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Parkland College

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Parkland offers counseling alongside academic advising

Matt Moss
Editor

Parkland’s Counseling and Advising Center serves two different functions for students. Most of the center’s educational advisors double as qualified social workers, helping to provide Parkland students with the personal counseling and mental health tools they may require to cope with life’s stresses and stay on the course of academic success.

Parkland’s student advising office has eight counselors—who also are the advising—alongside five strictly academic advisors. Marilyn Ryan, a two-decade veteran at the advising office, is one of its eight counselors.

Ryan says at one point counseling and advising were separate functions in separate spaces. In the early 2000s the two merged to create the modern Counseling and Advising Center, streamlining the system. She says that for a while the merger, counselors were worried that Parkland may do away with its personal counseling function and just stick with advising. That fear never came to fruition.

“Parkland has been great over the years recognizing that we need trained counselors to deal with the issues that students bring,” Ryan says.

With the functions combined comes the dilemma, in time and resource management, between academic advising and personal counseling.

“Katie Schacht is the newest counselor on Parkland’s staff, but nonetheless has been at the Counseling and Advising Center for two years,” Ryan says sometimes she struggles with balancing her work as a counselor and as an advisor.

While our main goal is supposed to be counseling, it does tend to take a second seat to advising a lot of the time,” Schacht says. “When you try to juggle the counseling and the advising […] then you get really full, really quickly.”

She emphasized the fact that the staff’s newest member and highlighted her belief that other counselors may be better at managing the two jobs.

However, Ryan says it is an old dynamic sometimes giving one person advice on what classes they should take next semester and less than an hour later counseling another person who is dealing with intense grief or coping with depression.

While Schacht believes the number of personal counselors is at a good value, the counselor could do well to have more strictly academic advisors to allow for the stress placed on counselors to assimilate more academic advising.

“I think that increasing academic advising numbers would be of help,” she says.

“That would maybe take some of the pressure off counselors to fill in the gaps of advising.”

However, such a joint advising-counseling arrangement does have its advantages. Schacht says being both an academic advisor and a personal counselor permits her the ability to meet with people who may want or need counseling but are not seeking that help—or are seeking it in a different frame.

“I will meet with students in an advisory way […] they’ll come to center to get help with class,” Schacht says. “But, they would never dream of coming to counselor. When they come to counselor and they start talking about issues that aren’t counseling—academic struggles that they’re having—you can hear that stuff that’s going on underneath all of that.”

Schacht places much of the blame on the modern American culture itself for fostering a fear of mental health and social issue, and making it seem as though seeking help for such issues is a negative thing, which is a major deterrent to those whom might need it.

“That’s the American society, right?” Schacht says. “It’s cultural stigma. While it’s changing, it’s still very stigmatized—shame, depression, all that stuff—especially in the American pull-yourself-up-by-your-bootstraps society.”

Ryan seconds the idea of stigma preventing people from seeking behavioral therapy, but says such stigma is not “as bad as it used to be.”

Ryan says one of the major advantages of the Counseling and Advising Center is that— the functions are together, in the same office. Such a setup helps to undermine the idea of a perceived embarrassment for seeking personal counseling by maintaining ambiguity about what one is doing.

“Some people think it would be good to have the counseling and advising functions separate, but in a way it’s nice that everyone goes in the same waiting room, so that you don’t have […] that someone’s here just to pick up another English class or get a graduation audit, and there’s no way to tell who’s here for personal counseling,” she says.

Parkland counselors can act as an important first stop in working through an issue. While their emphasis is on the short-term—semesters and academic years—they can dish out referrals to get clients in with longer-term mental health programs and professionals.

“Parkland is short-term therapy,” Schacht says. “So, if we are presented with a student that has an issue in the scope of short-term—bipolar, schizophrenic, needing medication, needing significant, long-term

Cobra baseball to play at Busch Stadium

The Parkland College Baseball team is excited to be playing at Busch Stadium in St. Louis on Wednesday September 14th. We want you to be there. The Chicago Cubs will take on the Cardinals at 12:45 p.m. that afternoon with the Cobras then taking on the Billikens of St. Louis University immediately after. The baseball team is selling tickets at $40 per ticket with admission being good for both games. Tickets can be purchased by contacting Darci Corral in the Cobrap Sports Department at 217-351-2216 or by stopping by the Athletic Office.
Illinois Regional College Fair
comes to Parkland College

Wednesday, Sept. 21, 8-5 p.m.
Donald C. Dodds Jr. Athletic Center

FREE

CHAMPAIGN III. — Area high school students and their parents can explore a wide variety of higher education options at the Illinois Regional College Fair on Wednesday, September 21, 8-5 p.m. at Parkland College’s Donald C. Dodds Jr. Athletic Center. The event is free and open to the public.

Designed for high school students and community college transfer students, BRTC participants can speak one-on-one with representatives from 90 U.S. educational institutions. Students and parents also will have access to various college booths and university representatives that will present information on education planning, financial aid, scholarships, and career choices.

The Illinois Regional College Fair is sponsored by the Illinois Association of Colleges & Universities. For more information, you may contact your high school guidance counselor or call 217/353-2055 online at www.wustl15.org.

For information, call Admissions at 217/353-2055.

New community ed ‘maker’ classes for fall in food, handcrafts

CHAMPAIGN III. — Area residents can enjoy new workshops in food and handcrafts opening at Parkland College this fall that satisfy the ‘maker’ in them.

Parkland College’s Business Training and Community Education program has released its fall 2016 schedule, packed with a variety of personal-interest and professional development noncredit classes.

For example, new maker skills, youth programs and health and wellness classes to improve communication, express ideas, and lead an engaged and healthy lifestyle.

New workshops in food and handcrafts are described below. Registration deadline for most classes is seven days prior. To view more available classes, visit the Discover brochure online, or call 217/353-2055 to have a brochure mailed to you.

FOOD Techniques in Cheesemaking, Sept. 6 Novice and experienced cheese lovers will take a culinary journey from the artisanal producers of the United States through the ancient traditional cheesemaking cultures of Europe. This class will demystify the processes involved, and teach you the skills to successfully make cheese at home. You will taste and take home your own cheese.

Super Smoking, Sept. 6 Learn to develop your own personal process for smoking, and to food your outdoor cooking obsession. Perfect in Particular, Oct. 4 Take your tasty buds on a tour and have fun surprising and support your quots to know the best of the best in this class variety.

Salsa & Salsa, Oct. 12 Learn how to make a variety of salsa dishes and find out which are the best guacamole to wear. You will taste and take home your own salsa.

Oysters: The Original Superfood, Nov. 1 Simple classic dishes such as Oysters Rockefeller, learn to shock and enjoy, and take them “on the half shell.”

Squash & Kale: Superfoods, Nov. 6 Get an introduction to two fall harvest superfood superstars in recipes with fantastic flavor and nutrition.

The Perfect Charcuterie Board, Dec. 6 Putting together the perfect charcuterie and cheese platters is easy with Farmington’s finest artisanal producers.

Baking

Hands-on baking classes focus on cookies, pies, and other delish desserts. Classes include everything from basic recipes to more sophisticated creations. Each class includes all ingredients and take-home items.

In addition to the new food classes, a few favorites have returned for fall, including Pickle It!, Pickle It!; Introduction to Homemaking, Wine Making, Knife Skills for the Home Chef, Make-Ahead Thanksgiving, and Make-The Ancient Beverages of Vikings.

HANDBRAFTS

Beginning Loom

Wearing, Oct. 17-Nov. Wear a sweater and an original project under the careful guidance of an expert source.

Everlast Fall Owl Centaur, Oct. 23 Create a new fall owl center will plant materials that will dry and become everlasting.

Fabric Basket Weaving, Nov. 3 and 10 Use cotton rope and cotton wrapping materials to make a decorative and washable basket.

Multipurpose Holiday Wreath, Dec. 3 Decorate a premade fresh greens wreath that can be used as a centerpiece or a wall hanging.

In addition to the new handcrafts classes, a few favorites have returned for fall, including Elements of Embroidery, Beginning Tatting, Beaded Kumihimo, and Beginning Knitting.

Prospectus News is hiring!

THANK YOU & MIYAM

News about the University of Illinois at Urbana-Champaign is available online at www.prospectusnews.com. To reach the Prospectus News office, call Admissions at 217/353-2055.

In this Tuesday, Feb. 26, 2013 file photo, a waning moon rises in the distance as a passenger jet takes off at Phoenix's Sky Harbor Airport. A handful of U.S. pilots each year fail random sobriety tests. Those who fail can fly again if they prove rehabilitation.

But in India, all pilots from flying if they have a blood-alcohol content of .04 percent. (By comparison, the legal threshold to drive a car in the U.S. is twice that level at 0.08 percent.)

Last year, random alcohol tests were given to 1,289 U.S. pilots. Only 10 failed.

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A doctoral candidate named Autumn James said that augmented reality has educational benefits for those who interact with it. "It can be very short-lived," she said. "For a long time, I thought that augmented reality was just a fun game for mobile devices. Then I listened intently to the talk and was surprised to learn that augmented reality has more to offer than just fun. It can be used as an educational tool."
Cobra volleyball hopes to continue last season’s success

Peter Floess
Staff Writer

How does a team improve upon perfection, following an undefeated season and national championship victory?

Such is the paradox facing Parkland’s volleyball for the coming season.

In the fall 2015 semester, the team went 57-0 and won the NJCAA championship in Phoenix on Nov. 21.

Rod Lovett, director of Parkland’s athletics, feels that the 2015 team “was a talented group that was driven by the fact they had come up just short by finishing second in both 2013 and 2014.”

Coach Cliff Hastings says his favorite memory of the 2015 season, was seeing the team develop their camaraderie and push each other to strengthen their skills.

“It was the single closest-knit team I’ve coached,” he said. “That was really fun to be part of.”

Hastings remembers the 2015 team as a particularly hard-working and tenacious group.

“The 2015 team didn’t lack for any confidence or fight to ensure success day-in and day-out,” he said.

Hastings says last season’s team has similarities and differences to the group that is currently preparing for the coming trials of 2016’s tourney, although he says it is too early in the season to accurately compare performance differences between the teams.

He says the returning sophomores have begun to reclaim the roles they filled last season, whilst the new freshman players work to take their places within the team.

“It is fun […] to watch the returning sophomores start to define their new emotional [and] physical roles this year,” Hastings said. “They had a certain role set last year, and with a new year and new team, they are looking to redefine who they are on the court. It takes a while for them to do that. Concurrently, the incoming freshmen are coming off being the stars of their high school teams, and they’re trying to figure out how they fit into the puzzle, where to be a leader, where to be a follower, and where to just be them without worrying about anything else.”

“They’re starting to put the initial puzzle together, and I think they’re collectively doing a great job of figuring out how to get started together,” he says.

Last season’s championship title was Parkland volleyball’s second in its history. The team brought home the national victory in 1999.

Lovett points out that for any Parkland sports team, a perfect record isn’t what is important.

“Going undefeated is never the goal,” he said. “Winning the title is.”

However, the undefeated streak of last season was a nice bonus to their national victory.

Hastings says a few of the important matches of the 2016 season are on the weekend of Sept. 9-10 in Kirkwood, Iowa, as well as on Sept. 21 against Lincoln Land Community College and Oct. 5 versus Illinois Central College.

“We’ll play against three likely top 10 teams in that one weekend which is always a test to see if we’re making great strides,” Hastings said.

“Match-ups with Lincoln Land and Illinois Central College are always fun and hotly contested matches that we look forward to each year.”

Cobra volleyball’s season schedule, as well as the schedules for Parkland’s other sports, can be found online at Parkland athletics’ web portal, parkland.edu/athletics.

Parkland’s Volleyball team faces off against Lewis University during a scrimmage match in the Donald C. Dodds Jr. Athletic Center on Tuesday, August 23, 2016.

It was the single closest-knit team I’ve coached. That was really fun to be part of.

Coach Cliff Hastings

A banner recognizing Parkland Volleyball’s championship victory hangs outside the gym entrance. The Cobras went undefeated during the 2016 season.

Photo by Scott Wells | The Prospectus

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Parkland Volleyball vs. Lewis University

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