

C&R NEWS

Counseling & Rehabilitation Program News



Flash From the Past

CRSA 'Give Thanks, Give Food' Food Drive

On November 22nd, the Counseling and Rehabilitation Student Association donated non-perishables to the Cooperative Ministry in Columbia! We appreciate all who were able to donate for this fundraiser.



This issue:

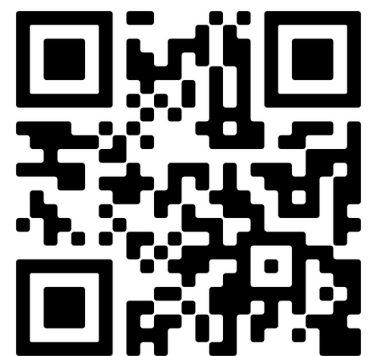
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CHECK OUT OUR SOCIALS





Flash from the Past

Snowlympics

The School of Medicine Alumni Engagement Team put on the first Snowlympics! The Counseling Rehab. Dashers and the Snow Ballers sleigh-ed the competition, taking home 2nd place.

Keep a look out for Snowlympics 2024 - you don't want to miss it!



Save the Date

January 19th, 2024: The Counseling and Rehabilitation Program will be hosting an Active Shooter Training.

[RSVP](#)

February 23rd, 2024: The Counseling and Rehabilitation Program will be hosting another Speaker Series featuring Dr. Rick Balkin.

February 24th, 2024: The Counseling and Rehabilitation Program's Learning Community Saturday is set for the Spring Semester! Meet us at 3555 Harden Street Ext. for continuing educational experiences.



Flash from the Past

CRSA's Video Game Donations

The Counseling and Rehabilitation Student Association received a generous donation from Dr. Dawson (many vintage video game systems). Members of CRSA came together after Friendsgiving to clean and test these gadgets in preparation to donate them to South Carolina's Department of Social Services (DSS).



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Learning Community Spotlight

Friendsgiving

On December 1st, we welcomed students, community partners, university staff and alumni to our Friendsgiving event. It truly was a time for Networking and Connections and we are forever grateful for everyone's support and dedication to our program.



December Commencement

We would like to congratulate 8 students who, on December 18th, will be graduates of the Counseling and Rehabilitation program! Should you wish to extend your congratulations personally, Commencement will be held on 12/18 at 2:30pm at the Colonial Life Arena.

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Wellness Corner

The Balance App is your personal meditation coach for \$11.99/month OR \$69.99/year. Each day, you'll answer questions about your meditation experience, goals, and preferences. Using an audio library of thousands of files, Balance assembles a daily meditation that's perfect for you. The more you share over time, the more personalized and effective your meditations become.



Pet of the Month

Felix, according to the vet, is estimated to be about 2-3 years old, Tabby cat whose favorite activities include cuddling with mom on the couch and eating through any bag of food (he is currently known for eating through the cat food bag and any bread bag left out).

The list of nicknames is rather short; however, Bubba, Dude, and Fixin' Felix are among the most used thus far.

Fun Fact: Felix was a stray...I don't know who would've left this cute face outside but it's their loss now.

Want to see your pet featured? Complete the [form](#)!





APA Writing 101

Student papers usually include, at minimum, (1) a title page; (2) page numbers; (3) text (content); and (4) a reference list (APA, 7th edition, pg. 29).

Tips & Tricks

The running head is an abbreviated version of the paper's title that appears at the top of every page to identify it for readers. Running heads are only required for manuscripts being submitted for publications. They are not required for student papers unless the instructor or institution requests them; thus, the running header for a student paper includes only the page number (APA, 7th edition, p.37).

All papers should contain the page number, flush right, in the header of every page. The title page would be page 1 (APA, 7th edition, p.43).

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