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THE PARAPHRASE

Official Newsletter of The University of Illinois
Counseling Center Paraprofessional Program

Introduction

BY EVARISTO RIOS

We did it! We're officially in the home stretch of the semester! We hope everyone reading this is in excellent health and looking forward to what's to come in this End-of-Semester Edition of The Paraphrase! In this issue of the newsletter, we will be discussing many topics, such as the importance of tabling and events for No Body Shaming Week. With finals slowly creeping up on us, we will take a look at how the Counseling Center's Finish Strong campaign helps students push through the last few weeks of the semester, and ways students can reduce test anxiety. So buckle your seatbelts because we are about to go for a ride! Finally, we have included some upcoming campus events. These events are open to all UIUC students, and we welcome you to attend! We hope everyone has a great and safe end to their semester and are looking forward to the holiday season!

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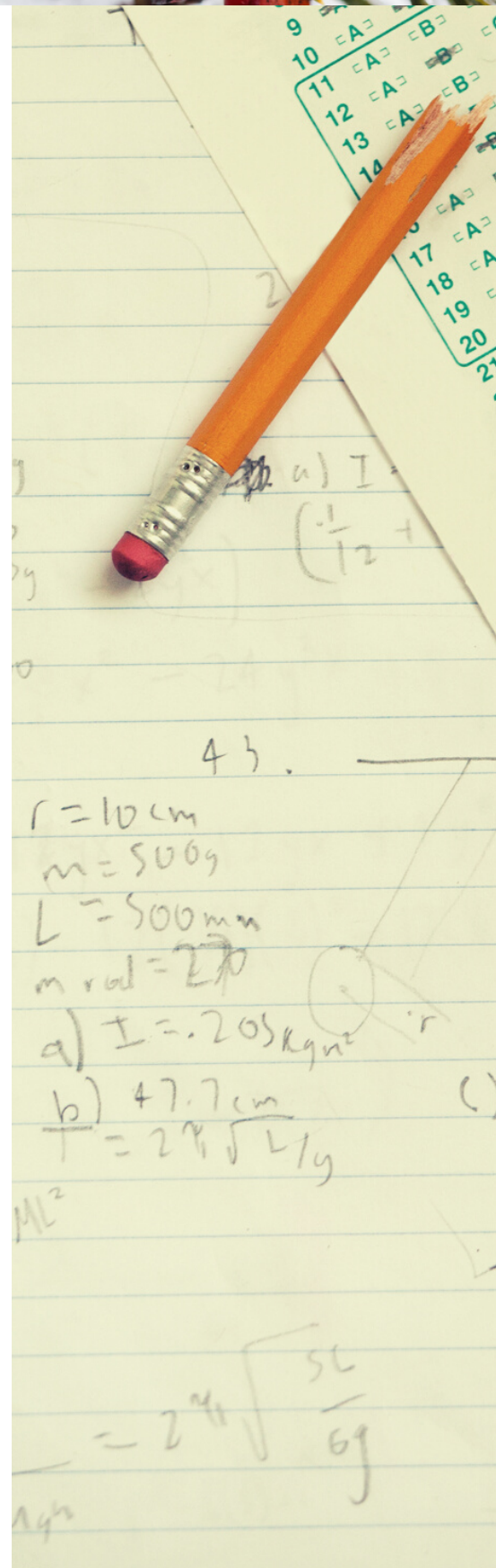


Combatting Test Anxiety

BY EVARISTO RIOS

College students are no strangers to test taking. The counseling center offers many outreach services to help reduce students' stress levels and learn strategies to aid their study habits. The resources include Test Anxiety workshops, which focus on reducing test anxiety. One of these workshops will take place on Tuesday, December 6 from 6-7 p.m. on Zoom! There are also Time Management Workshops and videos on the Counseling Center website which focus on combating procrastination, motivation strategies, learning task management, understanding the importance of self-care, and giving yourself breaks. Also, the last Tuesday @ 7 workshop of the semester, "Findings Motivation in the Midst of Finals," will be working on building motivation techniques and learning what motivation techniques will work best for you! Visit the Counseling Center's website for more details on the resources and services that are provided.

Regardless of format, most classes do have midterms and final exams that account for a large portion of the course grade. This might make the student nervous. It is normal to feel nervous before an exam, especially a final exam for a class. However, feeling test anxiety is not the same as just general nervousness about taking an exam. Test-taking anxiety can take many forms, like feelings of worry and self-doubt, which may negatively affect their test performance. Test-taking anxiety can range from internal feelings, such as uncontrollable thoughts about having to take the exam, to external symptoms, like headaches and nausea. It is even possible for a student to have been completely prepared to take the exam and still not pass the exam due to experiencing test-anxiety. If a UIUC student is experiencing test-anxiety, there are resources available.





Finish Strong at UIUC

BY HARRISON MORG

To help students get through finals and finish the semester, the Counseling Center provides services and events as part of the Finish Strong campaign. These events include workshops as well as other outreach opportunities. A large portion of this effort goes into test anxiety programs, which focus on testing strategies. This allows students to feel more comfortable when taking exams, including finals, which is likely to help them do better. Although these workshops might not necessarily improve their grade on an exam, these workshops are very important for the student's mental health as it helps them feel more calm when preparing for and taking an exam.

The Counseling Center also regularly provides workshops based on different areas of mindfulness during the Finish Strong time period. Practicing mindfulness can be useful to students interested in how to calm their minds and focus. Tuesday @7 workshops, facilitated by Counseling Center Paraprofessionals, also cover relevant topics to educate students on various aspects of mental health. The workshop on November 8 specifically covers burnout for Finish Strong.

Outside of events and workshops, the Counseling Center also has other resources that require less time commitment. One of these resources is our YouTube channel that allow students to get educated on topics related to Finish Strong without needing to attend a workshop. This is useful for students who do not have enough time for a full workshop or do not feel comfortable attending one. Another option is the brochures created by the Counseling Center based around Finish Strong, including sleep, stress, test anxiety, time management, overcoming procrastination, and more. There are digital copies of these brochures on the Counseling Center's website. More information on events and resources can be found on the Counseling Center's social media pages on Twitter, Instagram, YouTube, TikTok, and Facebook. We highly encourage you to check out any of these resources in preparation for finals or for assistance with testing anxiety in general!



No Body Shaming Week

BY KATIE HOHE

During the week of October 24-28, the Eating Disorders Outreach Team (EDOT) participated in tabling events for No Body Shaming (BS) Week. The goal of No BS Week is to raise awareness about the harmfulness of body shaming and promote body acceptance. Over the course of the week, three tablings were held at various locations across campus, and for a few of these tablings, the team partnered with other Counseling Center outreach teams as well.

On Monday, October 24, EDOT tabled on the Main Quad outside of the Union from 1-4 p.m. The team promoted their upcoming EVERYBody Project body-acceptance workshop series, chatted with students about topics related to body image and nutrition, and gave away fun Counseling Center swag. The next tabling took place on Wednesday, October 26 from 4-7 p.m. at the ARC for Well-o-Ween. For this event, EDOT partnered with the Integrative Health and Wellness Outreach Team and the Trauma Outreach Team. CCPs from each of these teams worked together to teach students about personal wellness while giving away Counseling Center swag and healthy snacks. To close out No BS Week, EDOT partnered with Expressive Arts to host a tabling at ISR on Friday, October 28 from 12-3 p.m.. During this event, students who approached the table could color body positive coloring pages while chatting with the EDOT CCPs and graduate assistants.

Overall, No Body Shaming week was a success! The Eating Disorders Outreach Team was able to reach students in a variety of settings in order to promote healthy body image and eating habits as well as spread information on the negative effects of body shaming.

*Pictured to the right:
CCPs and Counseling Center Staff
tabling for No BS Week during
Well-o-Ween at the ARC on 10/26*





Upcoming & Notable Events

BY HARRISON MORG

Upcoming Events

Tuesday @7

- Motivation... Where Art Thou? Finding Motivation in the Midst of Finals
 - December 6, 7-8 PM
 - Zoom*

Notable Events

- Illini Lights Out
 - December 2, 5:30-7 PM
 - Foreign Language Building Lobby
- Nutrition Coaching
 - December 5, 5-5:45 PM
 - \$5 Appointments Over Zoom or In-Person
- Get in the Flow: Promoting Student Learning Engagement
 - December 7, 11:30 AM-1 PM
 - Armory Building
- Bring a Healthy U & I
 - December 8, 6-7:30 PM
 - Grainger Library

For events on Zoom, the link is on the Counseling Center website

