



SERVING U

STUDENT SERVICES NEWSLETTER

OCTOBER 2008

VOLUME I, ISSUE I

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OFFICE OF DISABILITY SERVICES
WHAT WE HAVE FOR YOU!

OCTOBER IS... DOMESTIC VIOLENCE AWARENESS MONTH

CAREER DAY FALL 2008

FEELING LOW? SOMETHING ELSE?
NATIONAL DEPRESSION SCREENING DAY

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH!!!

The NSU STEPs for Breast Health Calendar of Events in recognition of October – Breast Cancer Awareness Month Includes:

October 13th - I AM THE CURE!!!

Visit our informational booth located in the **Student Union** from 9am – 2pm. Spin our **I AM THE CURE Trivia Wheel** from 12pm – 2pm.

October 18th - Race for the Cure

Join our **Nicholls Team** for the **Race for the Cure** at Peltier Park. Sign up for the race in advance in University Health Services and receive a NSU STEPs t-shirt and visor.

October 20th - Men, Be aware!

Did you know that men could get breast cancer too? Visit our informational booth located in the **Student Union** from 9am – 2pm.

October 28th - Pink Sundae Tuesday!!!

Visit our informational booth located in the **Student Union** from 9am – 2pm and join us for ice cream on “**Pink Sundae Tuesday**” from 12pm – 2pm.

October 31st - Don't be haunted by Breast Cancer!

Visit our informational booth located in the **Quad** from 9am – 2pm. Join us in the closure of **National Breast Cancer Awareness Month**, but... the race does go on!

So exactly what does Wellness Education do? OH, people, lots of stuff, let me tell ya!

I AM Worth It! Is a Wellness support program that offers weigh-ins, personal consultations, and wellness activities like Crossfit workouts, Yoga, Hip Hop Aerobics, Evening Strolls all designed to keep you fit.

AOD Coalition the definition of which is Alcohol and Other Drug Coalition. This is a group of concerned students, faculty and staff interested in the policies and trends concerning alcohol, drugs and tobacco. We meet 2-3 times a semester.

TFL Grant is a grant we receive from the Louisiana Campaign for Tobacco Free Living. We sponsor events throughout campus that promote living tobacco free. We also co-sponsor events with student organizations who are willing to allow us to share educational materials at their events.

Back On Track is a psychosocial/wellness program for students who are sanctioned by Judicial Affairs or referred by instructors or department heads. Students are required to participate in six wellness activities and six psychosocial education classes taught by the Wellness Education Staff.

Wellness Education employs student health advocates with funds from University Health Services and a Graduate Assistant with funds from the TFL Grant. If you are interested in becoming involved in any or all of the above mentioned programs, just drop an email to wellness@nicholls.edu. We'd be glad to have you onboard. You can get further information at www.nicholls.edu/wellness_education.

*By Angie Pitre, MA
Wellness Education Coordinator*

Office of Disability Services



Providing classroom accommodations for students with disabilities.

The office's mission is to provide classroom accommodations and referrals for support services within Nicholls State University, which will ensure students with disabilities the opportunity to competitively pursue a college education.



How does the Office of Disability Services (ODS) work?

ODS serves those students who are qualified to receive services based on a documented disability. A student must self-identify to receive accommodations by contacting ODS and scheduling an appointment with the director. During the appointment, the student's documentation will be reviewed.

Examples of Disabilities

- chronic health problems
- hearing impairments
- learning disabilities
- mobility impairments
- psychological impairments
- visual impairments
- temporary disabilities

How to register?

Students seeking services must complete the Office of Disability Services Registration packet and provide current documentation of their disability. Students need to register or reactivate their file no later than the second week of each semester. Registration and documentation are required in a timely manner to assure our office time to plan and implement the student's accommodations.

Accommodations

Based upon the student's disability, testing accommodations may include the use of a reader or writer, extended time or a distraction-reduced environment. Classroom accommodations may include preferential seating, use of a tape recorder, note takers, textbooks on CD, assisted technology, interpreters/captionists.

Helping you succeed!

Our mission is to ensure that all students have the opportunity to competitively pursue a





Did you know October is Domestic Violence Awareness Month?



Domestic violence can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating.

Approximately 33 million people in the United States have been a victim of domestic violence at some point in their lives.* Domestic violence is one of the most serious issues facing Americans today, yet few people know what they can do to help end it. A solution begins when families and communities start openly discussing the issue.

During the month of October, communities in Louisiana and all around the United States coordinate and hold events to raise awareness about the serious issue of domestic violence.

Domestic Violence Awareness Month evolved from the first Day of Unity observed in October, 1981 by the National Coalition Against Domestic Violence. The intent was to connect battered women's advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became a special week when a range of activities were conducted at the local, state, and national levels.

These activities were as varied and diverse as the program sponsors but had common themes: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

In October 1987, the first Domestic Violence Awareness Month was observed. That same year the first national toll-free hotline was begun. In 1989 the first Domestic Violence Awareness Month Commemorative Legislation was passed by the U.S. Congress. Such legislation has passed every year since with NCADV providing key leadership in this effort.

Please join the **Nicholls Women's Resource and Services Office and Chez Hope Family Violence Crisis Center** as we use our voices to raise awareness about domestic violence. We will be holding the annual **Candlelight Vigil on October 21st at 6:00p.m.** The event will take place in the **Nicholls State University Quadrangle**. We will be remembering all of the victims and the families of those who lost their lives to domestic violence in Louisiana this past year. The program this year includes the Lafourche Parish District Attorney's Office, Lafourche Parish Sheriff's Office, Thibodaux Police Department, Nicholls Police Department, Assumption Parish Sheriff's Office, S.E.A.L.S (Student Educators and Leaders), TKE fraternity, W.I.S.E. (Women Involved in Self Empowerment) and others. The Mayor's Office will be presenting the proclamation declaring October in the city of Thibodaux as Domestic Violence Awareness Month. Ms Sue Aysen will once again be with us to provide the music for the event.



**Ending domestic violence involves discussion,
awareness, and action.**

Take a Stand. Break the Silence.

If you have questions please contact the WRSO at 448-4470 or 448-4080.

* National Coalition Against Domestic Violence
Submitted by: Women's Resource and Services Office

FALL 2008 CAREER DAY

October 14, 2008

9 AM – 2 PM

Student Union Ballroom

How Career Day Can Benefit You:

- Enables you to establish job contacts with prospective employers
- Enables you to explore career possibilities
- Enables you to gather information about employers

How to Make Career Day Work for You:

- Know which employers are attending Career Day
- Research companies prior to Career Day
- Clarify personal goals
- Know which employers you want to see at Career Day
- Prepare a well-written resume
- Prepare a one-minute Commercial:
 - Introduce yourself
 - Let the employer know that you have researched his/her company
 - Express why you are interested in his/her organization
 - Let the employer know what you have to offer

What You Should Do On Career Day:

- DRESS AND LOOK PROFESSIONAL
- Introduce yourself – don't wait for the recruiter to speak first!
- Do your best to relate your skills and interests to the needs of the employer
- Answer questions quickly
- Be open and honest
- Maintain eye contact
- Demonstrate good verbal skills
- Give a good firm handshake
- Show enthusiasm and interest
- Take several copies of your resume and be sure they are easily accessible
- Follow up on initial contact by telephone or through mail
- Ask for: business card, name and phone number or e-mail of contact person, if different from the representative
- Avoid distracting mannerisms
- Speak clearly and concisely

STUDENT SERVICES ON THE WEB!

[HTTP://WWW.NICHOLLS.EDU/
SERVICES/](http://www.nicholls.edu/services/)

Feeling low? Or is it something more?

Feeling not quite yourself, sad or think you might be depressed? Not sure if your symptoms are "normal" reactions or if they might be significant enough to seek the help of mental health professionals?

To help answer that question, in honor of **National Depression Screening Day**, the University Counseling Center will be hosting an information table in the Union from **10 am-2pm on Tuesday October 14, 2008**. The table will include information about depression and suicide. Counselors from the University Counseling Center will be at the table to help address questions or concerns that you might have. We will also have a short, FREE screening available for you to fill out in a separate room. At that time, a counselor will then score the screening and give you a brief interpretation and/or recommendations regarding your score.

It should be noted that the screening is not intended to take the place of formal psychological testing, nor is it intended to provide an official diagnosis. Nonetheless, the screening is quick, easy, and may help you to decide if professional mental health counseling is needed to address your concerns.

To schedule an appointment with a counselor, call the University Counseling Center at 985-448-4080 or come by Elkins 224 to schedule an appointment. The Counseling Center offers FREE, confidential counseling services to all Nicholls faculty, staff, and students.

Serving U

Nicholls Student Services

Newsletter

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8:00 a.m. to 4:30 p.m. Mon - Fri