


UCLA Counseling and Psychological Services
A Department of Student Affairs



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Fall 2009 Wellness Skills Program

The new Wellness Skills Program offers a series of workshops and brief structured groups designed to help students enhance wellness and develop personal, academic and social skills. To sign up for a group, or for more information, call CAPS at (310) 825-0768 or visit us at John Wooden Center West.

- Anxiety Management Toolkit
- Biofeedback Training I & II
- Building Social Confidence
- Coping with Insomnia
- Don't Panic!
- Mindful Pathways to Wellness
- Motivational Procrastination

Help Before and When You Need It!

Check out the Winter 2010 Wellness Skills Program schedule at <http://www.counseling.ucla.edu/briefgroups.html>. These workshops and brief structured groups are designed to help enhance your wellness and develop personal, academic, and social skills. All

are sponsored by Counseling and Psychological Services, a student affairs department.

More responses to October Question of the Month

Who is your favorite instructor at UCLA and why?

- **Ned Alpers** (History department enhancement chair): Very intelligent/accomplished but also approachable and wants his students to succeed. Truly an excellent professor at UCLA.
- **Judy Baca** (César E. Chávez Department of Chicana and Chicano Studies): Chicana, muralist, activist, organizer, community involvement, teacher/professor. She is amazing!
- **Liz Galvin** (Applied Linguistics and TESL/Academic ESL): cute, easy A, fun class, interesting readings, available, you learn a lot without working a lot
- **Yimiko Kawanishi** (Asian Languages and Cultures): animated, cute, not an easy A, but you learn a lot
- **Eric Scerri** (Chemistry): Bristish accent and British sarcasm. See You Tube video.
- **Peter Sellars** (World Arts and Cultures): Unlike most professors at UCLA, Peter emphasizes to his students that his class is about learning and retaining information relevant to your personal life. While everyone gets an "A," you also leave the class knowing more about the world (and yourself) than you did when you entered the class!
- **Kevin Terraciano** (History/ Latin American Studies IDP): He is an amazing lecturer and loves sharing his wealth of knowledge with his students during office hours... and to top it off he is hilarious!

Question of the Month for January: What made you choose UCLA? Drop your answer in the suggestion box or write it on the back of this newsletter.

Got a question, comment, complaint, or compliment? Use the suggestion box (or write on the back of this newsletter) to let College Library Staff know!

What's Happening?



Exhibit: Twentieth Anniversary of the Fall of the Berlin Wall
January - February

Concert: Vivaldi: Professors Moves Pogossian and Guillaume Sutre and their Students

Friday, February 12, 8 p.m.



Dance: Seventh Annual Romeo and Juliet Italian Renaissance Ball

Saturday, February 13, 8 p.m.

Free; RSVPs required to 310.206.5020

Concert: UCLA Early Music Ensemble: Renaissance and Baroque Music from Latin America

Friday, February 19, 8 p.m.

A Little Humor

A reader suggested a humor column, so here goes:

Q. Where does a librarian sleep?

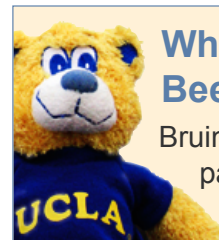
A. Between the covers.

Q. What happens when you cross a librarian and a lawyer?

A. You get all the information you want, but you can't understand it.

Q. If you travel to Eastern Europe, why won't you find any books in Prague's public library?

A. Because they're all "Czech'ed" out!



What's Bruin Bear Been Up To?

Bruin Bear's holiday escapades will appear in the February issue.