



CARES

Come sit with us!



Counseling Center
Bowling Green State University

BGSU Counseling Center

December 2016

Improve your Relationships!

- ◆ 35.8% of individuals who come to college campus counseling centers report having relationship problems.
- ◆ While in college new challenges in relationships can develop, such as roommate issues, casual and serious dating, and friendships.
- ◆ These different types of relationships can bring a great deal of comfort and support, but also have the potential to cause confusion and stress!

The key to good relationships is good communication and respecting yourself and others

Qualities of healthy relationships (may vary depending on culture and values):

1. Communication— both people feel free to express positive and negative feelings, problems and affection.
2. Expectations— both people are on the same page about what they want from the relationship.
3. Conflict— in most relationships, there are times when communication breaks down; healthy relationships are able to clear up conflicts.
4. Boundaries— both people are clear about what is okay/not okay in the relationship.

Upcoming Events:

Dec. 9—Last day of classes
Dec. 12-16—Exam week:
GOOD LUCK!!
Dec. 17—BREAK!! Enjoy, relax, and take care of yourselves :)

COMMUNICATION IS



BGSU Counseling Center

- Individual, group and couples counseling
- Workshops and events on campus
- Crisis Intervention
- Start services by coming to our Walk-In Hours:
Mon - Fri: 1:30pm - 4:00pm

Where: 104 College Park
Phone: 419-372-2081
Hours: Mon - Fri 8:00 - 5:00

How can I be more assertive?

- ◆ Be honest and direct.
- ◆ Take responsibility for your own part in the problem.
- ◆ Use active listening and seek to understand what the other person is saying and feeling, and ask questions if you need clarification.
- ◆ Use respectful language and avoid name calling .
- ◆ When giving feedback, be specific and talk about observable behaviors, not inferences.
- ◆ Accept other's comments as feedback rather than attacks.
- ◆ Use the "I" statement formula:
"I feel _____ when _____ because _____. What I want to do differently is _____."

