

S N A P S H O T



UNIVERSITY COUNSELING CENTER 2007- 2008

Confidential

All services are confidential and free.

Common Concerns Among Students

- Relationships
- Self-Esteem
- Stress
- Anxiety
- Depression
- Eating Disorders
- Anger
- Assertiveness
- Test Anxiety/Study Skills
- Family
- Time Management
- Suicidal Thoughts
- Discrimination
- Sexuality
- Social Isolation
- Grief
- Sexual Abuse
- Sexual Assault/Date Rape

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A Look at RENEW...

RENEW (Realizing Everyone's Need for Emotional Wellness), a peer educator student organization sponsored by the University Counseling Center, was established in September 2006 by 19 Florida State University (FSU) students. RENEW's mission is to promote positive emotional health by teaching students about healthy life skills, academic success strategies, and tips for maintaining emotional health and wellness. RENEW is currently one of FSU's largest health-related peer educator organizations and one of the fastest growing student organizations on campus.

RENEW members facilitate emotional health and wellness presentations and workshops for a variety of FSU campus organizations. RENEW member Sabrina Omega commented, "I want to reach out to those that may feel like they are too embarrassed to get emotional help or just



don't know that the help is out there." Not only do the RENEW members provide students with information, they reap the benefits of being a peer educator as well. Member Carrie Love said, "Giving emotional health presentations around campus has given me the opportunity to help other students as well as myself."

From September to December 2007, RENEW members assisted University Counseling Center staff by leading 15 "Keys to Success" workshops for students on a series of life management topics. In addition, RENEW will collaborate with the University Libraries to facilitate six workshops on Stress Management, Time Management, and Study Skills during spring 2008. RENEW Vice President Kimberly Mathis commented, "With RENEW, I have this incredible opportunity to reach out to students on topics that the FSU students can relate to without feeling ashamed."

RENEW partners with the University Counseling Center, Thagard Student Health Center, and Campus Recreation to co-sponsor Stress Buster Day and World Aids Day programs. RENEW also staffs resource and educational tables at various events on campus involving Residence Life, Student Activities, the Health Center, Parents Weekend Open House, and Campus Recreation. During the fall semester, RENEW's Outreach Committee sponsored educational and resource tables in the Student Union during Market Wednesdays twice a month.

RENEW Member Annabelle Giraldo sums up the impact RENEW has on both members and students. "As an undergraduate college student, there are many pressures and responsibilities to take on during these important four years. Being a member of RENEW has been not only a learning experience in how to manage my stress, time, and study skills, but a productive venue to focus my efforts on. In learning how to teach my fellow peers about the importance of emotional wellness, I also taught myself, and in the process became a more experienced and skilled leader. Becoming an executive member of RENEW only helped me even more to put those time management skills to work and find out how to handle situations in which you are responsible for a much greater group."

"RENEW is a place where I can unwind and help others. It has not only helped me meet many wonderful people but has provided me with an opportunity to become more aware of my own emotional health and wellness."



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"Before joining RENEW, I felt lost within the crowd at Florida State University. RENEW has helped me find my voice in a school of 40,000. I really enjoy educating others through our presentations and helping students feel better about their study skills, time management or stress. The membership training and presentations have given me the opportunity to develop my leadership and public speaking skills in a relaxed environment. I have been able to make great friends at RENEW and found a group of people I can really feel safe bringing my 4-year-old daughter around. Soon after joining RENEW I was elected Director of Publications and Public Relations. I decided to run for this position because I saw how much RENEW had affected me, and I wanted to do something to give back. I know RENEW is still in its beginning stages, but I know it will soon become a 'house-hold name' at FSU. I can only imagine how much it will continue to help other students, like myself, whether it is through a presentation on an area of struggle, or through becoming a member. "

-- Amanda Spencer



Available in Alternative Format. If there are any questions or concerns, please contact the Division of Student Affairs at (850) 644-5590.

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