

WEST CHESTER UNIVERSITY *in* PHILADELPHIA

SPRING 2015 NEWSLETTER



Spring Semester

- March 27: Last day to withdraw from a class
- April 27: Last day to withdraw from the term
- May 4: Last day of classes
- May 5-7: Final Exams

Summer Sessions

- May 26—June 25: Summer Session I
- June 29—July 30: Summer Session II
- August 3—August 20: Summer Session III

April 24: M.A. in Communication Studies kick-off reception, Sheraton Society Hill, 6:30—8:00PM

May 12: WCU Philly Information Session 5:30-7:00PM Tell your friends!!!



Coming to WCU Philly

Fall 2015...

The RN-BSN is specially designed for licensed Registered Nurses to earn a Bachelor of Science in Nursing degree. **You must currently be a licensed Registered Nurse (or near graduation for an ADN program) to enroll in this program.** The BSN program is accredited by the Commission on Collegiate Nursing Education (CCNE) through 2019.

The BSN in Philadelphia is designed for students that have completed the majority of their general education credits and are looking to complete the undergraduate nursing degree. Students need 120 credits to graduate with a BSN degree, 30 credits must be taken at WCU; 22 of these credits are required WCU nursing credits. Courses will be offered in evening, one night a week to accommodate the RN population.

The Masters in Communication Studies will improve your communication skills and make you a more effective leader. This degree gives individuals the ability to take credits in related fields, such as business or marketing. Many of our graduates have launched new careers, advanced professionally in their organizations, and gone on to complete Ph.D. programs to teach at top universities.

Our graduates leave with solid experience and skills in:

- Leadership
- Persuasive Communication
- Business Communication
- Public Relations
- Public Speaking

Complete 36 credits in 24 months!

Questions or comments about something in this newsletter? Would you like to contribute? Contact Philly Program Counselor, Marcie Cohen, at mcohen@wcupa.edu

RN-BSN

**M.A.
Communication
Studies**



Spotlight on... **LGBTQA Services**

Location: 233 Sykes Student Union — Main Campus Phone Number: (610) 436-3147

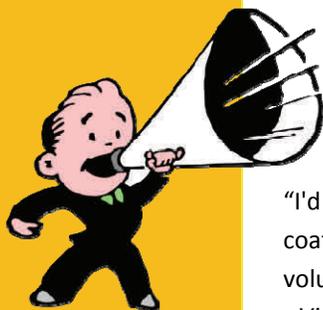
Website: <http://www.wcupa.edu/SERVICES/stu.lgb/>

What they do:

- ◆ **LGBTQA Advocacy Committee**—comprised of students, staff, faculty, and administrators to discuss campus climate issues
- ◆ **Ally Program**—trains faculty, staff, and students to be allies of the LGBTQA campus community
- ◆ **Safe Space and Support** - Creates a safe space for students to discuss issues related to sexual orientation, sexuality, and gender identity.
- ◆ **“Speak-Outs”** - Members of the LGBTQA and Ally Program speak to campus groups and classes to raise awareness and sensitivity to LGBTQA issues.
- ◆ **Other Resources/Services:**

LGBTQA Student Organization	Trans Resources
Community Outreach	Scholarships and Awards

Check out the new LED signs on top of the building at the corners of 7th and 8th!



Shout-Outs

“I'd like to shout out Megan Tompkins Kinney for bringing a huge pile of coats to hand out to the homeless today when we went to volunteer for the meal distribution! She is awesome!! “

- Victoria Moore (BSW)

Congratulations to Erin Allhiser and Lara Estomin on the birth of their beautiful babies!

**We need more shout-outs! Want to congratulate a classmate on a milestone or job well done? Want to thank a classmate, faculty, or staff member? Send your shout-outs to mcohen@wcupa.edu! **



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Balance and Mindfulness

By Kristin Shelesky, Ph.D., Licensed Psychologist
at the WCU Philly site

In recognition of the various roles that West Chester University students manage on a daily basis (I'm always impressed), balance is one of the keys to your personal and professional success. Since resuming classes and assignments after spring break, the timing is right to try to maintain a portion of the relaxation that you may have experienced during your break. Even if you didn't experience much relief from stress over the break, considering ways to **enhance the balance of your multiple roles** can serve you well beyond the rest of this semester.

Incorporating mindfulness into your life is one strategy to accomplish balance. **Mindfulness is the process of cultivating moment to moment awareness and intention in all that you do without necessarily trying to change or alter what you do.** Mindfulness practice is without judgment or evaluation, and rather is noticing your internal world to promote your health and well-being. Research supports substantial physical and emotional benefits of mindfulness, including in promoting a better work-life balance (e.g., Michel, Bosch, & Rexroth, 2014). By being mindful in your daily life, you can determine how best to balance your life. For example, based on your internal state, you can mindfully discern what you need most in each moment, whether it be to finish your paper or spend time with loved ones.

Mindfulness can be practiced in a myriad of ways, both informally and formally. To **practice mindfulness informally, people pay attention to their daily activities and internal states moment by moment.** One way to informally practice mindfulness would be to pay attention to your experiences moment by moment in your daily tasks. You might pick one task today, such as driving, and **focus on the sensations, thoughts, and feelings** you experience when driving. You might notice mindfulness may help you to be a better, more focused driver, in this example. Mindfulness **can be practiced more formally via meditation.** One of the most practiced and accessible ways to begin meditation practice is by **paying attention to your breath** without judging or changing your breath for a few minutes each day. Body scan meditations are particularly helpful for those who may notice they are holding stress in their bodies. **Lovingkindness meditations** allow people to access loving and kind feelings towards themselves, others, and the world around them. (There are many great **online resources** for guided meditations-here are just a couple of links: <http://www.freemindfulness.org/>; <http://marc.ucla.edu/body.cfm?id=22>).

I wish you the best in your mindfulness practice and in your home-work-school-life balance. Counseling services are available on Thursdays from 11am-2pm and 3pm-6pm while classes are in session. Please contact our staff support person, Ms. Keeya Faison, at 267-386-3026 or kfaison@passhe.edu to schedule an appointment.

A few mindfulness references:

Kabat-Zinn, J. (2005). *Coming to our senses: Healing ourselves and the world through mindfulness*. New York: Hyperion.

Michel, A., Bosch, C., & Rexroth, M. (2014). Mindfulness as a cognitive-emotional segmentation strategy: An intervention promoting work-life balance. *Journal of Occupational and Organizational Psychology*, 87, 733-754.

Stahl, B., & Goldstein, E. (2010). *A Mindfulness-Based Stress Reduction Workbook*. Oakland: New Harbinger Publications, Inc.

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