

## **Counseling Office**

Personal counseling is available to all JJC students. Counseling will work with students who wish to discuss personal issues in a confidential setting and can provide appropriate community referrals and resources.

## **Dean of Students**

The Office of the Dean of Students is responsible for supporting a civil learning and teaching environment. Setting the tone for responsible student behavior is at the heart of this office.

## **Campus Police**

The mission of the Joliet Junior College Police Department is to provide a safe learning, teaching and working environment within the philosophy and ideals of Campus Community Oriented Policing.

## **LIFE SKILLS DESCRIPTIONS**

### ***Marijuana & Alcohol***

If you feel you may have a problem with substance abuse JJC offers an online program through Angel to assist you in your fight against these debilitating substances.

### ***Addictions***

### ***Grieving***

### ***Stress Management***

### ***Sexual Responsibility***

Information or individual counseling can be arranged for the above subjects by contacting the Counseling Office, Campus Center-1154  
815-280-2533

### ***Academic Integrity***

This program assists students in sustaining a learning center environment in which they are expected to demonstrate integrity, honor, and responsibility, and recognize the importance of being accountable for one's academic behavior.

## ***Stopped by the Cops???***

You've been stopped by Campus Police and they are standing by your window. What do you do...ignore them, hit the gas, beg forgiveness? What options do you have if you don't think you should have been stopped? Sign up for Stopped by the Cops??? and your questions will be answered.

## ***Conflict Resolution***

Learn how to deal with conflicts in your relationships with friends, instructors, parents, and others in a more positive and healthy manner.

## ***Healthy Relationships***

JJC's student population is over 15,000 with many different backgrounds and cultural differences on campus. Learn how to co-exist and communicate with the diversity around you.

## ***Anger Management***

Are you about to explode? Do you feel like screaming, breaking something, or worse, hitting someone? Learn how to control your anger and who you can go to, if you feel you need help dealing with a situation.

## ***Ethical Decision Making***

Do you feel that sometimes you keep making the wrong choices? Does it seem like you are always surrounded by drama? Do you feel the pressure to cut corners in order to be academically successful? You may be putting yourself at risk for failure academically, socially, and professionally. Come learn about why and how you can make better life choices.

## ***Stress Management***

Life can get overwhelming and the stress caused by our fast pace can quickly escalate causing emotional and health issues. Learn how to manage stress before it manages you.

## ***Dress Culture: Stop the Sag***

Are baggy pants simply a fad or do they symbolize a culture of losers. Commander Melvin Cornelius of the Joliet Junior College Police Department talks about this fashion statement and its impact on student achievement.



**JOLIET**  
JUNIOR COLLEGE  
—1901—

# **LIFE SKILL SESSIONS FALL 2011**

*FREE AND OPEN TO ALL  
JJC STUDENTS*



Many sessions are available to help you develop healthy relationships, resolve conflict, and avoid confrontations. Most of these are offered in a group setting, but individual sessions may be arranged through the counseling office.

**Sponsored by:**  
**Counseling Office –Campus Center-1154**  
815-280-2673  
**Dean of Students—Campus Center-1100**  
815-280-2761  
**Campus Police—G-1013**  
815-280-2234

**Fall 2011 Schedule Inside**

JJC Student Assistance Program Presents:

# Fall 2011 Life Skill Sessions

These sessions are **FREE** and open to all students at JJC. The sessions are not designed to be counseling sessions, they are designed to provide information and support on the specific topics listed below. Referrals to additional resources can be provided if needed.

## **Stopped by the Cops???**

**Pete Comanda**

Tues., Nov. 1 (2:00-3:00 pm)

Tues., Dec. 6 (3:00-4:00 pm)

## **Anger Management**

**Counseling Department**

Tues., Oct. 4 (2:00-3:00 pm)

Tues., Oct. 25 (2:00-3:00 pm)

Mon., Nov. 14 (2:00-3:00 pm)

## **Conflict Resolutions**

**Counseling Department**

Mon. Oct. 3 (1:00-2:00 pm)

Thurs., Oct. 20 (2:00-3:00 pm)

Tues., Nov. 29 (1:00-2:00 pm)

## **Marijuana/ Alcohol**

### **On-line Programs**

More information is available through  
Evie Newman, Campus Center-1100,  
(815) 280-2842.

Also, individual counseling can be  
arranged through the  
Counseling Office, Campus Center-1154

## **Ethical Decision Making**

**Dean of Students**

Thurs., Sept. 29 (1:00-5:00 pm)

Wed., Oct. 12 (5:00-9:00 pm)

Thurs., Oct. 27 (1:00-5:00 pm)

Thurs., Nov. 17 (1:00-5:00 pm)

Thurs., Dec. 1 (1:00-5:00 pm)

## **Academic Integrity**

**Dean of Students**

Mon., Oct. 3 (3:00-4:30 pm)

Wed., Nov. 2 (3:00-4:30 pm)

Tues., Nov. 29 (3:00-4:30 pm)

Mon., Dec. 5 (3:00-4:30 pm)

## **Addictions**

### **Grieving**

## **Sexual Responsibility**

Information or individual counseling  
can be arranged for the above  
subjects by contacting the  
Counseling Office  
(815) 280-2533

## **Healthy Relationships**

**Counseling Department**

Tues., Sept. 27 (2:00-3:00 pm)

Thurs. Nov. 10 (2:00-3:00 pm)

Mon., Dec. 5 (1:00-2:00 pm)

## **Stress Management**

**Counseling Department**

Wed., Oct. 5 (2:00-3:00 pm)

Mon., Oct. 24 (2:00-3:00 pm)

Tues., Nov. 8 (1:00-2:00pm)

## **Dress Culture:**

### **Stop the Sag**

**Mel Cornelius**

Wed., Oct. 26 (1:00-2:00 pm)

Tues., Dec. 6 (2:00-3:00 pm)

### **Seating is limited**

Must RSVP one week before each session  
9 Participants maximum for  
Counseling Sessions &  
Stopped by Cops???

20 Participants max. for  
Ethical Decision Making and  
Academic Integrity

**To register and learn room locations, call or visit the Dean of Students Office (815) 280-2759 at Campus Center-1100,  
or Counseling Office (815) 280-2533 at Campus Center-1154 .**

**All students must register one week in advance.**

Life Skills Sessions are brought to you by: JJC Counseling Department, JJC Campus Police, and the Office of the Dean of Students.