

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.

Office of Student Activities

The Mission of OSA is to facilitate a diverse extracurricular program designed to extend the student's educational experience beyond the formal classroom setting.



Life Skill Sessions 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

Stress Management

Grieving

Sexual Responsibility

Information or individual counseling can be arranged for the above subjects by contacting the Counseling Office, J-1037, 815-280-2533

Stopped by 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 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 your self at risk for failure academically, socially, and professionally. Come learn about why and how you can make better life choice.

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.



JOLIET
JUNIOR COLLEGE
1901-

LIFE SKILL SESSIONS FALL 2009

*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—J-1037
815-280-2673
Dean of Students—D-1010
815-280-2761
Campus Police—G-1013
815-280-2234
Office of Student Activities—H-1016
815-280-2308

Fall 2009 Schedule Inside

JJC Student Assistance Program Presents:

Fall 2009 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 Cops???

Pete Comanda

Friday, October 16 (1:00-2:00 pm)
Wednesday, Dec. 2 (3:00-4:00 pm)

Anger Management

Counseling Department

Wed., Sept. 30 (2:00-3:00 pm)
Friday, October 30 (2:00-3:00 pm)
Wednesday, Dec. 2 (1:00-2:00 pm)

Conflict Resolutions

Counseling Department

Wed., October 14 (1:00-2:00 pm)
Friday, Nov. 13 (2:00-3:00 pm)
Wed., December 9 (2:00-3:00 pm)

Marijuana Alcohol

More information is available through
Evie Newman, D-1021,
(815) 280-2842.
Also individual counseling can be
arranged through the
Counseling Office J-1037
(815) 280-2533

Ethical Decision Making

- Dean of Students

Wednesday & Thursday, September 23 & 24
(2:00-4:30 pm)
Wednesday & Thursday, October 7 & 8
(2:00-4:30 pm)
Wednesday & Thursday, November 4 & 5
(2:00-4:30 pm)
Wednesday & Thursday, December 9 & 10
(2:00-4:30 pm)

Healthy Relationships

Counseling Department

Friday, October 2 (2:00-3:00 pm)
Wednesday, October 28 (2:00-3:00 pm)
Friday, December 4 (1:00-2:00 pm)

Stress Management

Counseling Department

Friday, October 9 (2:00-3:00 pm)
Wed., December 2 (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

Addictions

Grieving

Sexual Responsibility

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Counseling Office
(815) 280-2533
J-1037

To register and learn room locations, call the D-1010 Offices at (815) 280-2759, visit the D-1010 offices, call Counseling at (815) 280-2533, or visit the Counseling Office - J-1037 . All students must register one week in advance. Life Skills Sessions are brought to you by: Counseling Department, JJC Campus Police, Dean of Students, & Office of Student Activities.