

The CC Buzz

Volume 1, Issue 5

We are Smiling Because....

By Dr. Serena Butler-Johnson

Samples & Smiles

The theme for the last “Sample and Smiles” is “Student Appreciation.” Students are invited to select a few small gifts- trial or full-size beauty, grooming, or personal wellness products - of their choice and are encouraged to take any number of “Pocket Positives,”- motivational and inspirational quote cards- as they desire. We want students to feel appreciated and recognized for their hard work, personal achievements, academic endeavors, and persistence not only at the end of the school year but throughout the year. All students deserve acknowledgement of their successes, big or small. April 23rd marks the last “Samples and Smiles” of the year, but that does not mean that the spirit of “Samples and Smiles” has to end.

We’re Still Here!

The spirit of the “Samples and Smiles” program is light and casual, a fresh way to promote the visibil-

ity of the Counseling Center and ensure that students are aware of available counseling services on campus. Despite the fact that our programming efforts decrease during the summer, we want students know that we are here all year. Free Counseling. Call 202.274.6000 for an appointment.

Nourishing Our Souls

It is important for us all to have regular ways of nourishing our souls, refreshing our spirits, and indulging in life’s simple pleasures.

In our busy lives we often get distracted. Spritzing a favorite perfume or taking a hot shower might be the one of the only self-serving and indulgent experiences of the day. It’s well-deserved “me time.” During the grind of the day, a well selected fragrance is a subtle reminder of a person’s individuality; and thus, a way to remain connected to oneself.

Everyone loves beauty products and freebies. Take a sample on us to

remind you of some of life’s simple pleasures.

Random Acts of Kindness

We enjoy treating our students well through random acts of kindness and hope to inspire the student’s to do the same. Here are some ways you can keep the smiles going:

1. **Pay it forward.** Pay for a person behind you at the gas pump or coffee shop.
2. **Volunteer** one or two hours with seniors. Seniors offer wisdom and insight and often get slighted for their contributions. Serving others with your time helps one achieve a fresh perspective of life.
3. **Donate your gently used items to those less fortunate.** No time to spend with others, try getting rid of the excess books and clothes accumulated throughout the year by donating to a local charity.

As always, take good care.
SBJ

Samples & Smiles

“Promoting Self-Acceptance and Self-Improvement from the Inside Out”



Upcoming CC Events:

April 29, 2015

Denard Plaza 12:00 p.m.—2:30p.m.

Denim Day: Sexual Violence Awareness

April 30, 2015

Bldg 41, A-03

Writing For

Recovery:

Therapeutic Aspects of Writing



Let's talk...

Class is OUT, but we are OPEN.

We know that stress doesn't stop, just because classes are over. We offer free counseling for UDC students, year-round. Don't delay...call for an appointment today.

UDC Counseling Center
202.274.6000 Building 39, Suite 120

Please join the UDC Counseling Center in support of our

“BAGS PACKED” Campaign

supporting survivors of Domestic Violence

On average, it takes a victim of domestic violence 7 attempts at leaving before staying away from her abuser permanently. Barriers to leaving are complex and many. We can help women to remove barriers one step at a time.

REDUCE CLUTTER & Support Victims by making a donation of:

- Toiletries (travel/hotel and trial size soap, body wash, deodorant, shampoo, etc.)
- Dental Hygiene Items
- Used Cell Phones

You will get a gift as a “thank you” for your tax-deductible donation. Make drop offs at Building 39, Suite 120 or email Dr. Butler-Johnson at sbutlerjohnson@udc.edu. Thank you!



Division of Student Affairs
UDC Counseling Center

