



# SERVING U

## STUDENT SERVICES NEWSLETTER

February/March 2009

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*The Vagina Monologues are back!*



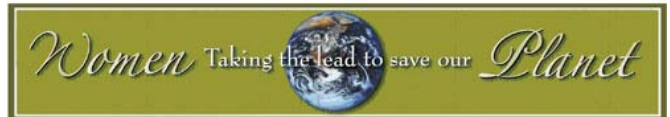
Don't miss this opportunity to be a part of a production that inspires, empowers and works to end violence against women and girls. Performance dates are April 29-30 and May 1. Being a part of this great event is easy.

The first step to getting involved is to complete an interest form by **Monday, February 9**. Forms can be picked up at 224 Elkins or 100-A Peltier Hall. If you would like for us to send you an interest form via e-mail, please send your request to [sabrina.laurent@nicholls.edu](mailto:sabrina.laurent@nicholls.edu) or [stacey.guidry@nicholls.edu](mailto:stacey.guidry@nicholls.edu).

The cast is open to female students, faculty and staff. Anyone can volunteer to work behind the scenes with publicity/marketing, lighting, set design, performance ushers and ticket sales. There is something for everyone who wants to be involved. If you would like to read more about *The Vagina Monologues* and the VDAY global movement go to [www.vday.org](http://www.vday.org). If you have questions, please feel free to contact Stacey Guidry at Ext.4429 or Sabrina Laurent at Ext. 4470.

**Until The Violence Stops**

## MARCH IS WOMEN'S HISTORY MONTH



In 1987, the National Women's History Project successfully petitioned Congress to recognize the entire month of March as Women's History Month. Since then, the National Women's History Month Resolution has been approved with bipartisan support in both the House and Senate. Each year, programs and activities in schools, workplaces and communities have become more extensive as information and program ideas have been developed and shared. Each year, March is designated as National Women's History Month to ensure that the history of women will be recognized and celebrated in schools, workplaces and communities throughout the country. The stories of women's historic achievements present an expanded view of the complexity and fulfillment of living a purposeful life.

*The knowledge of women's history provides a more expansive vision of what a woman can do. This perspective can encourage girls and women to think larger and bolder and can give boys and men a fuller understanding of the female experience. This year's theme recognizes the pioneering and fearless ways that women have taken the lead to save the planet.*

**Every year, the Nicholls campus celebrates WHM by offering a variety of events for students, faculty, staff and community members.**

**A Women's History Month calendar of events will be made available soon. Please support WHM by attending one or all of the events coming in March.**



## A letter from the Director of University Health Services...



Hope everyone had a wonderful Winter Break and is ready for the spring semester. Since I arrived in February of 2008 we at University Health Services have been very busy updating and looking for ways to improve our services for the Nicholls student community. Some ideas have come to fruition and some are still "in the works."

As for the new additional services to University Health Services, the most visible is the addition of the Women's Health Services. We have brought on board a GYN Nurse Practitioner, Trisha Folsie, who will hold clinic every other Thursday morning, providing annual exams and, when necessary, referral services. Our services will include the standard exam components with laboratory costs applied to the student's health insurance. During this clinic time we will also be running our normal Acute Services clinic.



Another new addition is the IMED electronic medical records system, which was recently installed. This service will allow us to link our records and communicate with other electronic records systems including other physicians, other hospitals, and the Louisiana Immunization Network for Kids System (LINKS), which is the state-wide database of all childhood immunization records. Most importantly it will allow us to electronically connect with the university's database and records.



Our testing procedures for STD & HIV Testing Services have been changed to benefit our students. University Health Services has always had these testing services but now there will be no laboratory costs charged to the students as we have secured a contract with the Office of Public Health to use their laboratory for our culture and specimen sample testing. All testing and physician consults are confidential. This service provides our students with no-cost testing that is available right on campus; they do not have to go to another physician to get this testing done for free.

Along with our accomplishments we have several projects that are "In the Works."

In order to improve and streamline our services we are planning to designate one afternoon a week solely to laboratory services such as drawing blood and urine samples. This will provide more time for our medical staff to see patients rather than spend patient appointment time taking cultures or specimens. It will also allow the students to have the time necessary if fasting or food restrictions need to happen before cultures can be taken.

In addition, we are looking to further expand our physician's clinical appointments for the afternoon hours. Currently we have expanded our physician hours to include two afternoons a week. After review of students' use of these additional hours we find that the demand is extremely high for these appointments as most students have class during the morning hours and cannot make morning appointments. We are looking to expand our physician hours to include at least one more afternoon, for a total of 3 afternoons, for the fall 2009 semester. This will provide our students with more patient appointment times during the most popular hours.

Finally, we are looking into providing both Psychiatric Services and Men's Health Services. We recognize that our students come to campus with pre-existing mental health issues and we at University Health Services are not currently equipped to help these students, other than providing a referral. It is our mission and goal to provide our students with all the services that will help them to become successful graduates and contributing members of the community. To this end we are continuing our research and development of these two programs.



I am open to any and all suggestions, comments and feedback you may have.

Thanks,  
Diane Garvey

University Health Services  
Betsy Cheramie Ayo Hall  
P.O. Box 2054  
Thibodaux, LA 70310

Phone: (985) 493-2600  
E-mail:  
healthservices@nicholls.edu  
Hours: 7:30 am to 4:30 pm

## A message from the Crisis Intervention Coordinator

While University Police will remain our first responders, a Crisis Intervention Coordinator and Review and Response team has been created to address concerns regarding faculty, staff and students who may pose a threat to themselves and/or others on campus.

Procedure for addressing threatening behaviors:

1. Contact the Office of Crisis Management to make a referral.
2. The Crisis Intervention Coordinator will then gather information on the person of concern and commence the Review and Response Team if needed.

Please review the table to understand different departments on campus and when to contact each.

	Why?	When?	How?	Not sure?
<b>REVIEW AND RESPONSE TEAM</b>	<ul style="list-style-type: none"> <li>• Individual might pose threat to self or others</li> </ul>	<ul style="list-style-type: none"> <li>• Any concern about safety of the individual, yourself or others</li> </ul>	<ul style="list-style-type: none"> <li>• Contact Crisis Coordinator (CC) by phone at x4429; by e-mail at stacey.guidry; in person in 101A Peltier (under auditorium).</li> </ul>	<ul style="list-style-type: none"> <li>• Call for consultation, x4429</li> </ul>
<b>UNIVERSITY COUNSELING CENTER</b>	<ul style="list-style-type: none"> <li>• Major changes in behavior</li> <li>• Pattern of behaviors of concern</li> <li>• See list on website</li> </ul>	<ul style="list-style-type: none"> <li>• Interfering with functioning</li> <li>• Generally concerned</li> <li>• Indicate thinking about harming self or others</li> <li>• Discussion or situation is beyond what you feel qualified to assist with</li> </ul>	<ul style="list-style-type: none"> <li>• Tell individual you are concerned and want to help.</li> <li>• Offer to let them call from your office or call for them while they're there.</li> <li>• Offer (if comfortable) to walk them to UCC.</li> <li>• When call, if possible, let UCC know level of concern.</li> </ul>	<ul style="list-style-type: none"> <li>• Call for consultation with CC at x4429 or UCC at x4080</li> </ul>
<b>STUDENT LIFE</b>	<ul style="list-style-type: none"> <li>• Student's behavior is disruptive or of concern</li> </ul>	<ul style="list-style-type: none"> <li>• Student behavior violates <i>Code of Student Conduct</i></li> </ul>	<ul style="list-style-type: none"> <li>• Contact Dean of Student Life at x4524 or Judicial Affairs at x4530.</li> </ul>	<ul style="list-style-type: none"> <li>• Call for consultation with CC at x4429 or Student Life, x4524.</li> </ul>
<b>HUMAN RESOURCES</b>	<ul style="list-style-type: none"> <li>• Employee's behavior is disruptive or of concern</li> </ul>	<ul style="list-style-type: none"> <li>• Employee's behavior violates <i>Workplace Violence Policy</i></li> </ul>	<ul style="list-style-type: none"> <li>• Contact Director of Human Resources at x4040.</li> </ul>	<ul style="list-style-type: none"> <li>• Call for consultation with CC at x4429 or HR at x4040.</li> </ul>
<b>UNIVERSITY POLICE</b>	<ul style="list-style-type: none"> <li>• Individual poses immediate threat to safety to self or others</li> </ul>	<ul style="list-style-type: none"> <li>• Direct threat is made</li> <li>• Has weapon or says has weapon</li> <li>• Physical altercation has occurred or is threatened</li> </ul>	<ul style="list-style-type: none"> <li>• Contact University Police emergency line at 448-4911.</li> </ul>	<ul style="list-style-type: none"> <li>• Call for consultation with CC at x4429 or UP, x4746.</li> </ul>

## **I Am Worth It Program is BACK!**

We are happy to announce that the following group exercises will be offered so that students, faculty and staff will have numerous opportunities to **take time** to care for themselves by participating in these fitness activities. Remember, no matter how busy you are, YOU (and your health) ARE WORTH IT!

Yoga –3 p.m. on the following Wednesdays (Feb. 4, 11, 18; March 4, 11, 18, 25)

CrossFit – Mondays at 5M (11:50 a.m. – 12:40 p.m.)

Evening Stroll – Tues., Wed., Thurs. at 4:45 p.m. in front of University Health Services

Also, stay tuned in to new workout offerings and nutrition/fitness-oriented info throughout the semester by checking:

[www.nicholls.edu/wellness\\_education/68/](http://www.nicholls.edu/wellness_education/68/)

For more information, e-mail: [ernest.ellender@nicholls.edu](mailto:ernest.ellender@nicholls.edu)

# On the path to **GETTING A JOB?**

Join us for a three  
part workshop that  
will set you in the  
right direction to  
start your  
**Job Search!**

## **March 5—You and Your RESUMÉ**

*You have 10 seconds to sell yourself to your potential employer.  
That's it! Let us help you do it right.*

## **March 12—Preparing for the INTERVIEW**

*You've got the interview. Now what?  
What should you wear?  
What questions should you ask?*

## **March 19—MOCK INTERVIEWS**

*Local human resource personnel will be on site  
to help you practice for that all-important interview.*

Space will be limited!

All sessions begin at 3 p.m.

Students completing all three sessions will receive helpful  
materials and incentives (i.e., flash drives with preloaded info,  
t-shirts, stress balls, etc.)

Visit the Office of Career Services or  
Call Ext. 4517 and sign up today  
to take part in this informative workshop.

Sponsored by:

The Office of Career Services and  
the Louisiana Campaign for Tobacco-Free Living



# Serving U

Nicholls Student Services  
Newsletter

Office of Student Services  
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P.O. Box 2067

Thibodaux, LA 70310

**Phone:** (985)448-4080

**Fax:** (985) 448-4890

**E-mail:** Candace.Park@nicholls.edu

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

## Student Services on the web!

[http://www.nicholls.edu/  
services/](http://www.nicholls.edu/services/)



### **How do you feel about your body?**

Too fat, too skinny, too big, too small, not muscular enough—bottom line, you're not happy with it. This mania may stem partly from a steady diet of TV and magazine images where bodies are always in "perfect shape." Though many of us acknowledge that we cannot achieve model "perfection" (after all, we don't have make-up artists, personal trainers, fashion designers and professional photographers at our beck and call), we still behave like we can attain perfection, if only we'd try harder. This generally leads to feelings of frustration and unhappiness because you are always wishing that your body could be "better".

### **The good news is that you can become happy with your body and yourself!**

The University Counseling Center is committed to helping Nicholls students move from an attitude of body dissatisfaction, disordered eating, food preoccupation or exercise obsession to BODY ACCEPTANCE, positive SELF WORTH and HEALTHY LIFESTYLE choices.

February is National Eating Disorders Awareness Month. To celebrate, the Nicholls State University Counseling Center will be offering programming, information, quick-and-easy assessments and consultations regarding concerns about body image and eating behaviors. Keep a lookout for e-mails and advertisements for specific date/time/location information.

**By the way, did I mention that you look GREAT today?!?!**