

# OZARKS TECHNICAL COMMUNITY COLLEGE

*Counseling Services*

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**DATE:** April 18, 2014  
**TO:** OTC Faculty  
**FROM:** Counseling Services  
**RE:** PRESENTATIONS FOR YOU AND YOUR STUDENTS

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Over the years, many of you have called on staff from the Counseling Services department to come to your classrooms and provide presentations for your students on a variety of topics. Providing presentations in your classrooms has been a valuable experience for us and an activity we believe most students appreciate as well. The following topics are the most popular ones to be requested:

**Assertiveness/Attitude**  
**Balancing Work/Family/School**  
**Behavioral Intervention Team Basics**  
**Depression**  
**Drug & Alcohol Awareness**  
**Eating Disorders**  
**Grief & Loss**  
**Healthy Body Image**

**Personality Styles**  
**Relaxation/Deep Breathing**  
**Resilience/Stress Management**  
**Signs of Suicide/Suicide Prevention**  
**Test Anxiety/Test Taking Success**  
**Time Management**

...AND MORE!

You may wish to call upon us to present to your students if:

- you would like to have a guest lecturer speak to your class on a day you will be absent
- you feel your students could benefit from hearing in-depth information on a specific topic
- you are involved with an OTC organization and are looking for a speaker who has expertise in a particular area

Please call or email Counseling Services (447-6974, [counseling@otc.edu](mailto:counseling@otc.edu)) if you would like to discuss any of the information described in this brief memo or if you would like to have us coordinate a presentation for your students.

## **Counseling Services**

*Joyce Bateman, Director, Counseling Services*

*James Carpenter, Coordinator, Counseling Services*

*Heather Lewellen & Jenn Holum, Part-Time Counselors*

*Becky Dalton, Secretary*