

CAPS Newsletter

Counseling and Psychological Services



Penn
UNIVERSITY OF PENNSYLVANIA

Fall 2008

The Freshman Phases

Every student's freshman year of college passes in a series of phases.

PHASE 1: THE NEW AND SHINY COLLEGE LIFE

PHASE 2: THE HONEYMOON

PHASE 3: THE END OF THE HONEYMOON

PHASE 4: HITTING BOTTOM

PHASE 5: REALIZATION

PHASE 6: PUTTING IT TOGETHER: Most students find a balance between taking care of business and having fun. It may not be Zen-like, but it will provide away for students to make the most of their college years.

How You Can Help

- Help students learn about what they need to be successful. Manage their time. Have people to talk to. Maintain good study habits - not everyone studies the same. Figure out what works for the student and the classes they are taking.
- Encourage them to recognize when they are stressed. Tension headache? Trouble sleeping? Heart Racing?
- Explain to them that their experience is normal and that they can get through it!
- Tell students about campus resources – Counseling and Psychological Services, Weingarten Learning Resource Center, academic advisors, Student Health Services.

SAVE THE DATE

CAPS Open House for Faculty & Staff

Thursday, October 23rd
11am - 1pm at CAPS
Lunch provided.



Brown Bag Workshops for Faculty/Staff

All seminars: 12:00 - 1:00 pm

1. **Wed, Oct 15 - Working with International students** - Attendees will gain insights into unique challenges that International students face as well as learn cross-cultural communication skills.
2. **Wed, November 12 - "Meet Generation Next"** - Discussion focused on generational and developmental issues that impact our students. Learn ways to increase understanding and effectiveness in working with them.
3. **Wed, December 3 - "Serious mental illness on college campuses"** - First of a two part series focused on providing an in depth knowledge of what serious mental illness looks like in this population, the challenges it presents for the community and the role of treatment.

To register, please visit our website at www.vpul.upenn.edu/caps

Meet Generation “Nexters”

(18-25 year olds)

Summary of findings from a survey conducted by the Pew Center for research in 2007.

- Most tolerant of any generation on social issues like immigration, race and homosexuality.
- Heroes are twice as likely to be a family member, teacher, mentor than previous generations. Twice as many young people say they most admire an entertainer rather than a political leader.
- Only constant in their life is rapid change
- “Look at me” generation – use social networking sites in very personal ways.
- 22% report they surf the net looking for info on ‘health’ topics like depression, sexual health, etc.
- They maintain close contact with parents and family. 8 in 10 say they talked to their parents in the past day. Nearly 3 in 4 see their parents once a week. One reason: money.
- Compared with 20 years ago, they are having more casual sex, binge drinking, using illegal drugs and resorting to violence.
- Majority say that “getting rich” and famous are top goals.
- About half of Gen Nexters say they have either gotten a tattoo, dyed their hair an untraditional color, or had a body piercing in a place other than their ear lobe. The most popular are tattoos, which decorate the bodies of more than a third of these young adults.
- One-in-five members of Generation Next say they have no religious affiliation or are atheist or agnostic, nearly double the proportion of young people who said that in the late 1980s. And just 4% of Gen Nexters say people in their generation view becoming more spiritual as their most important goal in life.



ANNOUNCING

Career Workshop Series in Collaboration with Career Services

CAPS is offering Career Workshops in collaboration with Career Services

EXPLORING YOUR POTENTIAL, FINDING YOUR FIT

This is a 2 hour workshop to aid students in their career discovery process, develop a deeper understanding of themselves as well as learn strategies to make sound and satisfying career choices.

Students are required to take the Myers-Briggs Type Indicator (MBTI) and the Strong Interest Inventory (SII). Undergraduate and graduate students are eligible and need to register on the CAPS website at www.vpuls.penn.edu/caps.

For more information, please contact Dr. Dahomey Abanishe at dahomey@pobox.upenn.edu

Working with International Students



ANNOUNCING

International Student Discussion Series

Announcing our new International Student Discussion Series: Enhancing Well-being and success in the US.

These are weekly drop-in sessions focused on various topics like adjusting to US culture, making friends, "fitting in", etcetera. Format will involve discussions, activities, films, speakers and problem solving suggestions.

The series is open to both undergraduate and graduate/professional students. Meetings take place every Tuesday from 5 pm - 6:15 pm at the International Programs Office, 3701 Chestnut Street, Suite 1W.

The series are offered in collaboration with the International Student and Scholar Services. Feel free to refer students to attend.

For further information, you can contact Dr. Kelly Ramon Ozambela, kellyoz@pobox.upenn.edu or Dr. Raia Gortcheva, raiag@pobox.upenn.edu

In the 2008 academic year, approximately 4,500 international students were enrolled at Penn. This means that 2 out of every 5 students at Penn are international students.

Cross-cultural communication can be difficult because of:

Worldview: this is the unspoken expectation that your values, beliefs, and attitudes about the world around you are shared with the person that you are communicating with.

Language: Even though we may be speaking the same language, how we use the words can be different.

Non-verbal communication: Most Northern American and European cultures determine meaning of language primarily from words; these are considered low context societies. However, most Asian, African, Arabic, Central and South American countries really take into account body movement, tone, facial expression, and posture of the communicator, because they place a high value on the context of the communication. Therefore, it is very easy for one from a low-context society to feel that what they have said verbally is clear but a listener from a high-context culture may misinterpret meaning non-verbal communication are not clear.

Therefore, it is important to remember in cross-cultural interactions to:

1. **CONCENTRATE** on what is being said and what is meant first, and then on how it is said and by whom. Try to use very common words and words without multiple meaning.
2. **CHECK** to see if the individual understands and is comfortable or in agreement with the process or outcome of the conversation. Look for nonverbal cues.
3. **REFLECT** on your knowledge and experience of interacting with the individual or with other members of their cultural group.
4. **ASSESS** the situation. Inventory your communicative behavior. Make adjustments based on CHECK & REFLECT stages.
5. **ADJUST** your behavior. Remember the purpose of communication is to discuss/recognize their time pressures, job demands.

Meet Our New Staff 08-09 !



Geof Margo, MD

Geof Margo, MD got his medical education in South Africa and came over to the States for his psychiatry residency at the Upstate Medical University of SUNY in Syracuse, NY. He is board-certified in psychiatry and psychosomatic medicine. He is also a psychoanalyst. Over the years he has worked in a variety of psychiatric settings including inpatient psychiatry, general hospital consultation psychiatry, and in primary medical care settings working collaboratively with family medicine doctors. Throughout his career he has maintained a practice of general psychiatry and psychodynamic psychotherapy. Currently he divides his time between CAPS and his Center City, Philadelphia practice.



Jane E. Kotler, MSW

Jane joined the CAPS staff as the Assistant Director of Clinical Administration. Her position oversees the daily operations of the clinical administrative activities of CAPS and she works collaboratively with members of the administrative and clinical CAPS team and with partner offices in the Penn Community.

Jane completed her graduate work at the University of Pennsylvania School of Social Work. (MSW) Her professional background includes a wide range of clinical work with individuals, families and groups as well as several years working in Human Resources at the Philadelphia Museum of Art.



Dr. Gabrielle Mauren

Dr. Gabrielle Mauren joins the CAPS team with clinical interests in depression, eating disorders, multicultural counseling, and working with student-athletes. She earned her Ph.D. in Counseling Psychology from the University of Minnesota in 2007. Dr. Mauren completed both her pre-doctoral internship and post-doctoral training at CAPS and is excited to join the staff as a full time member. Gabrielle is committed to teaching and outreach/prevention efforts. She taught cross-cultural counseling as an adjunct faculty at Drexel University last spring, and plans to continue teaching at the graduate level in that department. Her outreach interests include healthy eating and exercise, stress management, and academic skills.