

OZARKS TECHNICAL COMMUNITY COLLEGE

Counseling Services

DATE: July 1, 2011
TO: OTC Faculty
FROM: Counseling Services
RE: PRESENTATIONS FOR YOU AND YOUR STUDENTS

Over the years, many of you have called on staff from the Counseling Services department to come to your classrooms and provide presentations for your students on a variety of topics. Providing presentations in your classrooms has been a valuable experience for us and an activity we believe most students appreciate as well. The following topics are the most popular ones to be requested:

Assertiveness/Attitude
Balancing Work/Family/School
Behavioral Intervention Team Basics
Career Decision Making
Choosing a Career/College Major
Depression
Drug & Alcohol Awareness
Eating Disorders
Grief & Loss
Healthy Body Image

Personality Styles
Relaxation/Deep Breathing
Resilience/Stress Management
Test Anxiety/Test Taking Success
Time Management

...AND MORE!

You may wish to call upon us to present to your students if:

- you would like to have a guest lecturer speak to your class on a day you will be absent
- you feel your students could benefit from hearing in-depth information on a specific topic
- you are involved with an OTC organization and are looking for a speaker who has expertise in a particular area

Please call or email Counseling Services (447-6974 or counseling@otc.edu) if you would like to discuss any of the information described in this brief memo or if you would like to have us coordinate a presentation for your students.

Counseling Services

Joyce Thomas, Director, Counseling Services
James Carpenter, Coordinator, Counseling Services
Pete Sullivan, Career Counselor
Judy Darst & Heather Lewellen, Part-Time Counselors
Becky Dalton, Secretary