Anniversary

PAGE 09

Upcoming & Notable Events

PAGE 10



NEDA Walk

BY KATIE HOHE

On the morning of Saturday, April 22, the Counseling Center's Eating Disorders Outreach Team (EDOT) will host the eighth annual National Eating Disorders Association (NEDA) Walk at the University of Illinois Arboretum. The NEDA Walk is one of the largest outreach initiatives organized by the Counseling Center each year. The goal of the walk is to raise money for eating disorder education, prevention, and research. Furthermore, the University of Illinois Counseling Center is one of many sites that hosts an annual NEDA Walk, as these walks are some of the largest eating disorders awareness events across the nation.

Check-in for NEDA Walk attendees will begin at 9:00 a.m. at the parking lot south of the Japan House. After checking in, walkers will be able to enjoy a variety of activities, including an expressive arts table, a plant-potting table, and lawn games such as cornhole and giant JENGA. Before the walk starts, a handful of Counseling Center Staff and CCPs will give brief speeches on the history and importance of the NEDA walk as well as any personal experiences related to eating disorders and body image. Then, the short walk around the Arboretum will begin at 10:00 a.m. and last approximately 30 minutes. Along the walk path, CCPs from EDOT and other project teams will hold signs donning messages promoting self-love and body acceptance. After the walk has ended, eight different prizes will be raffled off to those who have registered for or donated to the event. On top of this, the student organization that raised the most money will win a coffee bar!

The 2023 NEDA Walk is going to be a wonderful and fun celebration of strength, hope, and recovery. Hope to see you there!





Graduates Commemoration

BY HARRISON MORG

For the last issue of the newsletter before graduation, I wanted to thank our graduating seniors for choosing to attend UIUC, being a part of the CCP Program and making our campus a better place. Their efforts are truly an inspiration as they struggled a balance between school work and living on their own. Many students experience being on their own for the first time when they enter college. Others might feel nervous if they are taking the right classes or picking a major they will enjoy. Some may feel a need to switch majors and minors multiple times, and some might even consider dropping out. Going through these hardships of finding the self and putting in the work to make it happen is what makes being a college graduate so special. Students at UIUC will not leave as the same people they were beforehand. They will be more knowledgeable and hard-working as they move on to further schooling or careers. Being a UIUC student prepares us for what might come next.

I would also like to thank the CCPs that are graduating this school year. I have had the opportunity to get to know my classmates over the past three semesters, and I can confirm that they have such a strong desire to help others. Even when work piled up, I never heard complaints since we were all happy to be a part of this program and support our students on campus. It was truly inspiring to hear how our CCPs all have different ideas on what populations they want to specialize in helping and why as well as how they wish to achieve that goal. I learned from the experience that there are no right or wrong answers and that there are an infinite number of possibilities for what we can achieve in life. I feel hopeful for the future knowing that there are people who have this strong sense of justice and kindness that the world needs. I wish all of our graduates the best of luck as they move forward towards the next phase of their lives and hope that they will look back fondly on their time at UIUC.





Finish Strong Illinois Spring 2023

BY EVARISTO RIOS

The end of the semester is near! Thinking about summer vacation and some time away from the academic life of homework and exams can be exciting, but it can also be the most stressful time for many students. Deadlines, late night studying for finals, the concern of grades, transiting back home, or even summer internships can intensify the stress of a lot of students, so it is important to make sure to take care of yourself during this time. #FinishStrongIllinois is a campaign done by the counseling center to provide support, encouragement, and a sense of community to the UIUC student population before and during finals. In this campaign, the Counseling Center directly reaches out to students through tabling events all around campus in order to connect with students, provide mental health resources, informative pamphlets, and self-care packages. These packages include things like tea, pencils, pens, and snacks for students. In addition to the tabling, the counseling center also reaches out virtually for #FinishStrongIllinois through their social media accounts like Instagram and TikTok. They share informative and supportive resources for the UIUC student population that will be beneficial to them during the stressful times of finals. While the end of the semester can be a great time, there is a lot of stress that comes along with this period of the school year. Some important tips that #FinishStrongIllinois shares with students are to make sure you are getting enough sleep, prioritize self-care, and do not be afraid to reach out for help to your friends or to the Counseling Center as we are a direct resource to help all UIUC students. If you have any questions about #FinishStrongIllinois or need some support during this difficult time, please reach out to the Counseling Center at (217) 333-3704 to make a same-day appointment or virtually using the link provided (shorturl.at/wxzT9). Finish strong fellow Illini. You are almost there!





LGBTQIA+ Ally Training

BY LAUREL SILVA

The Counseling Center’s LGBTQIA+ Ally Training was held on Monday, March 27 in the Asian American Cultural Center by two of our very own Counseling Center Paraprofessionals. This training is offered to anyone who feels like they could benefit from becoming a better ally.

Students who participated in the training were first presented with an icebreaker that illustrated the reality that many members of the LGBTQIA+ community are faced with, where they lose the people and the things that they love solely because of their sexuality or gender identity. After that, the paraprofessionals went into depth about the various identities within the community– both those covered in the acronym and the ones that fall underneath the plus sign. It was enlightening to learn about just how many identities there are in the LGBTQIA+ community.

The training offered information that was important, but troubling for the future of LGBTQIA+ community. Discrimination has gone up 24% since last year. However, it is not all bad. It is important to follow and keep track of laws that are being made so you can make a difference on how the community is being impacted by legislation. Being an ally requires intervention from time to time, and there are four general ways to intervene and use your influence as an ally. You can choose to direct, distract, delegate, or delay.

To be an ally is a work in progress, and it is something that betters everyone; not just those you are acting as an ally to. Practicing empathy and looking for better ways to support others allows you to become more aware of those around you. The students who participated in this year’s LGBTQIA+ Ally Training left with a better understanding of the community as well as how to be a better ally.





U&I: A Wellness Podcast

BY SHIULI RAI

In February of this year, our fellow Counseling Center Paraprofessionals released the first episode of “U & I: A Wellness Podcast”. This podcast has been about a year in the making by the Podcast Team, and can be found on all major podcast streaming platforms including Spotify and Apple Podcasts. The introductory episode, titled “Mental Health 101” is a roundtable discussion with some CCPs that delves into the mental health challenges that come with being a college student. This topic is discussed with a touch of humor, bringing a little light-heartedness to what can be a heavy topic.

I interviewed Angie Galvez, a member of the Podcast Team to gain a little more insight into the podcast-making process as well as what they are hoping to achieve through it. Angie says that the podcast is a way for the students, as well as staff of the Counseling Center to listen to and talk about mental health and wellness-related topics. They aim to cover broad topics in wellness that most people would be able to relate to, while also talking about more specific topics that people might be curious about, like neurodivergence or imposter phenomenon. While their target audience is students, the podcast is for anyone and everyone who can relate to it and is interested in learning more about mental health and wellness. The podcast team hopes to share wellness-related topics in a way that is accessible to all, and also to help share with students resources that are available to them.

In future episodes, the team hopes to bring in guest speakers and experts on certain topics, and also continue the roundtable format of the introductory episode to bring in the perspectives of college students. Stay tuned for the next episode of U & I!





Supporting New Students in the New School Year

BY WILL JAKOBY

Throughout my time here, I have had the pleasure of working with many new students through the college of LAS's First Year Experience Internship. This involves instructing students in an eight week course to answer their questions, help them create strategies to best promote success throughout their college career, and assist in their acclimation to the culture of this university. If you are currently a student here, an alumni, or about to become an alumni, your experiences and opinions for success have the potential to be very valuable for future students.

Transitioning to college is undoubtedly an incredibly stressful experience for new students. Not only are new students adjusting to an entirely new and unfamiliar environment, but they are also leaving behind their familiar systems of support. This type of transition affects many different dimensions of wellness, making it difficult for new students to manage these newfound stressors. Because of this, many students may find themselves adopting a trial and error mindset. This can be useful for creating new strategies, but can be very mentally tolling. This is where your past experiences can be beneficial information for new students! By providing them with an idea of what can be done in certain situations, we can aid in their creation of new strategies.

Empathy is a tricky thing to navigate, and it is important to remember to exhibit empathy with intent. New students are in a time of transition, and to best support them it may be best to emphasize practicality over personal experiences. In either situation, it is important to remember how difficult these adjustment periods are, and to stay informed on what this university has to offer for new students.

The Counseling Center has many opportunities that can benefit new students in their transition, including workshops on perfectionism, test anxiety and time management. There is also the RIO (Recognition, Insight and Openness) series for more general topics of wellness, and the CCP led Tuesday @ 7 workshop series for students with more specific interests and concerns. A helpful list of resources for new students beyond the counseling center can be found here: <https://newstudent.illinois.edu/flipbook/IL-Beginnings-2022.html#p=1>.

“Students helping students” is our CCP motto, and this can be a very useful motto for assisting new students in their transition! Thanks for reading!



April Sexual Health Fair

BY ELIZABETH BURKE

College is a time where many students begin to explore their sexuality. Unfortunately, many students lack knowledge about what safe, consensual sex actually is. It is imperative that all students receive proper education about safer sex and how to protect themselves from STIs. According to the CDC, people aged 15-24 account for half of the nearly 20 million STIs that occur in the United States every year. An important aspect of mental health is also physical health.

Safe, consensual sex is very important for the mental wellbeing of both parties. It is important that college students are not only educated on safe sex, but also have resources for testing and contraception. The Counseling Center is working with McKinley to educate students on the topic of sexual health. The sexual health fair took place at the ARC on April 18 from 4-7 p.m.. The fair is hosted by McKinley Sexual Health Peers, Campus Recreation, and the Counseling Center. The fair provides a vast amount of resources for students' sexual health and well-being both on campus and within the Champaign-Urbana community. The fair provides students the opportunity to receive onsite STI screenings. Lastly, activities and games related to sexual health, safety, and pleasure provided students with both an interactive and educational experience. Students went to learn more about sexual health, get tested for STIs, play interactive games, and enter into giveaways.

If you were unable to make it to the fair, McKinley offers condoms, pregnancy tests, yeast infection medication, and other over-the-counter supplies for free at various Health Resource Centers on campus. Emergency contraception is also available at the Pharmacy at McKinley. McKinley's sexuality educator is available for confidential, conversational appointments that can answer any questions regarding sexual health. Students can also make appointments for free STI testing by calling McKinley at (217) 333-2700. In addition, the Counseling Center offers individual and group therapy for many different aspects of sexual health, like those suffering from sexual assault/violence. To make an appointment with the Counseling Center, you can call (217) 333-3704.



Forty-Fifth Anniversary

BY HARRISON MORG

This year, we are celebrating the forty-fifth anniversary of the Counseling Center Paraprofessional Program! We would like to thank our past and current CCPs for their dedication to this program. For the final issue of the newsletter this school year, we wish to showcase all of our hard work this year and our appreciation of the CCP Program. We would also like to ask for help in the celebration of the program! If you are interested in being featured on social media to help us commemorate the CCP program, please reach out to Dr. Rebecca Schlesinger (schlesi2@illinois.edu). In addition, please see the ad below if you have ideas for how we should commemorate!

Join Us in Celebrating the 45th!

Fill out the survey linked below to share how you think we should celebrate!



I

**Counseling Center
Student Affairs**
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Upcoming & Notable Events

BY EVARISTO RIOS

Upcoming Events

Tuesdays @7

- “On Tuesdays We Wear Pink: The Coping With Burnout Book”, Zoom, May 2
 - Meeting ID: 818 1905 9461
 - Password: T@7

Notable Events

- “The Culture of Catalonia (Spain)”
 - Asian American Cultural Center on April 26 at 5:30 p.m.
- “Survivor Strategies: Coming Together as a Community”
 - Women's Resources Center on April 27 at 6:30 p.m.
- “Why Lawyers Matter: Culturally Competent Defense Work for Diverse Clients”
 - Max L. Rowe Auditorium, Law Building on April at 28, 8:00 a.m.
 - Link to register: <https://fpdilc.aidaform.com/2023-spring-cle-program>
- “Virtual Racial Justice Allies & Advocates 1.0 Training”
 - Zoom on April 28 at 9:00 a.m.
 - Link to register: <https://go.illinois.edu/rjaa>
- “AACC Service Day”
 - Asian American Cultural Center on April 28 at 11 a.m.
- “Study and Destress with the EU Center”
 - 306 Coble Hall on May 4 at 9:00 a.m.
- “Treat yo' self! Self care event at the AACC”
 - Asian American Cultural Center on May 4 at 2 p.m.
- “Finals Week Pop-up at the Library”
 - The Main Library Orange Room on May 9 at 1:30 p.m.

