

## ASI Funded PCS Projects for 05-06

### *Wellness Library*

A collection of practical self-help books and other resources such as relaxation training CDs. Topics must be specifically relevant to students' academic success and development. These may include test anxiety management, coping with stress, study skills – both general and specific to AD/HD and LD, depression management, eating disorders, self-injurious behavior, time management, sexual orientation, relationships, sexual health, etc. These resources would be held in the library, available to any student or faculty, as well as being used for bibliotherapy with students seen in personal counseling. I had some very positive preliminary discussions with Paul Adalian in the Library, follow up would be through Steve Scanlon.

Toni suggested making some titles available in the Student Leadership office, but there would need to be further discussion on access issues: how students would know the books/CDs were there and how books would be checked out and returned, how to keep books from disappearing.

ASI awarded \$400, additional money may be available from the Library, as there's more list than funds. Next steps:

1. select titles for purchase with ASI funds (maybe concentrate on guided visualization CDs, if book titles can be funded through the Library and/or IRS?)
2. talk with Steve Scanlon about how to order (would he order the books funded through ASI?)
3. order them in the appropriate manner
4. pursue additional funds from the Library and/or IRS (the study skills titles? ADHD? talk to Steve?)
5. publicize the availability of the collection
  - a. posters in the Library
  - b. Dolphin mail
  - c. the CSUCI website: News & Events or Campus Bulletin
  - d. facultygroup mail, target specific related classes and faculty
  - e. posters at Anacapa Village

Proposed purchases:

#### *ADHD*

- Quinn, P. O., Ed. (2001). *ADD and the college student: A guide for high school and college students with attention deficit disorder*. Washington, D.C.: Magination Press.
- Hallowell, E. M., & Ratey, J. J. (2005). *Delivered from distraction: Getting the most out of life with attention deficit disorder*. New York: Ballantine Books.
- Kolberg, J., & Nadeau, K. (2002). *ADD-Friendly Ways to Organize Your Life*. New York: Brunner-Routledge.
- Zeigler Dendy, C. A. (2000). *Teaching teens with ADD and ADHD: A quick reference guide for teachers and parents*. Bethesda, MD: Woodbine House.

### *Eating Disorders*

- Costin, C., M.A., MFT (1996). *The Eating Disorders Sourcebook*.
- Hall, L. & Cohn, L. (1999). *Bulimia: A Guide to Recovery*.

### *Self-Injurious Behavior*

- *Bodily Harm : The Breakthrough Healing Program for Self-Injurers* by Karen Conterio, Wendy Lader, Jennifer Kingsonbloom (1999)

### *Alcohol and Other Drugs*

- *The Recovery Workbook*

### *Anger Management*

- *Strategies for Anger Management*
- *The Anger Workout Book*

### *Anxiety & Stress*

- Schwartz, J. (1996). *Brain Lock: Free Yourself from Obsessive-Compulsive Behavior*. New York: HarperCollins.
- *No More Test Anxiety* (1996)
- *Conquering Math Anxiety* (2001)
- *The Anxiety and Phobia Workbook* (1995)

### *Depression & Mood Disorders*

- *College of the Overwhelmed* (2004)
- *Mind Over Mood* (1999)
- *The Depression Workbook* (1995)

### *Study Skills*

- Mooney, J., & Cole, D. (2000). *Learning outside the lines*. New York: Fireside.
- *How to Study in College* (2005)
- *Study Strategies Made Easy* (1996)

### *Relationships*

- *He's Not That Into You* (1996)
- Katherine, A. (1991). *Boundaries: Between You and Me*

### *Guided Visualization and Relaxation CDs*

- *Test Anxiety* (included with "No More Test Anxiety" book – make copies?)
- *Math Anxiety* (included with "Conquering Math Anxiety" book)
- CDs available from [www.healthjourneys.com](http://www.healthjourneys.com)
  - Stress
  - Greater Memory and Learning Skills
  - Winning at Learning
  - Depression
  - Grief
  - Healing Relationships
  - General Wellness
  - Self-Confidence & Peak Performances
  - Drinking and Drug Use Problems