

# WEST CHESTER UNIVERSITY in PHILADELPHIA

## FALL 2015 NEWSLETTER

Mark your  
Calendar



**November 30:** Fall 2015 Term Withdrawal ends

**December 7:** Last day of Fall 2015 classes

**December 8 - 12:** Final Exams

**December 14:** First day of Winter classes

**January 13:** Last day of Winter classes

**January 19:** First day of Spring classes

Our next **Information Session for prospective students** will be held on Wednesday, December 16th, 2015 from 5:30-7:00PM (check-in and refreshments from 5:00-5:30PM).

Spread the word!

*Does your financial  
plan make Cents?*



We want more students like YOU!

Contact Marcie Cohen or Diane  
Greenwood with recruiting ideas!

Financial  
Literacy  
Resources

### #WCUlifeSkills

From the WCU homepage, click "Current Students," then "Financial Aid."

Look for the #WCUlifeSkills link towards the bottom of the page on the right-hand side.

#WCUlifeSkills

### [YouCanDealWithIt.com](http://www.YouCanDealWithIt.com)

Learn to manage money, student loans, budget, and credit cards.

### [MyMoney.gov](http://www.MyMoney.gov)

Based on five principles: Earn, Save & Invest, Protect, Spend, Borrow.

### [WhatsMyScore.org](http://www.WhatsMyScore.org)

Everything you need to know about your credit.



Remember, **WCU Philly closures are separate from WCU main campus closures.** For accurate closing information, sign up for PASSHE Center City e2campus alerts at <http://centercity.passhe.edu/e2Campus.php> and check the WCU Philly homepage (<http://www.wcupa.edu/philly>)

Questions or comments about something in this newsletter? Would you like to contribute?

Contact Philly Program Counselor, Marcie Cohen, at [mcohen@wcupa.edu](mailto:mcohen@wcupa.edu)



## Spotlight on... *Counseling Center*

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

As you know, Counseling Services are available on the WCU Philly campus one day/week with Dr. Kristin Shelesky, and appointments can be scheduled by contacting PASSHE Center City Administrative Assistant, Keeya Faison, at (267) 386-3026 or [kfaison@passhe.edu](mailto:kfaison@passhe.edu). What you may not know, is that the WCU Counseling Center also has a variety of useful resources accessible directly from their website.

### *"Identifying Distress"*

- Signs of distress
- Depression to Suicide
- Violent Behavior

### *"Resources"*

- Links to websites for a variety of mental health organizations
- Faculty research
- Trauma resources
- Links to apps related to...
  - Anxiety
  - Depression
  - Meditation, Relaxation, and Mindfulness

**Caring for the mind is as important and crucial as caring for the body. In fact, one cannot be healthy without the other.**

From the book "Approaching the Natural: a Health Manifesto" by Sid Garza-Hillman

JILL  
WILL  
RUN



*How to make the most of your winter break...*



Don't forget to RELAX and have FUN!

- 
1. **Look (and apply) for scholarships.** Use a free scholarship search engine like [fastweb.com](http://fastweb.com) and see what you can find! Who doesn't like FREE money, especially after holiday shopping?
  2. **Catch up with old friends (and stay in touch with new ones).** Since your social life most likely suffers while you're in class, take the opportunity to spend some extra time with friends and family.
  3. **Touch up your resume and/or cover letter.** To be honest, writing resumes and cover letters takes time and is not particularly fun, generally speaking. However, it IS necessary. Keeping your resume up-to-date will prevent you from having to spend a lot of time revising it later.
  4. **Read!** You may be thinking, "Um, no thank you. I read all semester long!" But, if you used to love reading for your own personal enjoyment, and have lost that amongst all of the textbooks and journal articles, choose something to read just for fun, and reignite your love of reading!
  5. **Set goals for next semester.** Make sure your goals are SMART: Specific, Measurable, Attainable, Realistic, and Timely.

<http://www.fastweb.com/student-life/articles/the-10-things-you-should-do-over-holiday-break>

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## Gratitude

By Kristin Shelesky, Ph.D., WCU Philly Psychologist

Feeling stressed? You are not alone! This is a complicated time of year when we are striving to finish our semester strong and some of us are gearing up for break and maybe even the holidays. In our sprint to the end of the semester, we may approach Thanksgiving as an extra day off to finish one of many papers. In the midst of all your many tasks, I invite you to consider mindfully connecting with the spirit of Thanksgiving. . . gratitude.



### Gratitude and Its Benefits

People can experience gratitude in many ways, from appreciating the kindness extended to us with no obvious benefit to the giver; to an appreciative, positive approach to life; to appreciation for spirituality and spiritual connectedness. A grateful disposition and/or practicing gratitude lead to substantial psychological and physical benefits. Gratitude has been associated with decreased psychopathology (e.g., depression, anxiety) and increased well-being, satisfaction with life, quality of relationships, relationship satisfaction, sleep, and immune system functioning (Emmons & Stern, 2013; Wood, Froh, & Geraghty, 2010).

### Practicing Gratitude

Gratitude can be linked with therapeutic healing, for example, an important component of thriving after trauma may be the ability to be grateful. Mutual appreciation in a therapy relationship also leads to positive clinical outcomes (Emmons & Stern, 2013). Gratitude is a powerful social force of good, often leading to further altruistic and positive outcomes far out-reaching the initial experience of gratitude (Snyder & Lopez, 2007; Emmons & Shelton, 2005; McCullough, Kimeldorf, & Cohen, 2008).

Many therapeutic strategies to increase gratitude have led to greater well-being, such as writing a letter of gratitude and reading it to your recipient (Seligman, Steen, Park, & Peterson, 2005) and keeping a gratitude journal (Emmons & McCullough, 2003). In particular, the following instructions were given to cultivate gratitude (please read these carefully): "We want to focus for a moment on benefits or gifts that you have received in your life. These gifts could be simple everyday pleasures, people in your life, personal strengths or talents, moments of natural beauty, or gestures of kindness from others. We might not normally think about these things as gifts, but that is how we want you to think about them. Take a moment to really savor or relish these gifts, think about their value, and then write them down every night before going to sleep" (Emmons & Stern, 2013, p. 848). Attending to the things for which we experience gratitude before bed not only combats struggles we may have with sleep, but also enhances our well-being and sense of peace.

I invite you to experiment with gratitude strategies, such as keeping a gratitude journal, writing a letter of gratitude, or even just taking this moment to think of all for which you are grateful, to enhance your well-being, particularly during this busy and stressful time. I am grateful to all of you for taking the time to consider gratitude. Please take good care for the remainder of the semester and enjoy the upcoming break.



*\*Please contact [kshelesky@wcupa.edu](mailto:kshelesky@wcupa.edu) for full reference list.*

*Dr. Shelesky provides therapy to WCU Philly students from 11am-6pm on Wednesdays.*

Gratitude

is the best

Attitude