

# Personal Counseling Services for Faculty Survey

We would like to know what workshops, in-services and/or presentations you might be interested in having the counseling center social workers bring to you or your department. Please put an x in the boxes next to those you would like to see offered and include any you don't see.

## Workshops

20-90 minute one-time meetings for participants to get information on how to do something and where to find resources on the subject.

- How to handle a disruptive student
- How to refer a Distressed Student
- Depression, Anxiety and What You Need to Know
- What Do Counselors Do?
- Stress Management
- Recognizing when to make a referral to the counseling center
- Understanding Personality Types and How They Affect Learning
- How to recognize a drug or alcohol problem
- Other \_\_\_\_\_

## Consultation

The social workers at the counseling center can be reached by phone, email, or in person to help with questions you might have about a mental health issue.

Deb Hibbard LCSW – [Hibbard\\_D@sunybroome.edu](mailto:Hibbard_D@sunybroome.edu)

Mary Whittaker LCSW – [Whittaker\\_M@sunybroome.edu](mailto:Whittaker_M@sunybroome.edu)

Located on the 2<sup>nd</sup> floor of the Student Services Building in the Counseling Services Office

## Questions

Would you attend a common hour workshop on stress reduction?

- Yes
- No

Have you ever referred a student to the personal counseling services in the counseling center at Broome Community College?

- Yes
- No

From 1 to 6 please rank your preference when making a referral:

- \_\_\_ Telephone
- \_\_\_ Email
- \_\_\_ Scheduled appointment
- \_\_\_ Walk in during appointment times
- \_\_\_ We come to you

What kinds of topics for a Podcast for BCC students and faculty and staff related to wellness or mental health would you be interested in hearing?

- |  |   |
|--|---|
| <input type="checkbox"/> Eating Disorders                        | <input type="checkbox"/> Stress and How to Manage it                |
| <input type="checkbox"/> Relationship Problems                   | <input type="checkbox"/> How to Improve Your Self-Esteem            |
| <input type="checkbox"/> Grief and Loss                          | <input type="checkbox"/> Understanding Your Personality Type        |
| <input type="checkbox"/> Assertiveness                           | <input type="checkbox"/> How to recognize a drug or alcohol problem |
| <input type="checkbox"/> ADHD                                    | <input type="checkbox"/> Mental Health - what is it?                |
| <input type="checkbox"/> Depression and Anxiety                  | <input type="checkbox"/> Help for Social Anxiety                    |
| <input type="checkbox"/> Anger Management                        |   |
| <input type="checkbox"/> How to Study in Less Time and Do Better |   |

Would you be interested in being a faculty advisor for a student chapter of Active Minds on campus that educates other students about mental health issues?

***Active Minds is the nation's only peer-to-peer organization dedicated to raising awareness about mental health among college students. The organization serves as the young adult voice in mental health advocacy on over one hundred college campuses nationwide. [Activeminds.org](http://Activeminds.org)***

- Yes
- No

If you are interested in helping form an Active Minds Chapter or would like more information please provide contact information below:

Name \_\_\_\_\_

Phone \_\_\_\_\_

Any other comments, suggestions or questions: \_\_\_\_\_

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