



OCTOBER 2023

THE PARAPHRASE

Official Newsletter of The University of Illinois
Counseling Center Paraprofessional Program

Introduction

BY WILL JAKOBY

Welcome to fall, and thank you for reading our first edition of *The Paraphrase* for the 2023-2024 school year! We hope that you are enjoying the cooler weather and embracing the fall vibes outside. It is CCP application season, and we are excited to share some of the exciting work we have been doing as current CCPs! In this edition, we will share an overview of the CCP program for potential CCP applicants, explore the work of CCPs on our suicide prevention outreach team during suicide prevention week, and get a behind-the-scenes look at what it takes to design a Tuesday @ 7 workshop! We are also extremely excited to share details about our Counseling Center Paraprofessional 45th Anniversary Celebration with you all! Get cozy, and enjoy this new edition of *The Paraphrase*!

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MEET THE COUNSELING CENTER PARAPROFESSIONAL PROGRAM

BY LAUREL SILVA

One of the most rewarding parts of the Counseling Center here at UIUC is the paraprofessional program, a team composed of students from all departments across campus who unite for one cause: student-led outreach. Counseling Center Paraprofessionals, or CCPs, aim to provide information on skills-based prevention and lead workshops, both on request and through scheduled events like Tuesdays @ 7's. These topics can range from managing student loans through financial wellness to bettering your sleep hygiene, or learning how to say no and set boundaries in your personal relationships. Dr. Rebecca Schlesinger, the program coordinator, was a past CCP herself—and there are several other members of the Counseling Center staff who were part of the program during their time as students here at UIUC. In 2023, we celebrate 45 years of the Counseling Center Paraprofessional program. When you read this, the application to join the newest outreach has opened! If you are interested in becoming culturally competent and encouraging a strengths-based approach to building up skills among your peers, applying to the program may be a rewarding experience for you! Selected students in the program will begin in the spring semester and will work with other like-minded students. Not only is it a rewarding experience, but there is also a sense of community that will be emphasized among your cohort. It requires two letters of recommendation, and, if moved onto the second round of applicants, you will complete a group interview and a solo interview. The applications for this round will close on October 16, and you can find more information about the program and applying on the Counseling Center website.

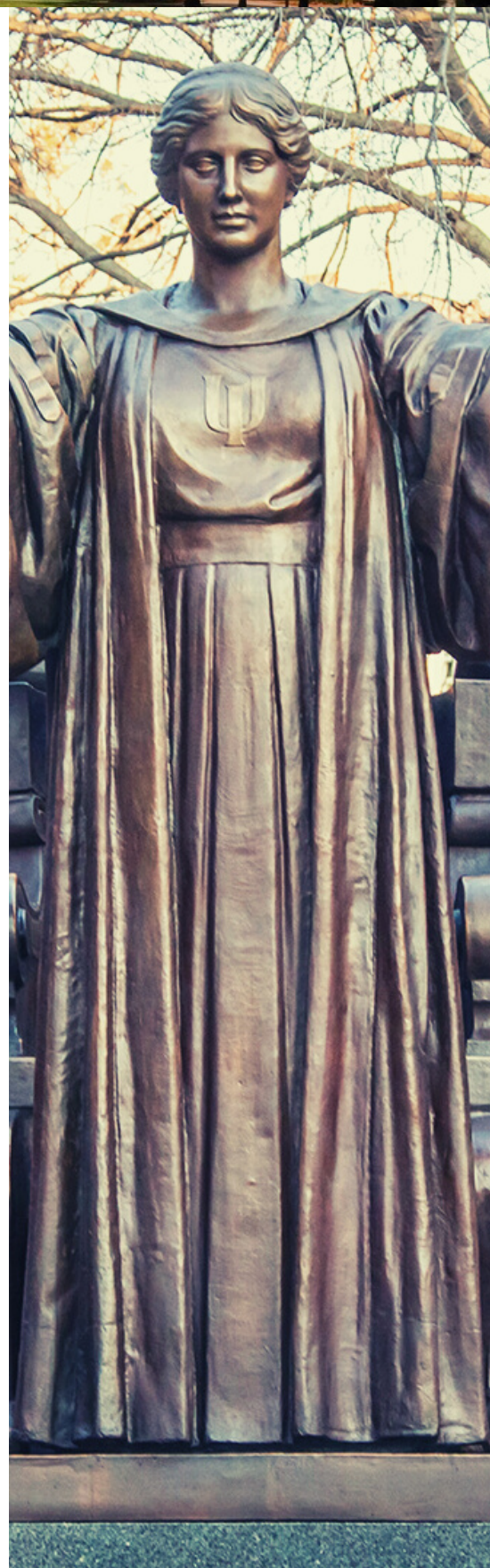




Designing a Workshop: A Behind-the-Scenes Look

BY WILL JAKOBY

As a Counseling Center Paraprofessional, creating, implementing, and co-facilitating our assigned Tuesday @ 7 workshop is one of the most rewarding parts of our work during the fall semester. I co-facilitated my Tuesday @ 7 workshop, “Game of Loans: Managing Financial Wellness” on October 3! This was an exciting yet busy process that taught me a lot about research and effective leadership. The first step in creating a Tuesday @ 7 workshop is to research your assigned topic at length. Financial wellness was not a topic that my co-facilitator and I had experience with, so we spent a lot of time finding sources that could help us understand how financial management affected college students. We were also tasked with locating resources that could help our participants manage their financial wellness outside of our workshop. After this, we worked closely with a mentor from the Counseling Center to create our presentation. Once these materials were created, it was time to test out our workshop! We completed a run-through with our fellow CCPs. This run-through was a great way to get constructive feedback about our workshop that we could then use to improve the effectiveness of our presentation. This feedback was instrumental in the success of our workshop, and we were incredibly grateful to have the opportunity to learn from each other. The next and final part of the Tuesday @ 7 process is to facilitate the workshop! Creating and implementing this workshop was a great learning experience for both of us. We are happy that we were able to expand our participants' knowledge of financial wellness, and we hope that the information we provided to them will be useful in the future. I hope you enjoyed this behind-the-scenes look at how we CCPs create our Tuesday @ 7 workshops!





Reflecting on National Suicide Prevention Week

BY SHIULI RAI

The week of September 11 was National Suicide Prevention Week. This is a week-long campaign to raise awareness for suicide prevention, and also a busy time for the Counseling Center's Suicide Prevention Outreach Team (SPOT). SPOT has conducted outreach throughout the month of September, a bulk of this outreach being tablings conducted at various locations around campus, like the ARC, Illini Union, and Illini Hillel, among others. One of the SPOT CCPs, Jamie Lee, shared his insights and experiences from Suicide Prevention Week. New to tablings, Jamie had his first experience with SPOT. Jamie found that passersby were not only receptive but also willing to engage in conversation which made for many valuable interactions. The topics we deal with as CCPs can be quite sensitive and thus oftentimes hard to broach with students. Jamie initially was concerned - not about the topic itself, but that perhaps talking about it might make other people uncomfortable. However, with guidance from other members on SPOT, he learned that talking about suicide wouldn't push someone towards considering it, but rather, talking about it can be a crucial step towards preventing it. Jamie also emphasized the importance of compassion when dealing with heavy topics such as this. Tiptoeing around a heavy topic might be our go-to, especially when we're unsure how to respond to something someone says. But Jamie's time on SPOT has taught him that addressing the topic with genuine compassion and concern and not being afraid to talk about it is the key to making a positive impact. Jamie's insights show us how the members of SPOT remain committed to encouraging open dialogue, compassion, and understanding around suicide prevention.





Upcoming & Notable Events

BY LAUREL SILVA

Upcoming Events

Tuesdays @7

- Mind Full? It's Time to Be Mindful
 - October 17 at Huff Hall (Room 114)
- Me, Myself, and I: Being Comfortable in Your Own Skin
 - October 24 at Gregory Hall (Room 311)
- The Lion, The Witch, and the FOMO: Managing the Fear of Missing Out
 - October 31 at Illini Union (Room 104)
- Love at First Swipe: Online Dating and Building Meaningful Connections
 - November 7 on Zoom
- My Name is No: Setting Boundaries & Maintaining Healthy Relationships
 - November 14 on Zoom
- Stop Drop and Roll with It: Managing Negative Emotions
 - November 28 on Zoom
- Finally Surviving and Thriving During Finals
 - December 5 on Zoom

Notable Events

- Homecoming Party
 - October 16 on Quad at 5 p.m.
- LAS Day of Service
 - October 20 at YMCA from 2-4 p.m.
- 45th Anniversary of CCP
 - November 4 at YMCA from 4-7 p.m.
 - Also on Zoom from 4:30-7 p.m.

For events on Zoom, check the Counseling Center's website for meeting information!



THE COUNSELING CENTER

PRESENTS THE

FORTY FIFTH ANNIVERSARY OF CCP

SERVING OUR CAMPUS COMMUNITY SINCE
1978

SATURDAY NOVEMBER 4

IN PERSON

*4 - 7 p.m. CST

Latzer Hall University
YMCA 1001 S. Wright St.
Champaign, IL 61820

VIRTUAL

*4:30 - 7 p.m. CST

[Join via zoom](#)
Zoom ID: 818 0873 8910
Password: 253972

Please join us in person or via our interactive zoom broadcast to celebrate! We will honor our history and connect with the greater CCP family. Light food will be provided for those in person.

THIS EVENT IS FREE TO ALL

I Student Affairs

UNIVERSITY OF ILLINOIS URBANA-CHAMPA

REGISTRATION BY 10/30

Registration required for attendance at either the in person or virtual event at the following link. Both are free.



ALUMNI SPOTLIGHT BY 10/16

We invite our CCP alumni to be featured in our alumni spotlight at the following form.



VIDEO SUBMISSIONS BY 10/16

All are welcome to record a 1 minute or less video clip introducing yourself and sharing a message of celebration. Record vertically and upload here.



CONNECT WITH CCP

See below for ways to stay connected with CCP on anniversary updates, our regular newsletter, our podcast, to donate to CCP professional development opportunities, and more!

SEE COUNSELING CENTER SOCIAL MEDIA FOR MORE!