



The latest trends in the Counseling Center...

WHAT WE'RE NOTICING

IMPACT OF COVID

Students are feeling the effects of the pandemic and reporting impact on academics, social isolation, poor focus and motivation, a sense of 'missing out', and overall consequences on their emotional health.

STUDENTS OVERWHELMED

Students are reporting high levels of stress managing a typical course load through atypical or alternative modes of learning, including challenges of virtual learning.

EATING BEHAVIORS

We are noticing more instances of disordered eating and eating disorders. Often those who struggle with these feel a lack of control in life.

THOUGHTS OF SUICIDE

An increasing number of students are reporting thoughts of suicide as well as engagement in self-harm behaviors.

STATS FROM 8/24/20 TO 10/29/20:

APPOINTMENT NUMBERS

362 APPOINTMENTS ATTENDED
146 UPCOMING SCHEDULED APPOINTMENTS

HOUSING STATUS

67% RESIDENTS
33% COMMUTERS

ACADEMIC STATUS

51% FRESHMAN
17% SOPHOMORE
13% JUNIOR
5% SENIOR
13% GRAD STUDENT
1% UNSPECIFIED

ATHLETE STATUS

16% STUDENT ATHLETE
79% NON-ATHLETE
5% UNSPECIFIED

TOP 3 PRESENTING ISSUES

1. ANXIETY/SOCIAL ANXIETY
2. DEPRESSION
3. RELATIONAL AND/OR FAMILY ISSUES

ANXIETY & PROCRASTINATION

By Ashley Cooper



Anxiety is sneaky. It often masks its true nature behind a potpourri of symptoms, leading us to believe that “what ails” must be attributable to another problem. Surely, it can’t be something so... basic as anxiety. Yet, that is what is so tricky about it. We all have it, and within certain contexts, it actually serves us well. It reminds us that we’re still human, after all, and can even function as an effective motivator. But when anxiety interrupts our daily functioning...well, more like, drives our productivity and overall wellness to a screeching halt, it can be absolutely crippling.

Procrastination, believe it or not, can be an especially distressing effect of anxiety. Often mistaken for laziness, procrastination, or rather a reluctance to initiate tasks, is the result of an executive functioning breakdown. Anxiety can both covertly and overtly wreak havoc on our executive functions as it drives us to attempt to attend to everything happening around us, including events which have not yet occurred, without a proper filter. Luckily, an awareness of how anxiety can induce procrastination is just one of several strategies that can help us to bulldoze the barrier known as “fear of the unknown” and move forward.

Cycle of anxiety and procrastination:



Tips for managing anxiety & procrastination

AIM FOR “GOOD ENOUGH”

One reason that anxiety can curb task initiation is because, as it rears its ugly head, anxiety is simultaneously demanding that we hold ourselves to unrealistic standards. “All or nothing” thinking is a maladaptive thought pattern that needs to be challenged regularly. Does it really benefit us to say, “If it’s not perfect, it shouldn’t be done at all?” If that is truly our philosophy, then we would surely never accomplish anything! You can lower your standards to be more attainable without compromising values related to hard work and effort.

EMBRACE THE UNCERTAINTY

Anxiety is often constituted by attempting to engage questions that we simply can’t answer. Yet another cognitive distortion can be described as, “catastrophizing” which involves attempting to predict the future with “disaster lenses.” Instead of allowing yourself to freeze because of a possibility of failure, lean into that possibility, as well as all of the other possibilities too!

BREAK IT UP

Sometimes anxiety can constrict us because the activities we’re tackling are overwhelming, building an unmanageable level of cognitive load. Breaking up tasks into smaller steps with smaller, albeit sequential goals can alleviate the strain that comes with sizing up a whole project. Perhaps it is indeed too much to say, “I’m going to write a paper today.” But can you instead say, “I’m going to write a heading”? Or “I’m going to write one paragraph in the next 20 minutes”? It may also be a good idea to delegate tasks when you can and use your resources. Recruit an accountability partner to help you get started or give you a prompt.

SEEK BOTH MASTERY AND PLEASURE

Feeling successes through achievements, no matter the size, can be reinforcing enough to sustain motivation and interest. However, if we’ve never allowed ourselves to feel even small successes, we may be grasping to find the reasons to keep accomplishing. Dr. Piers Steel, a Calgary University psychologist, defines procrastination as a subtler form of self-harm. We tend to self-harm if we entertain the notion that we do not deserve to be successful. Be kind to yourself and prioritize self-care each day. You owe it to yourself to do what all is within your circle of control to feel good and feel accomplished.



"Anxiety can both covertly and overtly wreak havoc on our executive functions"

If a student needs services:

1. Encourage the student to complete an intake form on our intranet page - <https://rwc.roberts.edu/schedulecounseling/WCMenu.aspx>. A counselor will then be in contact to schedule.
2. Call us with your student present for immediate assistance. 585.594.6882
3. For students in critical need or when in doubt, walk your student over to the Counseling Center and we will determine a plan for assessment.

For students in crisis OUTSIDE of business hours:

- Contact Dean On-Call and/or
- Campus Safety (585) 594-7777

Additional After-hours Resources:

Lifeline: (585) 285-5151

Crisis Text Line: Text TALK to 741741

Affinity Line: (585) 563-7470

Walk- In Behavior Health Access and Crisis Center
89 Genesee Street, Rochester, NY 14611

Mon-Fri, 8 am - 10 pm

(585) 368-3950

Area Hospitals

Strong Memorial Hospital

Rochester General Hospital



Catch Yourself in the Act:

Notice every time you tell yourself, "I should have..." or thinking something you're doing isn't good enough and instead, challenge yourself to think, "my best is the best I can do right now, and that is good enough."



We continue to be available

for support, resources, questions...

Phone: 585-594-6882

counselingcenter@roberts.edu

Mon-Fri: 9:00 - 5:00 pm

[@rwccounselingcenter](https://www.instagram.com/rwccounselingcenter) 

