

NEW HORIZONS™

Quarterly Newsletter of the **Career Links Program**
Howard Community College, 10901 Little Patuxent Parkway, Columbia, MD 21044

1st Quarter, 2006

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Our Mission Statement

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Career Links is a program of the Counseling and Career Services at Howard Community College. Career Links is a retention program designed to support single parents, displaced homemakers and adults-in-transition. The Career Links Program is committed to:

- *Retaining and matriculating (graduating or transferring) single parents, single pregnant women, displaced homemakers and adults-in-transition on to careers and long term economic self-sufficiency;*
- *Financially assisting those who are low income, unemployed and underemployed; and*
- *Financially assisting those who desire to transform their lives through training and education*

Coordinator Message

Take Time ...for you...to be yourself. As Spring begins in earnest, as the crocus and daffodils begin to bloom, as nature awakens after a long winter's nap let us **take time** to rejoice in our own gifts and allow fresh growth to blossom in our lives. Allow yourself to shine so that you are a beacon of light and hope for those around you.

In my heart of hearts I have always believed in one race, the human race, with no individual being better or worse than another. Different yes, unique yes, individual yes but superior or inferior to any another human being no. My theory has been scientifically proven with the recent mapping of human genetic code, or genome, we know that humans are 99.9 percent identical throughout the world – the remaining bit of DNA is responsible for our individual differences. Let's not hide our differences, let's not try to blend in with the scenery or try to live someone else's life –let us rejoice in our individuality. Let's face it; it would be a pretty dull if not chaotic world if we all came in the same shape, size, color and religion. Not to mention the same interests, abilities, hobbies and professions. Advances in science, medicine and technology would not be at their current level if we all followed the same path. Nor would art, music and literature be as rich or diverse without our individuality.

Is it me or does it seem that life keeps getting busier and busier with each passing day? With barely enough time to complete necessary chores of caring for our children, studying, and working there seems to be precious little time to sleep much less **take time** for ourselves. That being said, I challenge each of you to **take time** to nurture yourself and in doing so live a more balanced fulfilling life. Need some ideas to get started? Cultivate positive friendships; weed out "friendships" that drain your energy; **take time** for a long hot bath weekly; exercise daily; eat healthy food daily; and drink plenty of water daily.

Other simple ways to turn potentially stressful situations into self nurturing activities...Next time you're frustrated about waiting at the doctor's office, motor vehicle department or even in line at the grocery store - **take time** to read a magazine that you otherwise would not have time to read; don't stress about what you could be doing instead of waiting simply breathe deeply, observe your surroundings and enjoy the moment of peace; or if you are so moved start a conversation with the person next to you - add some joy to their day and perhaps make a new friend. Don't fall victim to the HCC parking blues and stress about parking far so away from class, enjoy the walk to class; enjoy the fresh air and exercise that you are getting; **take time** to smile or better yet say hello to those that you pass by on your way.

Howard Community College, the Counseling and Career Services Office and of course Career Links are all here to assist you on your journey. When you signed your Career Links Participant Contract you agreed to utilize at least one Counseling and Career Services workshop and/or on-campus resource per semester as needed. This requirement is not intended to distract you from your studies or personal life but rather to help you cultivate your individuality and ultimately succeed in your chosen path! We are here to help you fine tune your resume; to find a summer, full-time, part-time job or internship; we can help you select the major that best suits your personality and interests; personal counseling is available; tutoring is available; the list goes on and on and on. Don't hesitate to call Anita at 410-772-4954 to find out more!






Program News



Have Ya' Joined Yet?

E-vites have been sent out to all participants to join our Career Links e-café forum. The e-café promises to be a great form of communication and a forum for all of us to give and receive valuable information. The invitation gives you an option to sign up for a Yahoo account but it is not necessary to join. Just select the other option.

Career Links participants now have their own communication tool to facilitate communication among the program participants. **What Can You Do here?????**

-  Post notices of helpful information such as babysitting exchange, study groups, community resources, scholarships, job opportunities, etc., for your fellow CL students
-  Seek support with academic or personal issues and crisis
-  Learn more about Career Links procedures that can assist you on your academic journey!

Haven't joined yet? What are ya' waiting for??

<http://groups.yahoo.com/invite/CareerLinksHCC>



It's not too late to have your Career Links "New Horizons" newsletter link sent to you by email. Please contact the office at (410) 772-4954 and we'll add you to the list.

You can also click on the Career Links link at on the Howard Community College website
www.howardcc.edu

Get ready to apply for Summer Semester courses and financial aid.

Your Checklist:

1. Completed Career Links Financial Aid Application (form available at *Study Break on May 17th*)
2. Class Schedule
3. GPA (transcript)
4. Documentation of income (if changed since last application)



1st Quarter Birthday Celebrations

2006 Career Links Study Break Schedule

Studying for finals getting you down? Take a Study Break with your Career Links peers in L140! Free food and a gift await all who attend.

Spring Semester—L140
Wednesday May 17th
11:00 am - 1:00 pm

Fall Semester—L140
Wednesday, December 14th
11:00 am - 1:00 pm



January	February	March
Patrice A.	Gloria F.	Sandra A.
Sherrie B.	Katharine G.	Lindsey H.
Sherreal H.	Shalena H.	Alexandra M.
Kerry M.	Debra Y.	Annette R.
Sandra P.		
Ayaba T.		



Your Mental Health Moment

Compulsive Overeating: When Enough Isn't Enough

Most of us have had moments where we think to ourselves after eating, "I shouldn't have had that second piece of cake" or "I'm stuffed. I ate way too much" For the compulsive overeater, these moments happen far too often. *Compulsive overeating, or binge eating*, is an eating disorder in which an individual overeats and does not purge/vomit their food (as in the case of another eating disorder, *bulimia nervosa*).

CAUSE

Overeating is believed to be the most common eating disorder in the U. S, and as many as 4 million adults struggle with the disorder (Psychology Today, 2006). Some theories suggest that it is caused via modeled behavior from family members. Others believe it is an attempt to cope with depression, anger and control issues. Still, other theorists believe it is related to regressive behavior as demonstrated in the 'oral fixation' on food. Unfortunately, it is not exactly clear how or why a person develops the disorder.

WHAT IT LOOKS LIKE

The characteristics of people who overeat involve *eating what most people would consider a large amount of food, eating a large amount of food quickly, eating when the feeling of hunger is not present, and eating to the point of physical discomfort*. In addition, people who overeat tend to feel ashamed and depressed about how they consume food, and feel as though they have little control over their eating habits. Consequently, most people with the disorder keep their eating habits a secret. They also have difficulty admitting that they have the problem to others, and oftentimes do not seek help. Moreover, overeating tends to cause several health problems because the overeater is not getting the proper nutrients. Health problems such as diabetes, high blood pressure, and heart disease are a few of the negative consequences of overeating.

TREATMENT

Treatment is possible and available if the person is willing to take the steps to address their eating disorder.

- * Attendance to support groups (Overeaters Anonymous) can prove beneficial as a means of providing encouragement, hope, and accountability.
- * Counseling can help the overeater learn skills and techniques that will help them gain more control over their behavior. It can also help the person look at how relationships with others may contribute to their maladaptive behavior.
- * Antidepressant medication may be an option for some in addressing underlying depression.
- * Utilizing your support network, whether that includes friends, families, significant others, religious organizations/members are also crucial in dealing with the problem.

Most of the information for this article was obtained from psychologytoday.com. For more information, visit <http://www.aa.org/index.htm> or schedule an appointment with the Personal Counselor for Career Links by calling 410 772-4840.

About Overeaters Anonymous Program of Recovery

Overeaters Anonymous (OA) offers a program of recovery from compulsive overeating using the [Twelve Steps](#) and [Twelve Traditions](#) of OA. Worldwide meetings and other [tools](#) provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

OA is not just about weight loss, obesity or diets; it addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. To address weight loss, OA encourages members to develop a food plan with a health care professional and a sponsor. If you want to stop your compulsive eating, welcome to Overeaters Anonymous

*We grow because we
struggle, we learn
and overcome.*
(R. C. Allen)





Community Resources



Family Help in Maryland

Family Preservation Program

<http://www.dhr.state.md.us/family/index.htm>

The In-Home Family Preservation Services programs are able to provide, coordinate or refer families for any of the following services:

- Counseling (educational, vocational, family planning);
- Medical and psychological evaluations and treatment;
- Skill building in parenting, age appropriate disciplinary practices, child care, advocacy for support and services, conflict resolution, budgeting, housekeeping, and meal preparation;
- Assistance and support to enhance the likelihood of positive family responsibility and self-sufficiency;
- Housing information and assistance;
- Emergency financial assistance through flex funds or other monetary resources available to the local department or through community partners;
- Parent-aide or in-home aide services;
- Day care assistance;
- Respite care;
- Transportation assistance;
- Assistance with and connection to both formal and informal support systems and resources; and
- Court involvement.



Apply at the Department of Social Services.

Focus Adolescent Services

<http://www.focusas.com/Maryland.html>

TAKE POSITIVE ACTION TO HELP YOUR TEEN AND HEAL YOUR FAMILY

- Take an honest look at your child's behavior and family situation.
- Become informed of your child's issues.
- Network the resources at this site to find referrals to mental health services and supportive programs.
- Follow through on professional advice and treatment plans.
- Build a support system from family, friends, and self-help groups.

You can also **Call FocusAS** at 410-341-4216 — Monday through Friday, 9 am-5 pm ET

Need Help Finding Help?

Horizon*Help*, is a web-based information and referral service for residents of Howard County, Maryland. Horizon*Help*, a project of The Horizon Foundation, was initiated to assist the community at large, as well as local health, human and social service providers in finding programs and services to fit their needs, or the needs of their constituents.

