



SEPTEMBER 2022

# THE PARAPHRASE

Official Newsletter of The University of Illinois  
Counseling Center Paraprofessional Program

## Introduction

BY HARRISON MORG

Hello and thank you for reading the first newsletter of the school year. In this issue, we will be covering a variety of topics including an interview with the Latinx GA, Xavy Ramirez, Suicide Prevention Week, and a Tuesday @7 about procrastination. CCPs were able to promote Counseling Center services to students during Suicide Prevention Week tabling events. Many students stated having little to no knowledge about the Counseling Center, and this event was a great opportunity to provide information as well as clear up any misconceptions they may have had. Information related to the Counseling Center services and events can be found on our website as well as on our social media accounts. Upcoming events are also included at the end of this newsletter. We hope everyone is in good health and enjoys this issue!

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## THE URGENT VS. IMPORTANT MATRIX

# Strategies to Avoid Procrastination

BY HARRISON MORG

On September 27, two CCPs, myself and MB Cornejo, facilitated a Tuesday @7 workshop on the topic of procrastination. This workshop was beneficial to students and workers alike, teaching participants how to avoid procrastinating so that their work could get done while still having enough time to take breaks when needed for leisure, eating, or sleep. Therefore, it is important to highlight the topic in this article in order to spread the word even further.

Within this workshop, multiple topics were researched and discussed, including the Pomodoro Technique. This is an anti-procrastination strategy where work time is separated into chunks of time called pomodoros. Traditionally, these are 25 minutes of work with 5 minutes of break in between. However, these times can be shifted for whatever feels best for the individual. It is important for this flexibility to be used in a way that ensures all work will still be able to be finished, while incorporating eating and sleeping into their schedule. This may be difficult to plan out but can be very effective once mastered to avoid burnout.

Another beneficial topic we addressed was the Urgent vs. Important Matrix. This is a diagram that helps people decide which aspects of life are most important to prioritize. It can be very useful for people who feel overwhelmed with their work and are not sure what to start. A visual of this diagram has been provided, and it is encouraged to utilize this when struggling to decide which step you should take next.

Not all topics mentioned in the workshop were written about here, but many important moments were highlighted here. A few important topics from the workshop were highlighted here. I highly recommend researching procrastination further if you are struggling. There are many strategies that can help reduce procrastination. If you are having a difficult time, consider reaching out to others for help.





## Xavy Ramirez Spotlight

BY EVARISTO RIOS

Recently, we interviewed Xavy Ramirez (he/him), a graduate assistant for the CCP's Latinx Team, to discuss the importance of mental health for Latinx students. Xavy graduated from U of I with his Bachelor's of Social Work in 2015 and is currently pursuing his Ph.D. in Social Work.

### **Can you share a bit about yourself?**

"My name is Xavier Ramirez. I am 30 years old, born and raised on the Northwest Side of Chicago. I am currently a second year PhD Student in the School of Social Work...My dream right now is to finish this PhD and hopefully contribute something meaningful to perinatal mental health where I can change conversations around birthing trauma and loss."

### **You're a Licensed Clinical Social Worker, could you share what inspired you to choose that career? Did you face any setbacks? How did you overcome those setbacks?**

"When I was in 8th grade, we had an assignment asking us what we wanted to do when we got older. I asked my mom if there was a career that I could do where I just helped others.. And she said "Yeah, that's what social workers do...I knew I wanted to work in a health setting, because my family did so terrible in those spaces. Hospitals and clinics can be overwhelming and so I knew that I wanted to give people a voice/support others through their health journeys.

When I got to college, my dad told me he wouldn't support me in school if I did anything that wasn't business or law. He thought it would not be enough money or fancy enough to get a degree in. Luckily, I had a scholarship and kept pushing forward without him. I went on to graduate school... However, I failed my LCSW exam 2x. And the second time I failed it, I almost gave up. But I had to be honest with myself about how I did not prepare for the exam. I really had to talk to my family for support...But I am so excited that I did not give up and was able to get my LCSW, which has allowed me to do much more work.

### **Why did you choose to work with the Latinx Team in the counseling center?**

"As an undergrad, I worked at La Casa. The Latinx Team at the Counseling Center did so much work with us and had a heavy presence at our events... I remember how impactful it was to see PhD students and professionals on campus that looked like me."

### **You mentioned that Latina women have higher rates of suicide. Could you give a brief overview of how suicide prevention week addressed this disparity?**

"I think that this is important for our latinx students since mental health is such a stigmatized conversation. We struggle with creating language around our feelings and finding resources. Events like this [Suicide prevention week tabling events] are important for students who may not be aware of the counseling center or other mental health resources on campus. Much of what we brought with us was general information on how to access the counseling center and other mental health pamphlets...Keep an eye throughout the year and you will definitely see more programming."

*A special thank you to Xavy for taking the time to do this interview! We appreciate you!*



## CCPs Table for Suicide Prevention Week

BY KATIE HOHE

Throughout Week 3 of the semester, CCPs had the opportunity to participate in tabling for Suicide Prevention Week 2022 alongside paid CCPs as well as Counseling Center graduate assistants and staff. Suicide Prevention Week is an important outreach event for the Counseling Center because suicide is one of the leading causes of death for college-aged students, with approximately 1,100 students dying by suicide every year. We can reduce this number by educating students about resources in the campus community, and by letting them know that it is more than ok to ask for help.

These tabling events took place at multiple locations throughout campus, including PAR, FAR, the Engineering Quad, Lincoln Hall, the Main Quad, and Krannert Cafe. During tabling, CCPs engaged with students by answering questions about suicide prevention and the role of the Counseling Center. They also passed out stress balls, pens, and hand-outs promoting the Kognito At-Risk Training, which is available for free through the Counseling Center website. Kognito is a suicide prevention training that helps students identify friends or classmates who are at risk for suicide, motivate students who may be in distress to seek help, and put students in touch with support resources.

For many CCPs who are not on the Suicide Prevention Outreach Team (SPOT), this outreach event was their first time tabling for the Counseling Center. Overall, it was a great opportunity to connect with students, promote the Counseling Center's many resources, and raise awareness for an extremely important topic: suicide prevention among college-aged students.



*CCPS SAMANTHA KNIGHT AND GABBY CALDERON TABLING FOR SUICIDE PREVENTION WEEK ON THE ENGINEERING QUAD ON SEPTEMBER 7TH, 2022*

# Apply to be a...

## Counseling Center Paraprofessional!

### Learn

To facilitate peer to peer outreach events and workshops on topics, like self-care, academic success, mental health & wellness

### Develop Skills

- Public Speaking
- Planning
- Organization
- Collaboration
- Cultural Competency
- Communication

### Attend Info Nights

September 29 5:30-6:30pm

Psych Building Room 142

OR

Zoom

October 6 6:30-7:30pm

Meeting ID: 870 8751 9988

Password: CCP

### Learn More

[go.illinois.edu/ccp](https://go.illinois.edu/ccp)





# Upcoming & Notable Events

## Upcoming Events

Tuesdays @7

- There’s an Imposter Among Us: Dealing with Imposter Phenomenon
  - September 20th at the SDRP (room 2025A)
- The City that Never Procrastinates: Strategies to Avoid Procrastination
  - September 27th at the Education Building (room 162)
- The Suite Life on Campus: Managing Healthy Relationships and Conflict
  - October 4th at the Business Instructional Facility (room 1041)
- At the Bar or the Pregame: Strategies for Safe Substance Use without Shame
  - October 11th at David Kinley Hall (room 317)
- Don’t Stop Believing in Yourself: Learning Self-Compassion
  - October 18th on Zoom (link on Counseling Center website)
- Mirror, Mirror on the Wall: Addressing Body Image
  - October 25th on Zoom (link on Counseling Center website)

## Notable Events

Awareness Month Events

- “We Are Here Block Party!”
  - September 24th, at Nevada Street Between Goodwin & Mathews, Urbana 1-4 PM
- Opening Celebration for Black on Black on Black on Black
  - September 24th at the Krannert Art Museum 12-6 PM
- Ethnic & Gender Studies Block Party
  - September 27th at the Native American House 4:30-6:30 PM
- Hispanic Heritage Month Celebration 2022!/¡Celebración del mes de la herencia hispana 2022!
  - October 8th at The Lewis Auditorium, The Urbana Free Library 2-3 PM
- Speak Café
  - October 13th at the Krannert Art Museum 6-8 PM

