**Guest Lectures**

**by**

**Dianne Ey, Psy.D**

**Post Doc Fellow**

**INTRODUCTION**

Throughout the academic year, Psychological Services was requested to provide lectures throughout the State Center Community College District. The presentations were generally given in response to specific requests made by deans, program directors, instructors, and other staff members. Some lectures were provided to multiple sections of a class. The following is a summary of the various lectures provided by the staff of Psychological Services during the 2010-2011 year.

**SHARON MUHA-POST DOC FELLOW**

**AUGUST**

**8/27/2010**

**Topic: Presentation on anxiety & test anxiety**

**Dept: Nursing**

**Requested by: Dianne Benefiel**

**Location: FCC; Room HS-150**

**SEPTEMBER**

**9/8/2010**

**Topic: Info on FCC Psychological Services**

**Event: Club rush**

**Location: FCC; University Mall**

**Time: 10-2pm**

**9/23/2010**

**Topic: Eating Disorder Presentation**

**Requested By: Instructor Ricarda Cerda**

**Location: FCC; RM SO 104,**

**OCTOBER**

**10/13/2010**

**Topic: Depression Screening**

**Time: 9-2pm**

**Location: Reedley Campus dorms**

**10/14/2010**

**Topic: QPR Training**

**Individual training for student**

**Time: 1-2pm**

**Location: FCC Psychological Service Dept.**

**10/27/2010**

**Topic: OPR Training**

**Tutorial Department Staff**

**Time: 8-9am**

**Location: FCC Tutorial Dept.**

**NOVEMBER**

**11/2/2010**

**Topic: Psychodynamic /Freudian Psychology**

**Requested by: Dr. Valentino**

**DECEMBER**

**12/2/2010**

**QPR training**

**FCC staff**

**11am-12pm**

**FEBRUARY**

**2/23/2011**

**Reedley Eating disorder Screening**

**9-2pm**

**Campus Dorms**

**MARCH**

**3/23/2011**

**Eating and Nutrition Panel Member**

**“How long can you wait to lose”**

**Location: College Activities**

**Time: 11-12pm**

**3/25/2011**

**1-3pm**

**QPR Tutorial department**

**FCC tutors**

**APRIL**

**4/13/2011**

**Reedley Alcohol Screening**

**College Dorms**

**9-2pm**

**4/27/2011**

**FCC Health Fair**

**Psychological Services Info Table**

**9-2pm, Location: University Mall**

**MAY**

**5/6/2011**

**Topic: Dealing with difficult Students**

**Attendants: Admissions and Records Staff**

**Time: 1-2pm**

**Location: FCC Student Services Conference Room**

**THOMAS HUBER: PSYCHOLOGICAL INTERN**

**AUGUST**

**8/24/10**

**Topic: Psych Services**

**Psychology Class**

**Location: Reedley College**

**SEPTEMBER**

**9/2010 thru 05/2011 (bi-weekly)**

**Topic: Mindfulness and Meditation**

**Faculty and Staff**

**Students**

**Location: Reedley College: Student Center and Library**

**FEBRUARY**

**02/01/11**

**Topic: Psych Services**

**Veteran’s Group**

**Location: Veteran’s Resource Center (Reedley College)**

**02/22/11**

**Topic: Single Parenting Tips for College Students**

**EOPS students**

**Location: EOPS department (Fresno City College)**

**Requested by Juan Contreras**

**4/13/11**

**Topic: Alcohol Abuse Screening**

**Location: College Dorms**

**10am-2pm**

**TIKESHA LESLIE-JONES: PSYCHOLOGICAL INTERN**

**SEPTEMBER**

**09/01/10**

**Topic: Psych Services**

**Reedley Students**

**Location: Reedley Dorms**

**09/15/10**

**Topic: Time Management**

**Reedley Students**

**Location: Reedley Dorms**

**OCTOBER**

**10/06/10**

**Topic: Depression Screening**

**Reedley Students**

**Location: Student Activities Center**

**10am-2pm**

**10/20/10**

**Topic: Adjustment to change: Missing Home**

**Reedley Students**

**Location: Reedley Dorms**

**NOVEMBER**

**11/03/10**

**Topic: Stress-Relaxation**

**Reedley Students**

**Location: Reedley Dorms**

**11/10/10**

**Topic: Parenting as a Single Parent**

**EOPS CARE students**

**Location: Fresno City College EOPS department**

**Requested by Juan Contreras**

**11/17/10**

**Topic: Setting Boundaries**

**Reedley Students**

**Location: Reedley Dorms**

**DECEMBER**

**12/01/10**

**Topic: Anger Management**

**Reedley Students**

**Location: Reedley Dorms**

**JANUARY**

**01/05/11**

**Topic: Adjusting to College**

**Fresh Start for Freshman Event**

**Location: Fresno City College**

**Requested by Adelfa Lorenzano**

**01/19/11**

**Topic: Hunt for Happiness-also known as Depression Relief**

**Reedley Students**

**Location: Reedley Dorms**

**FEBRUARY**

**02/02/11**

**Topic: Eating Disorders**

**Reedley Students**

**Location: Reedley Dorms**

**02/16/11**

**Topic: Responsible Sexual Health**

**Reedley Students**

**Location: Reedley Dorms**

**02/23/11**

**Eating Disorder Screening**

**Reedley Students**

**Location: Reedley Dorms and Student Activity Center**

**10am-2pm**

**MARCH**

**03/02/11**

**Topic: Anxiety/Stress**

**Reedley Students**

**Location: Reedley Dorms**

**03/16/11**

**Topic: Domestic Violence**

**Reedley Students**

**Location: Reedley Dorms**

**03/30/11**

**Topic: Alcohol Abuse**

**Reedley Students**

**Location: Reedley Dorms**

**APRIL**

**04/07/11**

**Topic: Stress Relief**

**BRIDGE PROGRAM-Fresno City Students**

**Location: ST-202**

**Requested by Alexandria Gonzales**

**04/13/11**

**Alcohol Abuse Screening**

**Reedley Students**

**Location: Reedley Dorms**

**10am-2pm**

**04/27/11**

**Topic: Suicide Prevention**

**Reedley Students**

**Location: Reedley Dorms**

**MAY**

**05/11/11**

**Topic: Outreach Survey**

**Reedley Students**

**Location: Reedley Dorms**

**JENNIFER LEO: PSYCHOLOGICAL INTERN**

**SEPTEMBER**

**09/17/10**

**Topic: Memorization Techniques**

**SSSP Students**

**Location: SC 216 (Fresno City College)**

**Requested by Ginna Bearden**

**OCTOBER**

**10/06/10**

**Topic: Depression Screening**

**Reedley Students**

**Location: Student Activities Center**

**10am-2pm**

**10/16/10**

**Topic: Time Management**

**SSSP Students**

**Location: SC216 (Fresno City College)**

**Requested by Ginna Bearden**

**MARCH**

**03/22/11**

**Topic: Stress Reduction Workshop**

**SSSP Students**

**Location: SC216 (Fresno City College)**

**Requested by Ginna Bearden**

**APRIL**

**04/13/11**

**Alcohol Abuse Screening**

**Reedley Students**

**Location: Reedley Dorms**

**10am-2pm**

**DIANNE EY: POST DOC FELLOW**

**SEPTEMBER**

**09/08/10**

**Topic: Mental Health and Psych Services**

**Nursing Students**

**Location: Health Sciences (Fresno City College)**

**OCTOBER**

**10/06/10**

**Topic: Depression Screening**

**Reedley Students**

**Location: Student Activities Center**

**10am-2pm**

**10/06/10**

**Topic: Burn Out**

**Nursing Students**

**Location: Health Sciences (Fresno City College)**

**DECMEBER**

**12/10/10**

**Topic: Stress Management**

**International Students-Reedley**

**Location: Reedley College**

**Requested by Jim Mulligan**

**12/17/10**

**Topic: Holiday Blues**

**Reedley Students**

**Location: Reedley Library**

**Requested by Jan Zigler**

**FEBRUARY**

**02/09/11**

**Topic: Test Anxiety**

**Nursing Students**

**Location: Health Sciences (Fresno City College)**

**Requested by Diane Benefiel**

**02/23/11**

**Eating Disorder Screening**

**Reedley Students**

**Location: Reedley Dorms and Student Activity Center**

**10am-2pm**

**MARCH**

**3/23/2011**

**Eating and Nutrition Panel Member**

**“How long can you wait to lose”**

**Location: College Activities**

**Time: 11-12pm**

**APRIL**

**04/13/11**

**Alcohol Abuse Screening**

**Reedley Students**

**Location: Reedley Dorms**

**10am-2pm**

**Guest Lectures Summary**

**Total Outreach Presentations Per Intern:**

Sharon Muha: 14

Thomas Huber: 19

Tikesha Leslie-Jones: 20

Jennifer Leo: 5

Dianne Ey: 9

**Locations:**

Fresno City College: 22

Reedley College: 38

TOTAL: 60

**Review/Recommendations**

On most occasions, the presentations were conducted in a classroom and averaged approximately forty-five to sixty minutes; however, some presentations were conducted in conference rooms and also in the Student Activities Center. At Reedley College, the number of presentations was higher as a result of a structured calendar that was created at the beginning of the year by the Health Services Department. These presentations were conducted in the Student Activities Center as well as the Reedley Dorms bi-weekly. Other outreach services were provided through requests from Reedley instructors and typically occurred in a classroom. The outreach presentations were generally conducted by the Interns/Post Docs of the Psychological Services Department; however, some presentations were also conducted by the Director of Psychological Services. The presentations were split among the staff member based on availability. In Reedley, most of the presentations were specifically given to the staff members that were in Reedley for the day during the scheduled times. Lectures were generally created by the presenter with novel information as well as through a compilation of past materials.

The scheduled outreach presentations conducted at Reedley College received positive feedback from both students and staff. In the future, if time permits as well as space, regularly scheduled outreach presentations on topics such as Adjustment to College, Test Anxiety and Stress Reduction could be beneficial on the Fresno City Campus as well. To promote the availability of outreach services, the Psychological Service Department could send a mass email to staff member at the start of the year briefly describing the outreach services available. At the start of the Spring semester, discussions were had with the Student Activities Director to possibly collaborate with them in the future to reserve a room in the Student Center for Groups to be conduct as a way to further increase outreach services. A follow-up on this could be made during the 2011-2012 school year. Overall, outreach services requested during the 2010-2011 were accommodated to and positive feedback was received for the presentations.

Other recommendations:

* Utilize medicat to schedule outreach activities
* Complete the medicat form as soon as possible after the presentation so that it is ensured to be documented
* Keep outreach presentations on the N-drive so that they are easily accessible to all staff; this is helpful for presentations that are presented frequently
* Don’t forget to bring Psych Service brochures to all presentations
* Get the audience involved during the presentations: use turning point, ask questions, etc.