

Center helps students achieve goals

By SARAH LOUISE KRIGER

The Counseling Resource Center (CRC), a component of the Student Development program, has been newly-funded through a Foundation mini-grant.

The CRC's purpose is to provide for the personal, academic, and career needs of students by enabling them to check out materials on a variety of topics.

According to Student Development Counselor Gina Bowers, who joined the WCC staff one year ago, "Our goal is to help students achieve their goals."

Materials like audio and video cassettes and books are available for one-week (renewable) loans at no charge; the Center also provides a video player for viewing.

Bowers pointed out that audio cassettes, which can be used while students are driving or doing other activities, especially benefit those who have no spare time.

The materials cover a broad spectrum of subjects: study skills, assertiveness, stress management, alcoholism, adult learning, date rape, relaxation techniques, AIDS, raising happy children, careers, homosexuality, and, already a popular choice, self-esteem.

During the first few weeks of the CRC's operation, Bowers said over half of the

materials were checked out by students or by teachers for use in their classrooms.

Bowers adds that the CRC asks users of the resources to evaluate the services and offer suggestions for improvement.

In addition to the checkout materials, Bowers wants students to realize that counselors are "very approachable," adding, "We know firsthand how frustrating college can be."

Bowers encourages students to come any time with any problem. "My door is always open," she invites.

The CRC is located in the Student Development area of the LC building and is open Monday through Friday from 8-5.



Students browse through materials available at the Counseling Resource Center. PHOTO: Sarah Louise Kriger

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