

MORE COLLEGE NEWS

COUNSELING SERVICES PUTS STUDENTS BACK ON TRACK

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Working with and counseling college students can be an exhausting task for some professors and departments on campus, but for the Department of Counseling doing so is a specialty.

The Department of Counseling and Testing is one of the most important departments on campus its charge is to work with students who need assistance in resolving personal, social, and emotional issues as well as helping students focus on their academics. What makes the office so effective is that students have access to a personal counselor at their convenience. Students who have academic and social problems or who need special attention and direction receive immediate attention.

Deborah G. Branch is the Director of Counseling and Testing. She also serves as Special Assistant to the Vice Chancellor for Student Affairs. Mrs. Branch has worked in the Counseling and Testing Center at Elizabeth City State University for four years. She previously worked for six years at different universities including Morgan State University (her alma mater), where she was the Director of Career Services. She has also worked at Duke University and North Carolina State University.

"My career has always been in the division of student affairs where I've had direct contact with students."

Branch has worked in higher education for the past 25 years.

"I enjoy working with students. That's why I've stayed in the area of

student affairs."

Branch works closely with students who need assistance in resolving day-to-day issues and concerns as well as assisting students academically.

"Our primary mission of the Counseling and Testing Center is to aid students in their adjustment to the demands of college life by providing individual and group counseling services to students. Counselors provide personal, social, career, and spiritual counseling to students as well as hosting self-development workshops on campus and in the residence halls during the academic year."

The Counseling and Testing Center provides workshops to students, which include roommate rights and responsibilities, time management and study skills, male and female relationships, career decision-making, and spiritual concerns.

"We strive to help students set and achieve goals and work towards maintaining a positive and healthy outlook for personal growth and development," Branch says.

The workshops that the center provides are aimed at helping students handle a variety of issues. Workshops such as the Male and Female Relationship workshop cover topics such as date-rape, acquaintance rape, date-rape drugs, abstinence, and other important topics.

"We handle a number of sexual-related topics, from romantic relationships to learning more about understanding your sexuality."

Consulting Psychologist, Dr. Rich-

ard McClintock works with the office during their workshops.

"Dr. McClintock works with the office for students who need additional short term counseling."

Dr. McClintock also host workshops focusing on alcohol, stress management. Soon he will host an anger management workshop.

The office also hosts the university's New Student Orientation, which will be held January 9-10, 2003 for new students at the University Center. Friday, Jan. 10 will be for transfer students at the K.E. White Graduate Center for the Spring Semester. There will be another orientation held during the summer. Other services and programs provided by the Counseling and Testing Center include Parent-Family Weekend program, the DISCOVER program, Alcohol 101, and self-help library materials, videos and brochures.

One of the most important services that Counseling and Testing Center provides is the VANS (Vikings Assisting New Students) program.

"Each year, the Counseling and Testing Center selects a group of dedicated students to become VANS. As VANS, students serve as a resource to new and transfer students who are making the transition into college," Branch says.

The VANS' program consists of students who work with freshman students during the New Student Orientation Program.

"They also serve as peer mentors during the academic year. The programs primary goal is to help students make the

adjustment from high school to the campus environment," she adds.

According to Branch, the success of the program is that it helps students enter college with a positive attitude as well as preparing them for classes.

The bulk of the department's work includes individual, one-on-one counseling sessions, which are confidential. Student problems include personal issues such as stress, depression, academic motivation, student testing, career counseling, family, drugs, alcohol, study skills, and more.

"We are handling many of the different types of issues that a college student would face. Many students nationally are dealing with depression issues as well as coping with relationships. Our trends in the counseling center are similar to the trends that typical college students are facing across the country."

The center also tracks student clients' progress. Branch says that by the end of a semester, the majority of students improve their study skills, manage time better, show high self-esteem, good decision making, good grades, and pass their classes.

The Counseling Center is also responsible for administering placement tests, including the ACT, SAT, GRE, CLEP, MAT, PRAXIS and the College Student Inventory.

The Department of Counseling and Testing is located in the H.L. Trigg Building, room 115. It is open from 8:00 a.m. until 5:00 p.m. Monday through Friday.

LEONARD BALLOU; KEEPER OF THE FLAME

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Being disabled and having to move around a crowded office in a wheelchair is something that Elizabeth City State University's Archivist, Leonard R. Ballou has learned to live and deal with. Mr. Ballou has been ECSU's University Archivist since the office was established in 1971. If you need help with a term paper, information about past Student Government Association officers, or almost anything else, you can consult Mr. Ballou.

In fact, it is a wonder why many more students do not know about Mr. Ballou. The Archives houses important documents and records for the school's use and the community's use.

Mr. Ballou is a very mild mannered man who is fond of his job.

"I reckon I like my job...it is interesting," said Ballou.

And Mr. Ballou's job is quite interesting, especially when one hears of all the stories he has to share.

Most departments at ECSU are beneficial to Ballou, because he chronicles their history through posters, newspapers, and scrapbooks. For example, the drama department (University Players) sends posters of past plays to be laminated and put on display, or scrapbooks to be kept on file for future reference. The English department sends over articles from the school's

newspaper "The Compass" to be bound once a volume is finished. These binded volumes are sometimes put on display.

"The University Archives is resourceful for people, if they use it like they should," said Ballou.

One of Mr. Ballou's favorite stories is about ECSU's founding. A woman called and asked about a man by the last name Turner. She wanted to know if he had helped in establishing ECSU. Together, Ballou and the woman found out that he *had* in fact helped in establishing ECSU when it was located in a warehouse downtown.

"People find out that they are connected to each other," said Ballou.

Another incident he likes to share involved a man looking for his grandfather. The man knew that his relative had attended ECSU for a few years, but he didn't know what had happened to him. He found out through the University Archives that his grandfather was in New Zealand, and that he had more family there. At the time, the man thought his grandfather was living somewhere in the United States, never expecting him to be in a foreign place, so far away.

"People also call to find out whether or not past SGA Presidents have been appointed to the Board of Trustees," said Ballou.

The core of the University Archives and Ballou's work involves finding out where people are. Even when someone has died, the University Archives is

contacted by relatives to see if the deceased person has had any ties to the University. Most people, Ballou says, are looking for what the deceased person accomplished during their lifetime. Such searches, which can be exhausting, are handled by Ballou and his staff.

"I have a part-time assistant and student assistants helping me, and we work together to get the job done," said Ballou.

Ms. Gina Gibson is the part-time assistant to Mr. Ballou, and has served in that capacity for almost three years.

"I do like working here; sometimes, Mr. Ballou can be a character," said Gibson.

Gibson says that their working relationship is good, but that Ballou is quite a task-master in doing his job.

"He's very nice and determined, yet he's vocal and opinionated," Gibson said.

Undeterred in his work, the man behind the University Archives has lived being without legs since November 1, 1996, when he suffered an aneurysm.

"When I found out that I would have no legs, it didn't necessarily bother me," says Ballou lightly.

Mr. Ballou does not worry about not having legs too much. Rather he focuses on his prized University Archives. He sometimes wonders why his position is not a permanent research one and why there is not a budget code.

"Most of the institutional research I do is done with my own budget," said

Ballou.

Though disabled, Mr. Ballou does not get the sense that people treat him differently than anyone else.

"People have been gracious to give me a hand when I need a push on campus, or a door opened. They are lovely spirits because some even drop what they are doing all together to help me, even if they don't know me," said Ballou.

He especially likes the acts of kindness of the people in the H.L. Trigg Building, who prop the back door open for him so he can easily get in and out.

"Even in my dreams, I am either walking, or riding on an elevator, but I'm never sitting in this wheelchair," said Ballou.

As a man who received his master's degree from Fisk University, Ballou *truly* cares about what happens with the University Archives. No matter what the subject is, ECSU's University Archives, led by a man who loves to play the organ at church, teach classes, and watch the sun come out, can help you find answers to questions you may have about the past history of the university that he loves.

"I'm just glad to be alive because more could have been taken than just my legs," said Ballou.

Mr. Ballou and the Archives are located in the H.L. Trigg Building.

INTERNSHIP OPPORTUNITY AT THE COCA-COLA COMPANY

The Coca-Cola Company and The College Fund are seeking sophomores for a unique, two-year summer internship and scholarship program.

Each year, 50 students are selected based on successful intern interviews and other eligibility criteria to participate in the program, which offers an eight to 10-week internship, \$2,500 monthly base internship salary,

summer housing, transportation to the internship site, and a \$10,000 academic scholarship per year.

Eligibility Requirements:

-have and maintain a GPA of at least 3.0 throughout Program participation

-be a sophomore majoring in chemistry, engineering, finance, human resources, information technology, communications, marketing or business (sales

interest)

-submit documentation to prove you are a U.S. citizen, Permanent Resident, Asylee, Refugee, or Lawful Temporary Resident under amnesty programs.

NO EXCEPTIONS will be made to the eligibility criteria.

For further details about the program and eligibility criteria, visit the website at www.coca-colaoncampus.com or

www.uncf.org. THE DEADLINE FOR THE SUMMER 2003 CORPORATE INTERN PROGRAM IS DECEMBER 16, 2002. I also have a few applications in my office.

Derrick L. Wilkins, Director Academic Computing & End User Support Services
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