The Early Resource Connections Center at Ivy Tech offers students financial and employment counseling as well as mental health counseling. In “Ask the ERCC,” we’ll take a look at the various questions that students often bring to our office. In this column, Melissa Flick, our student therapist, addresses a question that many of her students have asked.

“J.C. had some bad things happen to me in the past that I just can’t seem to get over. Even though these events took place some time ago, they’re still affecting me. What can I do?”

It sounds like you’re dealing with a past trauma that continues to impact your life in negative ways. When it comes to trauma, I often think of it in terms of “big traumas” (or “big T’s”) and “little traumas” (or “little T’s”). A big T could be something like the death of a significant family member, a sexual assault, domestic violence, or a serious health crisis. A little T might be something like the loss of an important friendship, the death of a pet, moving to a new city, or being in a car accident. Whether the trauma is a “big” or “little” it can often affect us in similar ways. Having difficulty concentrating, not being able to fall asleep or stay asleep, feeling “shut down,” having flashback or bad dreams – these can all be ways in which a trauma manifests itself in our daily lives.

It’s important to remember that whatever your particular circumstance is, big or small, it is significant. It’s always possible to find someone who “has it worse” than you, but downplaying a traumatic event isn’t helpful and doesn’t make it go away. If possible, talk about what has happened to you with someone trustworthy and supportive. Consider working with a therapist who can help you understand how your thoughts may be triggering negative reactions and keeping you in a cycle that you can’t seem to break. The good news is that past traumas can be worked through. Don’t hesitate to reach out for help. You are worth the investment.

The ERCC is here to help students with a variety of issues, so please stop by our intake office at NMC 140 to take advantage of all we have to offer. Do you have a question you would like addressed in this column? We welcome your ideas! Please send your messages to Susan Bryant at sbryant106@ivytech.edu.

Join The Campus Insider
The Campus Insider is published by a small group of student volunteers. Information on the club can be found on by IvyLife. Join us for our Fall Kick off meeting Monday, September 9, at 11 am in NMC401. We will meet weekly at this same day and time for the remainder of the fall 2019 semester. The newspaper has a press run of 2,000 copies eight times a year and is distributed around the Ivy Tech campuses of Central Indiana. There are 6 newsstands on the downtown Indianapolis campus as well as other campuses in the community – Avon, Carmel, EVC, Lawrence, Mooresville, Noblesville, Greenfield, Franklin, and Shelbyville. Contact us about joining The Insider staff at campusinsider@lists.ivytech.edu

Ask the ERCC
Submitted by Susan Bryant, ERCC Employment Coach | sbryant106@ivytech.edu

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Hungry Student Voices
A Photovoice Exhibit of the Lived Experiences of Food Insecure Community College Students

“What does it mean to be hungry? How does being hungry make you feel?” “What do you do to make ends meet?”

Monday, September 23, 2019 from 4:00 pm to 6:30 pm
Art Gallery in the Julie Carson Learning Resource Center (2725 N Illinois, Indianapolis, IN 46208)

Photovoice is a participatory action based research methodology. Students took photos in response to prompts. In an interview, the students explained how their photos answered the prompts and other interview questions. This research method allows researchers to understand how participants perceive the world on a deeper level than traditional research methods and allows participants the opportunity to share their experiences with the community.

At the event, you will see photos taken by students in relation to the prompts and other questions and a narration of their experience. The event is not about the photos; rather, it is about the stories behind the photos.

Agenda:
4:30 pm Speakers
Mary Hensel, Doctoral Candidate, Ball State University, and Ivy Tech Central Indiana employee
Dr. Kathleen Lee, Chancellor of Ivy Tech Community College – Central Indiana
Dr. Sue Elpersmann, President of Ivy Tech Community College
Student participant speakers, Ivy Tech Central Indiana

Your donations will be appreciated!
Non-perishable food items and toiletries for the food pantry and clothing shelves across the Central Indiana service area will be collected at the event.

NOTE: The photo exhibit will run from September 9 to September 27, 2019.

Gallery hours Monday 9 am-12 pm and 1-4 pm, Tuesdays and Thursdays 12-5 pm.

Louis Stokes Alliance for Minority Participation

The Louis Stokes Alliance for Minority Participation (LSAMP) program is an alliance-based program where the overall goal is to assist universities and colleges in diversifying the nation’s science, technology, engineering, and mathematics (STEM) workforce by increasing the number of STEM baccalaureate and graduate degrees awarded to populations historically underrepresented in these disciplines: African Americans, Hispanic Americans, American Indians, Alaska Natives, Native Hawaiians, and Native Pacific Islanders.

Knowing that education has the power to change lives for the better, Ivy Tech along with five other Indiana based institutions of higher learning collaborated to establish the Indiana Louis Stokes Alliance for Minority Participation (IN LSAMP) Program. The IN LSAMP program has collectively focused on a single objective: to develop programs aimed at increasing the number of students from under-represented populations who receive degrees in Science, Technology, Engineering, and Mathematics (STEM) disciplines. Current goals support intentional and innovative activities that focus on undergraduate research experiences across the state and throughout the nation. IN LSAMP partners schools are:

• IU Bloomington
• Ball State University
• IU Northwest
• IU South Bend
• Ivy Tech Community College Indiana

Apply online at inlsamp.org. Contact Mrs. Donna Stallings at dstalling5@ivytech.edu or call 317-916-7502.

https://ivytechcampus.wordpress.com/