

ACADEMIC ADVISING COUNCIL MINUTES
Thursday, November 29, 2018
3:00 PM – 4:30 PM
BOCA: NU201; DAVIE: LA150; JUPITER: SR270

New Business

A. FLACADA – Kelly Roy

- FLACADA Conference will be hosted this year by FAU on May 10, 2019.
- This year's theme is "*Making Waves in Advising.*"
- Registration will open December 4th, 2018, last day to register for the Conference will be April 15, 2019.
- Some of the benefits of attending the FLACADA Conference are:
 - . Professional Development
 - . Networking
- Cost of Registration is \$50.00 which includes:
Breakfast, Lunch, Keynote Speaker and a choice to attend three sessions.
- Proposals
 - . Submit your proposal to present at the 2019 conference by January 11, 2019.
 - . Some of the advantages of presenting at the conference are: Less competitive, small groups, anyone can present.
- You can visit the following website and find more information on the Conference:
WWW.FLACADA.ORG

B. Counseling and Psychological Services (CAPS) Presentation – Anissa York and Dennis Apker

- The counseling and Psychological Services at FAU is here to help students improve and maintain their mental well-being and achieve their personal and academic success.
- Students can walk-in to speak with a counselor during regular business hours or they can make an appointment at 561-297-3540 if they feel distressed and need support.
- CAPS office is also available after-hours through the crisis line at 561-297-3540.
- The mental illness of students begins before students turn 24 and it has been growing in numbers. Students that visit the CAPS office has increased by 30% while enrollment has increased only by 6%.
- **Signs of Students Distress – Traumatic Events or Experiences**
 - . Change of environment High School versus University or State College
 - . Death in the family. Students have emotional stress and don't know where to go for help.
 - . Students have anxiety that prevents them to attend classes. They are depressed because of grades and they struggle throughout the semester.
 - . Some other traumatic events include: accidents, terrorist attacks, natural disasters, etc.
- **What happens after a trauma**
 - . Many students are in shock or in denial. It could take a couple of days to come to terms with what happened to them. They might have nightmares, cannot sleep, experience changes in appetite, etc.
- **What should a person suffering from a traumatic event do?**
 - . Ask for support. Talk to your family, friends and even reach out to a mental health professional.
 - . Take time for yourself.
- **Group Counseling**
 - . The CAPS office offers different types of support groups:
 - . **Process Groups** are beneficial for students with a wide-range of issues. They focus on the here-and-now sharing communication, and interaction between group members.

- . **Support Groups** help members feel as if they are not alone, this allows them to be connected within a community of individuals who may share similar experiences. Gender Group, LGBTQ Support Group, Survivor Support Group.
- . **Skills-Based Groups** are designed to teach skills that improve mental health. Art and Mindfulness, Anxiety and Stress Management, etc.
- **Concerns**
 - . People have trouble identifying their problems, most of the time they are in denial, students are not ready to address their issues. They think they don't need counseling.
 - . Let students know that there is no charge when they go to CAPS. Records and information are highly confidential and will not be part of students records. Information cannot be disclosed to others without student's written consent.
- C. University-Wide Updates – None
- D. Open Forum
 - a. We do not have a formal meeting planned for December, the spring schedule will be sent soon
 - b. There was not enough interest in the holiday party and gift exchange so we will not be holding one this year
 - c. Business Course – Presented by Neal Alewine - ISM 4930 (Undergraduate) or ISM 6930 (Graduate) – Data Management & Analysis with Excel; Monday 11:00-1:50pm – Instructor Neal Alewine

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None

Attachments

FLACADA call for proposals - <http://www.flacada.org/proposals/>

CAPS – What to expect after a traumatic event (PDF)

ISM4930 Course flier (PDF)