Free counseling services are available for students

By Lexi White
Features Editor

College students can become very stressed due to managing their schoolwork, social lives, financial concerns and jobs. The university attempts to help those who may be struggling by giving them accessible mental health resources.

Counseling Services offers a safe environment for students to express their concerns and to work through difficulties in healthy ways. Along with their short-term therapy sessions, crisis help, support groups and referrals to off-campus providers are also available.

Elaine Allen, the associate director of counseling services, said, "It can be really freeing to be able to speak openly to a caring, neutral person about things that may be hard to discuss with the other people in your life."

Allen has been working in her position with Counseling Services for 21 years and has many responsibilities in the office. She coordinates the counselors for students to meet with and provides individual and group counseling herself.

"We respect everyone's individual background and values and help them overcome any internal or external barriers to find their own best way forward," Allen said. "Many students find that counseling helps them feel more confident and positive about themselves."

Counseling Services have always been free for students without any insurance or payment needed. Allen said that this free program is extremely beneficial for students who may need to try medication for the first time.

"Some students may benefit from a combination of therapy and medication," Allen said. "When a student's counselor thinks they might benefit from medication, the counselor will refer them to our APRN."

Once a client is in a good place while on the medication prescribed by Psychiatric Nurse Practitioner Eileen Bonyai, the office will then help the individual access psychiatric care outside of the university.

Because Bonyai cannot prescribe stimulants, Allen said that transferring a client can give them access to any medication that they may need.

Alexis LaGase has been the secretary for Counseling Services since June of this year and said that students have been very happy with the help that they are getting. As a secretary, LaGase helps students check in and schedule appointments.

"I feel like I have a crucial role in making this place feel welcoming for students," LaGase said. "I enjoy greeting students, and I've had a great experience with all the people who are here."

Health care studies major Luisa Angelo, a junior, had a few appointments with Counseling Services last semester. She said that she wanted to work through some personal problems that she was having and thought that talking to someone would help.

"I think the experience was good, and I got the support I needed," Angelo said. "I just wish it was long-term kind of care."

The university's counseling service groups are located in Room B219 in Engleman Hall and in Room 100 in Schwartz Hall.

Students can make an in-person appointment Monday through Friday from 8:30 a.m. to 4:30 p.m., or they can contact the office through the school website.



PHOTO | LEXI WHITE

One of the decorations in the Counseling Services waiting room.



The fidget toys that are available for students at Counseling Services.

Owls Decide: Do you prefer turkey or ham?

By Lexi White
Features Editor



PHOTO | CARLY RUSSELL

"I prefer turkey because it tastes better."
-Computer science major Shahzaib Raza, a junior



"Turkey because I think ham is kind of gross."
-Social work major Brianna Nieves, a graduate



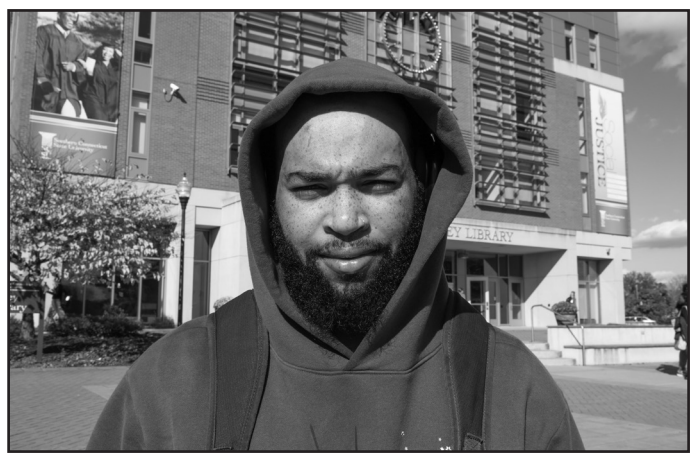
"Turkey because I am Muslim, and I cannot eat ham."
-Computer science major Shaheer Nazim, a junior



"I prefer turkey because I think ham is the worst meat, and I don't like it."
-Psychology and history major Logan Mikelis, a junior



"I don't like the taste of ham, so I prefer turkey."
-Exploratory major Nicole Shah, a freshman



"Honestly, I prefer ham because it's sweeter, and I have a sweet tooth."
-Nursing major Emma Freeman, a freshman

New content creation room generates buzz on campus

By Eric Ruiz Jr.
Contributer

Student Involvement & Leadership Development has introduced a cutting-edge content creation room on campus that aims to bridge the gap between classroom and real-life media.

Starting soon, a content creation room will be available on campus for creating content for social media platforms. It is located in Resource Room 217 on the second floor of the Adanti Student Center.

"So, we wanted to do something meaningful, so we put a content creation room for students to have a place to do that," Eric Lacharity, the associate director of Student Involvement & Leadership Development, said.

This department put significant effort into creating a content creation room.

The content creation room is open to any student on campus, whether they are a resident or a commuter.

"They must have a desire to create content for all purposes," Lacharity said. "It would be possible to book the room on our website for an hour or half an hour."

Employees request that students respect the equipment in the space by not bringing food inside.

They will soon have a website for the room so students, faculty, departments, clubs, organizations and sports teams can book it to make their content.

"The goal is to offer students an opportunity to express creativity in a space with the resources to do so," Daphney Alston, the assistant director of the Student Involvement & Leadership Department, said.

A 2015 study found that social media users who frequently share updates do so to present themselves. According to the study, sharing and creating content on social media platforms helps individuals present themselves in a way that aligns with their real or ideal selves.

In the room, they have lights such as Arri-X Light 4 KW, Ring Lights and Jubolion Wireless Lavalier Microphones.

The student involvement office mainly made the room because they noticed there was no proper room or area on campus for students to create their content.

So, they made the content creation room for the community and their office to level up their social media content.

Talia Lent is the graduate intern for the Student Involvement & Leadership Development.

"My favorite part of the space is being able to grow our office's social media platforms by creating new weekly posts on our Instagram," Lent said. "I'm also very excited to see what students come up with and how they choose to use the space as well."



PHOTO | ERIC RUIZ JR.

Associate Director of Student Involvement and Leadership Development Eric Lacharity in the content creation room.