



**KEEP CALM  
AND  
BE GOOD  
TO  
YOURSELF**

**UDC Counseling Center  
202.274.6000**

**Don't delay...call us for an  
appointment today!**

**Van Ness Campus - Bldg 39, Suite 120**

**Counseling & Student  
Development Center  
Upcoming Events:**

**Building a Healthy and  
Lasting Relationship**  
Sponsored by the **Gamma  
Lambda Chapter of  
Phi Beta Sigma.**

**Building 44 Room A03**  
February 19, 2015  
7:00pm-8:30pm

This workshop will focus on how to create a relationship assessment and manage conflict effectively. Presented by Jamila Allouane, LICSW and Max Brooks, M.A.

**Disordered Eating: One  
Size Does Not Fit All**

**Building 44 Room A03**  
February 26, 2015  
3:30pm-5:00pm

This workshop will discuss the "blurred lines" between disordered eating and eating disorders. Presented by Angel Van Wagenen, M.A., Ed.M

**Quote for Thought**

***"Relationships are about two individuals who maintain their own lives and create another one together"***

**The CC Buzz  
Volume I, Issue 2  
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**Creating the Relationship you Deserve**  
*Managing the "We", "I" and "You"*

Being in a relationship can provide love, affection, and support, but it can also be a source of stress and tension. Relationship conflict is almost inevitable. It is important to focus not only on the number of times you argue, but also on how you manage conflict.

A good relationship prognosis relies on several elements. Whether you are in a satisfying relationship or not, making an honest assessment of your relationship allows you to examine strengths and weaknesses, and explore remedies if needed. Communication, trust, respect, boundary setting and expectations are key elements to be included in your assessment. In this article, we will focus on the importance of maintaining your individuality in your partnership.

In the initial phases of a romantic relationship, it is tempting to melt in the couple and lose your individuality. However, neglecting your own needs to the detriment of your couple can cause long-term damage. A couple is an entity made of two different individuals with two separate identities. Your partner chose you because of all your differences, therefore, do not lose yourself or become a version of what your partner wants you to be. Try to find a balance between the "We", "You" and "I" by being part of the partnership while maintaining your own identity. This could be achieved by several means. First, continue enjoying the hobbies you had prior to being in the relationship and try to find new ones. Se-

cond, stay in touch and dedicate time to your family and friends. If you distanced yourself, try to reactivate your social network as soon as you can. Lastly, continue working on your personal growth goals including your education, career, and interests. Try to find the middle ground by having time set aside for your couple and for yourself.

By Jamila Allouane, LICSW



**New Groups Offered at the Counseling  
& Student Development Center  
Starting this Semester!**

The Counseling & Student Development Center is excited to offer the following two groups starting this semester.

**Bounce Back Group**

Are you having trouble managing your time, struggling with effective study strategies, feeling overwhelmed with expectations related to your academic career at UDC? If you answered "yes," you may benefit from participating in an ongoing group, Bounce Back, which will

be offered on a weekly basis at the Counseling and Student Development Center (Building 39, Suite 120) beginning **February 4, 2015 3pm-4pm.** For more information, please contact Jill Fay, Psy.D. at 202.274.6991 or [jill.fay@udc.edu](mailto:jill.fay@udc.edu).

**International Student Support Group**

This group will focus on common challenges faced by international students including

cultural adjustment, homesickness, and academic pressure. The group will give students an opportunity to share their experiences and gain support in a safe, nonjudgmental, and confidential environment. The group will meet on **February 5, 2015 4pm-5:30pm.**

For more information, please contact Jamila Allouane, LICSW at 202.274.5710 or [jamila.allouane@udc.edu](mailto:jamila.allouane@udc.edu).