Pre-Conference Programs

This program information is tentative and subject to change; be sure to check out the convention program and Commission VII publicity for final program confirmation.

Asian Pacific Americans: The Invisible Student Population

Sunny Lee, Corinne Maekawa, Daren R. Mooko

> Asian Pacific Americans (APA) are the fastest growing racial group in higher education. Despite increasing numbers, APA's are the most overlooked constituency of any color. This program will address a wide range of issues APA students contend with today, including the model minority myth, academic and career choices, racial identity development, and psychosocial development. This interactive session will infuse the questions and experiences of participants as well as case studies to incite discussion and learning.

The Stressed Student: How Can We Help?

Fred B. Newton, Ata Karim

> Students are facing high levels of complexity in their lives that is greater than with any previous generation. The apparent results are increased incidents of stress related behaviors including violent outbursts, binge drinking, despair, and a "live for the moment" philosophy. This workshop will overview recent studies of factors affecting college students and suggest a model of explanation. Demonstration ideas will follow, on what student affairs staff and academic faculty can do to help. An opportunity will be provided for participants to interact from their own experience.

Changing Campus Culture: Promoting Behavioral Health and Social Justice

Alan D. Berkowitz

> How can we transform our campuses into healthy and tolerant places? To do so requires that we use environmental change strategies and address our own role as effective change agents. The Social Norms approach that has been used to successfully reduce binge drinking, can also be applied to other health and social justice issues. This session reviews the theory underlying the model, provides suggestions for the role of student affairs professionals as change agents, offers case studies of its successful application, and discusses common problems and difficulties encountered in applying the model.

Deconstructing Whiteness as a Part of a Framework of Multicultural Education

Anna M. Ortiz, Robert A. Rhoads

> A challenge in a multicultural education is creating change in perspective and understanding among White students on college campuses. White students must first be "convinced" to attend programs on racism, ethnicity, or diversity and then must be motivated to continue further exploration, change, and action. Thus, this session is designed to help provide session participants with a model and tools to begin exploring Whiteness as a cultural construction which leads has the potential

to enhance the outcomes of multicultural education efforts.

Commission VII Sponsored Programs

Counseling Students with Disabilities: Promoting Leadership, Scholarship, and Citizenship

Nancy Badger, Katherine Schneider, Barbara Palombi

Students with disabilities comprise a group, which has the capability to become emerging leaders, scholars, and contributing citizens to our communities. Counseling Services can assist this group in achieving their full potential by merging theory related to people with disabilities with counseling practices. This program will review some theoretical underpinnings of counseling people with disabilities, discuss therapeutic issues and suggest implications for practice in counseling. Adjustment to disability, diversity, and accommodations in services will also be discussed.

Group Counseling in College Counseling Centers: An Exchange of Ideas

Emily F. Carter, Sharon L. Mitchell, Kurt M. Gehlert, Jason A. Parcover

Group counseling is often advocated treatment modality. Yet many group counselors at college counseling centers face the dilemma of filling their groups each semester. Possible factors contributing to this dilemma include clients' myth about group counseling, limited advertising of groups across campus, and conflicts between clients' needs and group format. This program address these factors as presenters from three college counseling center share how such issues have been addressed within their agencies. Presenters will invite participants to share ideas from their counseling centers.

The Ethical Use of Touch in Counseling: Feminist Perspective

Carolyn Bershad

Counselors are often warned against the use of touch, but research shows that many practitioners employ some form of touch (whether a handshake or hug). This program will address the ethical use of touch in the counseling relationship. Working from a feminist perspective, issues of power, caring and boundaries will be explored. Special attention will be paid to multicultural differences. Finally, case materials will be used to facilitate discussion and provide examples of ethical decision-making process.

Innovations of College Counseling-2000

Thomas Magoon, Stave Brown, Ed Delgado-Romero, Kari Ellingson, Karen Forbes, Andrea Greenwood, Ernie Nees, John Sherry, Linda Tipton, Franklin Westbrook, Barbara Zuber

Since 1984 this program has been a part of all but two ACPA Convention Programs. The content is selected from the Annual Counseling Center Directors' Data Bank list of novel and innovative practices. This year the innovations focus on four targets: Students, Faculty, Students' Parents, and the Counseling Center. Examples of the ten include: Student Advocates as Peer Allies, Developing Faculty Liaison, a Soap

Opera Video to Market Counseling Center Services, and a College Parent Survey: What do Parents Expect from Colleges and Universities.

Acceptance and Commitment Therapy: An Overview

Kevin Gaw, John Blackledge

Acceptance and Commitment Therapy (ACT), combining elements of behavioral, gestalt, existential, cognitive, and client-centered therapies, is a conceptually coherent, empirically derives treatment designed to have broad applicability. ACT was developed to treat instances of experiential avoidance that work to interfere with the pursuit of individually held values and goals, and is appropriate for both short and long term therapy. This program will introduce the essential ingredients of ACT, as well as a brief overview of its theoretical and empirical underpinnings.

Feminist Theory: Strategies for Interventions

Kimberly Gorman

This program will provide a focus and training on interventions consistent with feminist therapy. Participants will learn the theory and methods of interventions. These interventions will be discussed as they relate to the university population. Specifically the interventions will be modeled as they apply to working with individuals with eating disorders and who have experienced date rape. Participants will be offered the opportunity to practice using these interventions with college populations related issues.

Counseling Web Babies: Information, Integration, and Isolation

Richard P. Keeling

Today's students are integrative learners: nurtured in the flash of electronic information, they have adapted to a multi-source "datascape' that births the "web babies" who incorporate and process information in fundamentally new ways. Demographic, economic, and academic diversities have redefined students and their roles; the meaning of "community" is both strengthened and undermined as a new pluralistic generates cohesive but shifting social networks. Isolation is both the greatest challenge and the most striking paradox of these students' lives; issues of intimacy, connection, and identity float unresolved. What will our relationship with emerging generations of students be? How will we counsel them?

Commission VII Co-Sponsor With Commission VIII - Wellness

A New Workshop: "Feel Better Fast: Helping Depression, Stress, Insomnia"

Bert Epstein

This presentation details a newly created workshop for college campuses. Originally created and successfully implemented at an HMO, Kaiser Permanente Medical Center, the workshop has been modified for college students. "Feel Better Fast" is a

90- minute workshop that helps students who are suffering from forms of depression, stress, or insomnia. The workshop uses an innovative "star chart" that organizes the key ingredients of relaxation, pleasurable activities, self-care (including exercise, nutrition, time management and good-sleeping), and restructuring of thoughts.

Commission VII Co-Sponsor With Commission X - International Dimensions of Student Development

Intercultural Communication Styles: A Critical Variable toward Leadership and Citizenship

Kevin Gaw, Jim Abe

On the increasingly diverse college campus, it is imperative for college professionals to mode active intercultural/multicultural competencies. One such competency is the ability to recognize, value, and work with a wide range of intercultural communication styles. Using video, case studies, and experimental activities, this program introduces intercultural communication styles, conveys key markers of the styles, and how to enter interactions when the styles differ. This program is for all professionals, and in particular, therapists, outreach presenters, diversity trainers, and campus leaders.

Commission VII Co-Sponsor With Commission XVI - Academic Support in Higher Education

Citizens of the Internet in 2000 and Beyond

Jane Bost, Jonathan Kandell, Ellen Maurer, David Gilles-Thomas, Sherry Lynch

In 2000 and beyond, student affairs professionals will be challenged to find ways to utilize the Internet as a vehicle for addressing students' needs and issues. This program will present models of four programs, administered through different university counseling centers, which model such innovative interfaces with the Internet.

Standing Committee for Lesbian, Gay, Bisexual, and Transgendered Awareness

Critical Incidents Contributing to the Development of Lesbian Identities in College

Annie Stevens

What are the nature and types of critical incidents that shape lesbian identity development in college? What can we learn from the experiences of lesbian women in college? A qualitative research study was conducted to capture voices of self-identified lesbian women and reveal their shared experiences in order to gain a

more comprehensive understanding of their development process. The methodology and findings of this study will be described with opportunities for participants to make further connections from theory to practice.

Understanding Multiple Social/Cultural Group Identities: Capitalizing on a Qualitative Study

Teresa Lance

This program will report findings of a qualitative study of student affairs professionals' experiences of their multiple social/cultural group statuses (race/ethnicity, gender, and sexual orientation). The study examined the combination of a "marginalized" status (e.g. being a Person of Color or lesbian, gay, bisexual) and a "priviledged" status (e.g. being White or male) affected these professionals' multicultural experiences. After the findings are presented, those in attendance will discuss the implications of the study for their own awareness, work with students and colleagues, or possible further research.

Standing Committee for Women

Student Adjustment and Eating Disorders

Jeffrey S. Van Lone, Cynthia R. Kalodner

This program will examine disordered eating in first year college women living in residence halls. The presenters will introduce research that demonstrates a relationship between student adjustment to college and disturbed eating attitudes and behaviors. This will be followed by a group discussion that explores: 1) The etiology of disturbed eating attitudes and behaviors, 2) The social contagion of disturbed eating attitudes and behaviors in residence hall communities, 3) Recommendations for interventions and future research.

General Programs

A Group for Women: Self-Authentication as Foundation for Citizenship

Suzanna Adams

Before students can participate fully as citizens of a community, they require self-awareness and the subsequent ability to practice assertive presentation of self. Many women students still struggle with knowing themselves fully and presenting a truly authentic self to others. This program will present a model for a psychoeducational group for women focused on the development of self-authenticating lifestyle and subsequent participation in community as a citizen. Various theories of women's identity development, especially those of Charlotte Kasl will be discussed briefly. As a result of participating in this program, conferees will learn how to present this kind of group.

Access to Work: Career Counseling for students with Disabilities

Marilyn Petrich, Mera Kachgal

An in-depth overview of Access to Work, a project designed to offer career planning and experiential learning opportunities for students with disabilities at University of Minnesota, will be presented. The project is funded by the Office if Special Education and Rehabilitation Services and is in the third and final year. Information on cutting edge research and best practices in the field of disability services will be addressed. Participants will be provided information and resources to build their own disability specific programs.

Alcohol Interventions with Adjudicated Students: Understanding Behavior in Context

Marian E. Kreiger, James N. Nolan

In conjunction with Judicial Affairs and Residence Life, our Counseling Center designed an innovative intervention for students who violate campus alcohol rules. Combining alcohol screening, stress assessment, and global concern instruments, we offered a broad, contextual, and interpretive summary of students' situations. Our program describes the intervention and walks participants through the process with a role-play, case study, and copies of the instruments used. Presenters share a year's worth of data and experience with this program, including future directions.

Computerized Charting at University Counseling Centers

Jackie Sproat

Scholarship often begins with data collection and analysis. This program is designed for university counseling center staff, who wish to collect data quickly and accurately and transform a paper-based record keeping system to a computerized system. We will review predictors of success in moving from paper to computer, typical costs, benefits, and the pros and cons of developing a system in-house or buying off-the-shelf software. This session will include a live demonstration of computerized data charting software.

Critical Incident Stress Debriefing: Applying a National Model to College Campuses

Mary Beth Mackin, Sandi Scott Duex

As both university and community environments grow increasingly complex, critical incidents occur more often and result in stress and disruption of individuals as well as the community. Research has shown that individuals exposed to such incidents have a need to process these experiences in order to return to normal functioning as soon as possible. In this session, participants will learn how the University of Wisconsin-Whitewater has adopted the international model of Critical Incident Stress Debriefing (CISD) to respond quickly and effectively to campus crises.

Designing Workshops with Experimental Learning Activities

Susan Stock-Ward, Jeff Brooks-Harris

This program will present a model of workshop design that emphasizes four types of learning activities, which correspond to Kolb's (1984-1985) learning styles. Learning activities that meet of visual, auditory, kinesthetic, and tactile learners will also be presented. Participants will learn how and when to use them in workshops,

and how to design their own activities. The content of this program is based on the presenters' 1999 book, *Workshops: Designing and Facilitating Experiential Learning*.

Implementation Difficulties Associated with the Social Norms Approach to Binge Drinking

Alan Berkowitz

The social norm approach has been widely implemented to reduce binge drinking and address other health problems through reduction of misperceptions. Numerous conceptual and implementation difficulties are encountered when attempting to implement the model. This session provides an overview of such difficulties along with the recommendations to avoid them. Topics include: populations and settings in which the model is effective, data collection, message design and delivery, evaluation issues, and common mistakes. Case studies are provided to illustrate the model and potential problems.

In Her Words: Lakota Women Relate Their Tribal College Experiences

Ruth Harper, Rebecca Caldwell, Marianne Decorah, Rick Roberts, Stephanie Danielson

America's thirty-one tribal colleges exemplify the connection that higher education can have with the goals and hopes of a community and its people. This presentation focuses on the student development and mental health concerns of women students at one tribal college. Participants will learn about the place that higher education holds in the lives of a group of Lakota women, who range in age from 18 to over 70. Discussion will examine whether and how these issues are evident on other tribal and non-tribal campuses.

OUT OR IN? The Challenges of the Campus Closet

Douglas Cureton, Joe Giuffre, Dr. Diane Tarriccone, Dr. Jamie Washington

Are you challenged by the decision of coming out on campus? Are you out on campus and willing to share some of the positive and negative issues you have faced? Are you an ally that supported colleagues who have come out? This panel discussion and interactive session will address some of the personal, professional, and institutional factors that shape the decision of coming out on campus. A Campus Checklist, the Relationship Issues in the Workplace Survey, and a question and answers segment to share information, ideas, and strategies for creating a safe and satisfying workplace environment will be conducted.

Surfing the Web Without Getting Caught in the Net

Donn Marshall, Debra Goldfine, Jonathan Kandell, Charles Morrison

Rapidly changing technology is altering the ways in which students study, conduct research, recreate and engage in relationships. These alterations result in a 'virtual citizenship', bringing potentially limitless resources for connection, sharing, and learning. These changes also carry potential for disconnection, alienation, abuse, and addiction. This program introduces the

conceptualization, research and treatment of Internet addiction, describes unique

characteristics of electronic communication that contribute to the development of problematic relationships, and presents clinical and prevention interventions for campus applications.

The Men's Program: How to Lower Men's Likelihood for Raping

John D. Foubert, Brian J. Kraft

Lowering men's likelihood of raping has long been a goal of Student Affairs professionals. "The Men's Program" provides a significant step in that direction. Come hear how to implement a program shown by a recent study to lower men's likelihood of raping for seven months.

Thinking Styles, Learning Approaches and College Success in Three Cultures

Albert B. Hood, Li-fang Zhang, David Braveman

Theories dealing with differences in thinking styles and learning approaches, along with their substantiating research findings are becoming increasingly prominent in the literature field of educational psychology. These concepts have relevance for student affairs practitioners. They are presented on this program through examining the results of cross-cultural studies utilizing these concepts with university students in three cultures: the United States, Hong Kong, and Mainland China.