FEBRUARY

Newsletter

Winter 2015

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Brush Up on your Michigan Lingo!

Central Campus

CAPS........................................Counseling and Psychological Services
CC Little................................Clarence Cook Little Building
CCRB........................................Central Campus Recreation Building
DPS..........................................Department of Public Safety (Campus Police)
FISHBOWL..............................Angel Computing Site
UGLI.........................................Shapiro Undergraduate Library
MLB..........................................Modern Languages Building
ONSP......................................Office New Student Programs inside LSA Building
UMMA....................................University of MI Museum of Art

Off Campus

UTOWERS..................................University Towers
SKEEP’S....................................Score Keepers
CHARLIE’S...............................Good Time Charlie’s
BDUBB’S.................................Buffalo Wild Wings

The Hill

The ROCK..............................large painted rock on Hill and Washtenaw
MOJO......................................Mosher Jordan Residence Hall
MOTEL 6 (apartments)..............Green Doors, looks like motel
USB...........................................Undergraduate Science Building
CCRB........................................Central Campus Recreation Building
The ARB......................................The Arboretum
MARKLEY..................................Mary Markley Hall

North Campus

The DUDE...............................Duderstadt Center (quiet study place, huge)
NCRB......................................North Campus Recreation Building
Get to Know Your Mentors!

**Michelle**

Favorite study spot on campus: The Law Quad  
Favorite Class: Medical Anthropology 344  
Best part of Winter Semester: Michigan Basketball  
Worst part of Winter Semester: 
Walking to class in the cold  
Winter must-have: Snow boots!

**William**

Favorite study spot on campus: 
The Ref Room in Hatcher  
Favorite Class: Neuropsychology 345  
Best part of Winter Semester: 
Jumping in the fluffy snow  
Worst part of Winter Semester: 
Anytime I have to walk out of my house  
Winter must-have: Earmuff and Gloves (VERY IMPORTANT!!)
**Lydia**

Favorite study spot on campus: School of Education classrooms and lounges

Favorite Class: Law and Social Justice with Prof. Martha Jones

Best part of Winter Semester: The conferences and speakers!

Worst part of Winter Semester: The weather.

Winter must-have: Coffee specialty drinks in Lab and Sweetwaters

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**Susie**

Favorite study spot on campus: Mason Hall classrooms/lecture halls

Favorite Class: Amcult 235

Best part of Winter Semester: Basketball games

Worst part of Winter Semester: Wearing pants to the gym

Winter must-have: Podcasts on your phone for making cold walks less dreadful!

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**Enni**

Favorite study spot on campus: Hatcher 6th Floor

Favorite Class: Earth 380 and Econ 409

Best part of Winter Semester: Skiing, hot springs, hot chocolate, and most importantly it’s not far from Spring.

Worst part of Winter Semester: Icy roads and SUPER low temperatures

Winter must-have: Cozy sweaters, candles, and a good book
Favorite study spot on campus: Michigan Union Study Room, First Floor

Favorite Class: All Spanish courses and Intro to Arab Culture AAPTIS 331

Best part of Winter Semester: Walking across the diag on snowy, but sunny mornings.

Worst part of Winter Semester: Final exams!

Winter must-have: Glittens (half gloves, half mittens)

Lauren

Favorite study spot on campus: Rackham

Favorite Class: Graduate level class I am taking this semester, Diverse Farming Systems.

Best part of Winter Semester: It feels like it goes by faster than Fall and it’s SO nice around campus when the weather finally breaks and spring shows up!

Worst part of Winter Semester: Having to get out of bed in the morning and go outside in the cold/wet/dreary/bleh, and how it feels like it’s dark all the time!

Winter must-have: Boots! Cold/wet feet are miserable during a long day of classes.

Angey
MCAPS do something.

Counseling & Psychological Services (CAPS)
Winter 2015 Workshops, Lunch Series & Groups

Drop-In Wellness Workshops

**Beating the Blues**
This session will give students information on what depression is and is not. It will also explore ways to help students feel more energized and well-equipped to navigate through their difficult situation or depressed mood.

**Tuesdays, 4:15 pm - 5:00 pm, Three Sessions**
Section 1: 2/2, 2/9 & 2/16
Section 2: 3/16, 3/23 & 3/30
Section 3: 4/6, 4/13, & 4/20

**Couples Workshop**
Do you feel emotionally connected with each other? Are you at a loss about how to deal with conflicts?
Through this workshop series, couples will learn what makes a healthy relationship, how to communicate, and how to better understand your needs and your partner’s needs. You will be better equipped to achieve a more intimate and satisfying relationship and better able to persevere though the ups and downs. Both partners are required to attend.

**Wednesdays, 5:30 pm - 6:30 pm, Three Sessions**
Section 1: 1/21, 2/4, 2/18
Section 2: 3/18, 4/1, 4/15

**Easy Everyday Mindfulness**
Are you stressed or overwhelmed and don’t feel like you have time for relaxation and wellness? Is your mind full of negative thoughts about the past or worries about the future? This workshop is designed to be a fun approach to learning mindfulness and its benefits, including increased emotional well-being, self-awareness and cognitive clarity. Learn to decrease stress on a daily basis without adding anything extra to your schedule.

**Wednesdays, 4:15 pm - 5:00 pm**
Drop-in: 2/4 through 4/15

**Introduction to Meditation**
Meditation is an effective way to manage stress, anxiety, and to increase focus and productivity. Each week the basic instructions for meditation will be presented.

**Thursdays, 5:30 pm - 6:30 pm**
Drop-in: 1/15 through 4/16

**Managing Anxiety**
Whether you worry too much about school, relationships, or anything else, these sessions are designed to help you manage your stress and anxiety.

**Mondays, 4:15 pm - 5:00 pm, Three Sessions**
Section One: 2/3, 2/10 & 2/17
Section Two: 3/17, 3/24 & 3/31
Section Three: 4/7, 4/14 & 4/21

Lunch Series

Free lunch provided, but feel free to bring your lunch if you prefer.

**International Student Lunch Discussion**
During this time, students will have informal discussions covering a variety of topics such as: adjusting to U of M, cultural adjustment, making friends, relationships, and managing academic stress. Meets in the CAPS Annex, on the 3rd floor of the Michigan Union.

**Mondays, 12:00 pm - 1:00 pm**
Drop-in: 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 3/9, 3/16, 3/23, 4/6, 4/13

**My Brothers: Lunch Series for Men of Color**
Seeks to empower men of color around issues of identity, intercultural competency, and health and wellness that affect them in an open atmosphere. The program welcomes all University of Michigan men of color – undergraduate and graduate, faculty and staff. Meets in the CSG Chambers, on the 3rd floor of the Michigan Union.

**Tuesdays, 12:10 pm - 1:30 pm**
Drop-in: 1/13, 1/20, 3/10, & 4/7

**Nourish: Lunch Series for Women of Color**
Seeks to empower women of color around issues of identity, intercultural competency, health and wellness in an open, spirited atmosphere. The program welcomes all self-identified women of color at the University of Michigan including undergraduates, graduate students, faculty, and staff. Meets in the CSG Chambers, on the 3rd floor of the Michigan Union.

**Thursdays, 11:30 am - 1:00 pm**
Drop-in: 1/15, 1/22, 3/12 & 4/9

No appointment needed for Lunch Series and Workshops.
Autism Spectrum Self-Advocacy Group is for students who identify as being on the autism spectrum or who are in the process of exploring autism spectrum questions. This group is safe, confidential, and empowering space for students to get support, strengthen self-advocacy skills, and discuss common concerns.

Fridays, 4:00 pm – 5:00 pm
Karín Arizala, Ph.D.

Conquering Social Anxiety: Members will learn what social anxiety is, why they experience social anxiety, discuss their social anxiety experiences, learn social anxiety reduction tools, and communication skills. Role play interacting with others, and obtain skills to enable them to have a fuller campus and general life.

Wednesdays, 1:30 pm – 3:00 pm
LaReese Collins, Ph.D., LMSW

Coping Skills: Interpersonal Effectiveness: Participants will learn about and practice interpersonally effective skills to help manage emotions, improve relationships, and decrease anxiety.

Wednesdays, 5:15 pm – 6:45 pm
Rachel Rutchiefield, LMSW
Lauren Barris, MSW Intern

Find Your Focus: ADHD Support Group is for students who have ADHD or similar challenges (you do not need to have an ADHD diagnosis to join the group). Members will gain support, build on their strengths, and also learn strategies for managing attention and organization.

Tuesdays, 10:00 am – 11:30 am
Lesley Graves, Post Doctoral Fellow

GBQQ: This group is for students who are oriented towards other men, regardless of identities or labels. It is designed as a safe space to discuss identity, community, relationships, and other issues of relevance. The focus of this group is truly dependent on the make-up of the group.

Tuesdays, 5:00 pm – 6:30 pm
Jim Dolan, Ph.D.

LBQQ Group: This group is designed for women who love women, regardless of identities or labels. Together we will create a safe and confidential place to discuss identities, communities, coming out, self-esteem, relationships, and the “isms” and other topics of interest to group members.

Fridays, 3:45 pm – 5:15 pm
Vicki Hayes, Ph.D.
Kristen Menke, Psychology Intern

LGBTQ: This group focuses on ways sexual and gender orientations and identities interact and affect challenges of being a graduate student in a safe and affirming environment.

Thursdays, 3:15 pm – 4:45 pm
Kiyana Horion, LMSW

Living Well with Chronic Health Issues: This group is for students experiencing a wide range of health issues. Members will have the opportunity to connect with each other in a supportive, empowering, and confidential environment.

Tuesdays, 10:00 am – 11:30 am
Karín Arizala, Ph.D.
Kelly Clark, Post MSW Fellow

Making Friends with Yourself: Mindful Self Compassion Do the phrases “Fear of Failure” or “Not Good Enough” mean anything to you? This group will focus on developing a daily practice of self-compassion and authenticity.

Tuesdays, 3:00 pm – 5:00 pm
Mishelle Rodriguez, M.S.

Men’s Graduate Group: This is a confidential group where guys can let their guards down and talk about improving their relationships and becoming more of the men they’re meant to be.

Tuesdays, 4:00 pm
Ed Huebner, LMSW

Mind Body Support for Anxiety: This group is designed to gain new tools for managing worry and other anxious thoughts. Yoga postures that help calm the mind and release muscle tension will also be practiced. Yoga mats will be provided.

Thursdays, 2:30 pm – 4:00 pm
Claudia Miller, MS
Monica Rabb, Psychology Intern

Mindfulness Based Stress Reduction This 8 session group is designed to help students explore the ways that mindfulness meditation can help quiet the mind, reduce stress, and enhance overall wellness by cultivating present moment awareness.

Mondays, 4:30 pm – 5:30 pm
Laura Monschau, Ph.D.

Multiracial & Biracial Student Discussion Group: This is a supportive and therapeutic group designed for self-identified multiracial and biracial students. This is a space to discuss the identity related challenges held by more than one race.

Tuesdays, 3:00 pm – 4:30 pm
Patty O’Malley, Psy.D.
Lesley Graves, Post Doctoral Fellow

Our Voices: This group is a confidential and safe environment to provide an affirming, empowering, and supportive environment for Black female undergraduates. Within this, students will focus on developing a daily practice of self-compassion and authenticity.

Mondays, 5:00 pm – 7:00 pm
Seryl Kelly, Ph.D.

Personal Empowerment by Managing Anger: This group is designed to discuss anger, and the anger regulation skills that help the individual manage their anger.

Tuesdays, 5:30 pm – 7:00 pm
LaReese Collins, Ph.D., LMSW

Sister Friends: This group is for Black female graduate students in this group we will explore issues relevant to Black women including self esteem, relationships, academic pressures, beauty/body image, identity, combating stereotypes and the myth of the “Strong Black Woman.”

Mondays, 2:30 pm – 3:30 pm
Jamye Banks, Ph.D.

Stories of Recovery This is a semi-structured group for women who are currently recovering from an eating disorder or distorted body image. Group includes a combination of support and discussion of stories and themes that are important to recovery. Topics include but are not limited to nutrition, relationship, and assertiveness.

Tuesdays, 2:30 pm – 4:00 pm
Sarah Godoy, Post Doctoral Fellow

Therapy & A Movie This is a group experience for students to get together and watch selected movie clips and then discuss afterward. Students are encouraged to bring a movie of their choice.

Wednesdays, 3:30 pm – 5:00 pm
Todd Sevign, Ph.D.

Understanding Self & Others Would you like to enhance your personal relationships? Curious about how others perceive you? Would you like a place to share personal experiences and feedback about your relationships? This group provides a confidential and supportive atmosphere to explore the ways of relating to others while learning about yourself.

Undergraduate Co-ed: Monday, 10:00 am – 12:00 pm
Dwayne Campbell, PhD.

Tuesdays, 2:30 pm – 4:00 pm
Ed Huebner, MSW

Graduate Co-ed: Monday, 10:00 am – 12:00 pm
Emily Porter, Post MSW Fellow
Kelly Clark, Post MSW Fellow

Thursdays, 1:30 pm – 3:00 pm
Junichi Shimakoa, Psy.D.

We’re The First! This group is for students who are the first person in the family to attend college. Our goal is to provide a confidential and supportive environment in which students will explore ways to be successful, learn how to navigate the university system, and provide support to one another.

Thursdays, 1:00 pm – 2:30 pm
Elizabeth Goos, MSW
Cassie Garleye James, Psychology Intern

Women’s Graduate Group: This group is designed for graduate women seeking a supportive therapeutic space to share their experiences at U of M and other contexts of their lives, navigating their multiple identities within these contexts. Common themes include navigating academic demands, interpersonal relationships with peers, partners, family members, advisors, and professors among others.

Mondays, 3:15 pm – 4:45 pm
Rachel Rutchiefield, LMSW
Emily Porter, Post MSW Fellow

Check out the flipside for workshops and other programs.
Thr
eads
TC @ South Asian Awareness Network (SAAN) Conference
Take-aways from SAAN Conference 2015

“As a college student I think it is important that we understand and be cognizant of the problems other communities on campus are facing.”
- Lydia Lopez, TC mentor

“Through the dialogues throughout the conference, participants have the chance to see how these issues [in the South Asian community] intersect with issues in other communities”
- Nishma Valikodath, SAAN E-Board

Conference Quote:

“You have to leave behind the editors that no longer contribute to your story”
- Saajan Bhakta, 20-year-old youth activist and public speaker
Transfer Connections

Coffee Hour

When: February 25, 2015
From: 10am-12pm
Where: Michigan Union - Kuenzel Room

Take a break from the cold with Transfer Connections mentors and mentees!
Enjoy coffee, conversation, and snacks!
# February 2015 Schedule of Events

- February 5 — Basketball Game with TC, 7pm
- February 14 — Valentine’s Day
- February 16 — Presidents’ Day
- February 18 — TC Coffee Hour, 10am-12pm
- February 18 — Spring Break Begin at 12pm

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WELCOME
WINTER
MENTEES

transfer connections

Facebook
Instagram