SEMINAR SCHEDULE

1/22 Growth Mindset for Personal & Academic Excellence *
1/29 RED FOLDER: Recognizing and Assisting Students in Distress *
2/5 Making Campus More Caring & Compassionate *
2/12 Maritime Relationships *
2/19 Revisit Your New Year’s Resolution *
2/26 Preventing Violence Against Women *
3/5 Nutrition, Health, and Wellness *
3/12 Improve Relations with Difficult Coworkers *
3/19 Reducing Binge and Problematic Drinking *
3/26 Suicide Prevention: QPR *
4/2 Resilience and Grit as Stress Management *
4/9 Counselors on Cruise-2014 Report *

* Qualifies for ELDP Credit; * For Faculty and Staff Only

INVITED GUEST SPEAKERS
Community Speaker: SafeQuest Solano

Campus Speakers:
Athletics
ATOD Committee
Commandant Office
Housing
Human Resources
Judicial Affairs
TSGB

Student Health Services and Counseling & Psychological Services
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Health & Wellness Seminar Series Spring 2015—Descriptions and Guest Speakers

January 22: Growth Mindset for Personal and Academic Excellence *
This presentation will introduce, define, and apply the concept of a growth mindset. Attendees will learn where a growth mindset applies in their lives and explore areas for personal and academic growth.

January 29: RED FOLDER: Recognizing and Assisting Students in Distress / Judicial Officer Roger Scranton *
The CSU Red Folder initiative will be covered, including the actual folder, desktop icon, and mobile application. Maxient reporting will be demystified. Attendees will practice decision making with scenarios of students in distress.

February 5: Making Campus More Caring and Compassionate / John Buchanan and Malinda Balfour from Housing *
Recent survey data from Cal Maritime cadets suggest that our campus is less sensitive, tolerant, and caring than other CSUs. This presentation will attempt to answer why is this and what can/should we do?

February 12: Maritime Relationships / TSGB Chief Mate, Dan Lintz *
This presentation will address maintaining healthy romantic relationships while working in the maritime industry. From personal experience to scholarly articles and gCaptain threads, attendees will be able to share their experiences and develop plans for better relationships.

February 19: Revisit Your New Year’s Resolution / Athletic Trainer Jeff Ward *
Attendees will learn essential tips for fitness, including goal setting, that will help maintain healthy habits and keep New Year’s resolutions.

February 26: Preventing Violence Against Women / SafeQuest Solano Spokesperson *
1 in 5 women are sexually assaulted in college. This presentation will share information and strategies for prevention, from bystander intervention and campus advocacy, to developing healthy relationships and more.

March 5: Nutrition, Health, and Wellness / Christine Smith, NP from Student Health Services *
College students are always on the go and eating healthy is sometimes a low priority. This presentation will review the basic components of a healthy diet, the common barriers to eating well in college, and tips for choosing healthier options when eating out or on the run. Learn to how to conduct a diet self-assessment and maintain a balanced diet to improve academic success.

March 12: Improve Relations with Difficult Coworkers / Dr. Ingrid Williams, HR Director *
Coworker relationships are closely tied to job satisfaction, yet human resources departments are as busy as ever with complaints and mediations. This presentation will provide tips and suggestions for improvement through the use of real-world scenarios for participants.

March 19: Reducing Binge and Problematic Drinking / ATOD Committee Member *
This presentation will cover the more common but less obvious impacts of binge drinking. From relationship quarrels to procrastination to avoiding painful emotions, participants will learn and discuss ways to overcome unhealthy drinking.

March 26: Suicide Prevention: QPR / Kate Kimber, Director of Housing *
Participants will become certified gatekeepers in the renowned training - Question, Persuade, Refer. Real-life scenarios will allow attendees to practice skills taught during the presentation.

April 2: Resilience and Grit as Stress Management / Assistant Commandant Wycoff *
This presentation will define and discuss various mental toughness concepts, including resilience, grit, hardiness, psychological capital, and more. Participants will evaluate the presence of these in their lives.

April 9: Counselors on Cruise-2014 Report* 
This presentation will share highlights and conclusions from a report of counselor activities aboard the TSGB, including cadet and faculty/staff perceptions. Recommendations and plans for 2015 cruises will be provided.

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