

Counseling Services

Helping you balance more than your books...

Orientation Newsletter

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Welcome To Wartburg!



Welcome to Wartburg College! Wartburg offers many options for students working through difficult times in their lives; one of these options is Wartburg College Counseling Services.

Many students feel their problems are not “bad enough” to seek help. However, Counseling Services deals with many issues that may trouble students. Such issues include: roommate conflicts, homesickness, relationship issues, depression, family difficulties, addictions, grief issues, adjusting to college, sexual assault, and/or past history of physical, sexual, and/or emotional abuse.

Who will I talk with? Stephanie Newsom and Molly Wertz are Wartburg’s counselors. Both have master’s degrees in counseling.

Will I be charged a fee for services? No. All services at Counseling Services are free to Wartburg College students.

Will my conversations with the counselor be kept confidential? Yes. Confidentiality is honored at all times. The counselor keeps all files secured and will only release information regarding your visits under the following circumstances:

- You have authorized release of information to specific persons or agencies.

- You become at-risk of harming yourself or others.
- You are a perpetrator of physical or sexual abuse of a child under the age of 18 or a dependent adult.
- Your counseling records are subpoenaed by an attorney or court-of-law.

How do I make an appointment for counseling? You may call Counseling Services at ext. 8596 to make an appointment, e-mail, or stop by and talk with the office coordinator.

Where is the Counseling Services office located? Third floor of the Vogel Library in the Pathways Center.

During what hours can I expect to schedule an appointment? Mon.-Fri. 8:00 A.M.- 4:30 P.M. And Monday and Thursday evenings until 8:00 p.m.





KEEPING UP WITH SCHOOL WORK...

An important and helpful piece of information concerning your schoolwork at college is to “stay on top of it.” You should write down your assignments as you receive them and do them as they’re assigned. Waiting to do your class assignments until the night before will not produce the best results for you or your grades. Staying on task also makes the workload at college seem more manageable. It is much easier to read one 50-page chapter per night instead of five chapters consisting of 250 total pages the night before the test.

An important tool you will receive in your classes is a syllabus. All of your professors will give you a syllabus that will tell you what will be going on daily and/or weekly in that class for the term. This tool will help you stay informed and on task, so don’t lose it or forget to follow it! Sometime during the first week of classes, gather your syllabi and enter all important deadlines and exams into your Wartburg planner. Then, you can gauge when your “stressful” weeks will be, and allow you to manage your time so that you are prepared.

A good place to do your schoolwork is in the library. It is easier to get distracted in your dorm room than in the library. The library also has resources and librarians to assist you if needed. Grab a study room if you need peace and quiet, or study in the Konditorei if you can function amidst the hustle and bustle. Either way, you’ll get things done! Be sure and stop by Pathways for more useful information on academic help.

Learning to Relax *Secrets to staying mellow...*

The ability to relax is one that will help you through some of the stressful times that will come your way. Sometimes the best thing to do in a tight situation is to take a step back and take some time to relax and calm down. Tests, relationships, and papers can all go on hold for a second while you take a “mental recharge” through relaxation.

Take deep breaths, meditate, pray, or picture a relaxing place while sitting in a comfortable chair. Those few moments of peace will make a world of difference! Also, work to keep stress at a minimum. Here are some helpful hints to reduce the stress in your life:

1. Live one day at a time. Tomorrow usually takes care of itself.
2. Do something you really enjoy every day.
3. Learn to delegate responsibility to others...you don’t have to do it all!
4. Forgive other people...much time and energy is wasted on grudges.
5. Be optimistic! Attitude is everything.
6. Get up 15 minutes earlier every morning. The few extra minutes help a lot amidst the morning bustle!

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SLEEP...Just the facts

There will be times in college when you just won’t get the sleep you need. Papers, friends, work, and fun times will keep you awake long past what is healthy. It happens to almost everyone, but how much sleep loss is too much? What are the consequences of pulling one too many all-nighters?

Hours of sleep per night that your body needs:
8-10 (an average)

Symptoms of sleep loss:
Irritability, forgetfulness, impatience, anxiety, and depression.

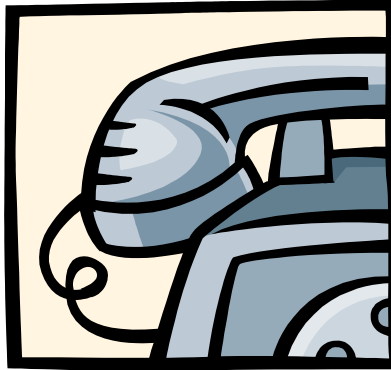
The sleeping vs. cramming truth:
Studies have shown that sleep may aid in retention of fact. Some scientists believe that sleep activity is similar to reliving memories; therefore, sleep may help you study what you already know!

SLEEP!

You don’t have time NOT to!

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- 7. Simplify, simplify, simplify.
- 8. Say “No” sometimes. Know your boundaries and stick to them.
- 9. Take a hot shower to relieve tension.
- 10. Spend some time alone each day.



Meet Your Counseling Staff!

Stephanie Newsom is the Director of Counseling Services at Wartburg. She earned her Master’s Degree from the University of Northern Iowa in Counseling. She is a Licensed Mental Health Counselor (LMHC) and a National Board Certified Counselor (NCC). Stephanie enjoys playing tennis, running and spending time with her family.

Molly Wertz is a Counselor for Counseling Services. She earned her Master’s Degree in Mental Health Counseling from the University of Northern Iowa. She is a Licensed Mental Health Counselor (LMHC) and a National Board Certified Counselor (NCC). She enjoys bike riding, spending time with family, traveling, and going to Iowa football games.

Mary Foy, Counseling Intern, is a former Wartburg employee. She has a BA in Journalism from the Univ. of Iowa and is currently completing her Master's degree in Counseling at UNI. She has first-hand experience working with college students as her oldest child is at Iowa State this year. In addition to a college student, Mary has three children at home. Her husband, Chris, works for the State of Iowa. She enjoys reading, traveling, shopping, and mostly spending time with family and friends.

Susan Lenius is Office Coordinator for Counseling Services 8 a.m.-12 p.m. Monday-Friday. She enjoys gardening, finding treasures at garage sales, photography, and spending time with her family.

Money Matters in College!

A college education often includes learning to handle finances. One thing you can do is set a budget for yourself; list your income, including scholarships, loans, part-time work, summer savings and family support. Then list your expenses, such as tuition, room and board, books, supplies, food, laundry, clothes, entertainment, etc. Your income must equal or exceed your expenses!

Students should also think twice about having a car at school. There are registration fees, maintenance costs, insurance, parking restrictions, etc. This can strain your budget and patience. You also need to spend your money wisely. Buy used books, use student discounts whenever possible, shop at home when visiting, and limit or avoid credit card use.



Counseling Referrals

On-Campus

Dr. Deborah Loers
Vice President-Student Life
Office- 352-8260

Campus Pastors
Office- 352-8217

Noah Campus Health Clinic
Office- 352-8436

Off-Campus

Covenant Clinic Psychiatry
217 20th Street N.W., Waverly
352-9606

Cedar Valley Mental Health
111 10th St. S.W., Waverly
352-2064

Suicide Hotline
1-800-333-4444

