



# CAMPUS COUNSELING CENTER

*Newsletter of CAMPUS COUNSELING CENTER*



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Digitally Designed & Edited by:

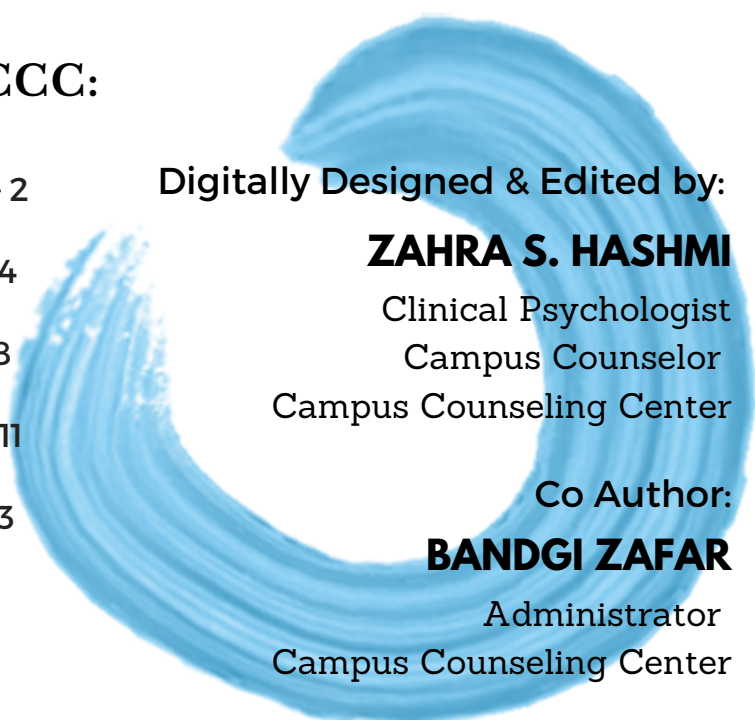
**ZAHRA S. HASHMI**

Clinical Psychologist  
Campus Counselor  
Campus Counseling Center

Co Author:

**BANDGI ZAFAR**

Administrator  
Campus Counseling Center



# ITS A WRAP

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JUNE 2021 · ISSUE 02 · VOLUME 1

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## Administrator

### Bandgi Zafar

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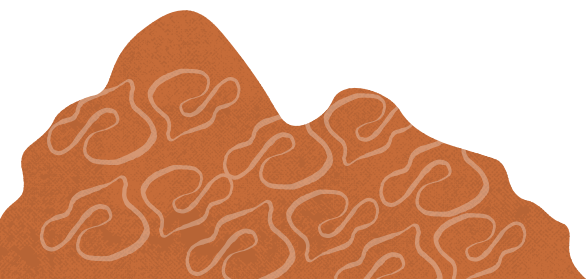
## NOTES FROM THE ADMINISTRATOR

**MS BANDGI ZAFAR**

**ADMINISTRATOR**

**CAMPUS COUNSELING CENTER**

To face these challenging times with determination and commitment without impeding the purpose of our services is an accomplishment in itself. These unprecedented times made us value our lives as well as others around us. It retained a strong impact on our lives and also our work. Working from home virtually for a longer period was a new experience for many. We adjusted and adapted ourselves to the new normal. Coming back on Campus and continuing our work like pre covid times was challenging it required finding out ways how to best organize our team and work effectively and efficiently.



# Its a Wrap...

The blended mode was adapted, sessions were held online and emergencies were dealt in person. As students were back on campus after a long period there was a significant increase in the number of requests. 162 students signed up for counselling out of which 132 were accommodated. We are hoping to continue providing our services and assist anyone who seeks our support because for us "Your Well-Being matters the most "



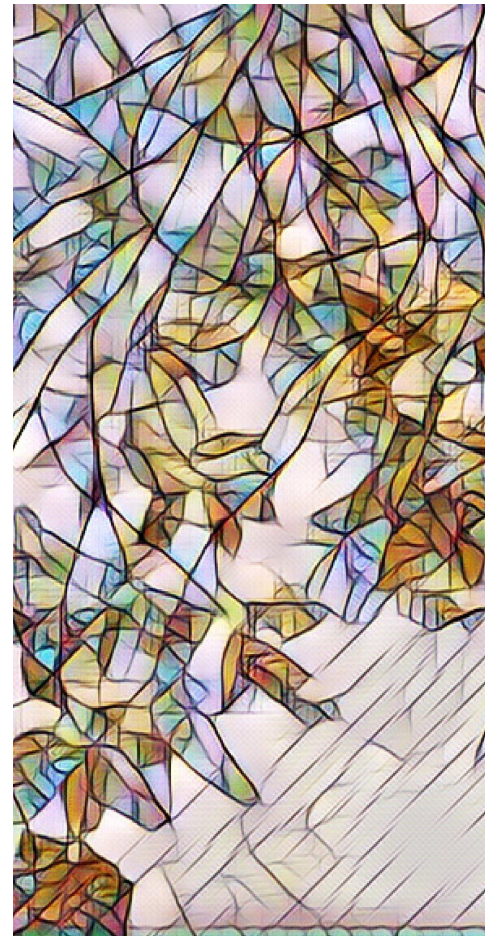
# THOUGHTS FROM THE TEAM

Since the beginning of the pandemic, Mental Health became a huge concern. The pandemic brought crucial changes and impacted not only our work lives but also our personal life. It took some time for people to adjust to the new normal. Working in the pandemic era has been a challenge for all as it had a far-reaching negative impact on everyone and especially it placed an immense psychological and physiological pressure on the health care providers. Despite this, our department continued to provide emotional support to the Fcc community as they adapted to the new change. I highly appreciate the support of my HOD Maam Shawna and the continuous effort and support of our counselors. The saying "not all heroes wear capes" has never meant more than it does now".

*- Bandgi Zafar*



**MS. BANDGI ZAFAR  
ADMINISTRATOR**





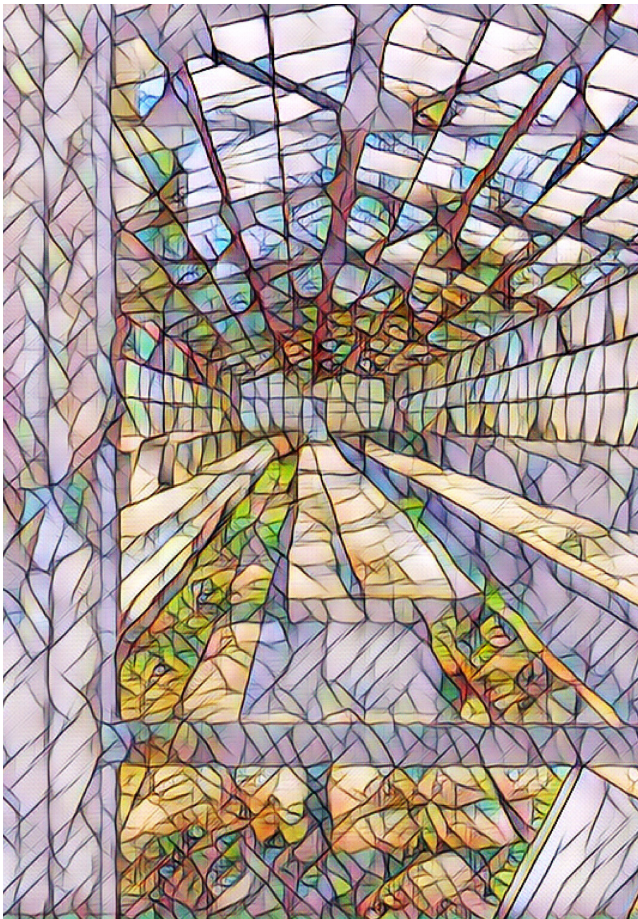
MS. ZAHRA S. HASHMI  
CLINICAL PSYCHOLOGIST  
CAMPUS COUNSELOR

The year has been filled with lows and highs and is a true reflection of the resilience humans are born with. The pandemic has hindered a lot of pathways while opening to us thousands of possibilities to adapt to our circumstances with conviction and strength. The greatest learning theme of these times was learning about ourselves especially in times of isolation.

As a Counselor, I have seen these experiences of strength manifest in many ways for my counselees. Seeing their growth and willpower has been the greatest motivation for me to keep going while experiencing burnout.

I often light hearted joke that "There is no such thing as sleep for a professional who has devoted their life to help other humans, it is a fair compromise to be there for someone in need and assist them".

*-Zahra S. Hashmi*



The world that we live in right now continues to offer a precarious environment for people struggling with issues related to mental health; however, it has also challenged individuals to seek the assistance on offer to them in the form of counseling services. It has been heartening to see how people and students in particular, have opened up to the idea of availing online counseling. Although it is a relatively new format, it holds the promise of provides easy accessibility to therapeutic services, which has always been a goal of ours as professionals to achieve. Having worked with students in such a capacity for years now, I have seen them confront their reluctance towards change and enhance their overall resilience as a consequence. I hope that members of our community will continue to shed their inhibitions and benefit from the range of counseling services that the Campus Counseling Center at Forman has to offer.

*-Arman Ahmed*

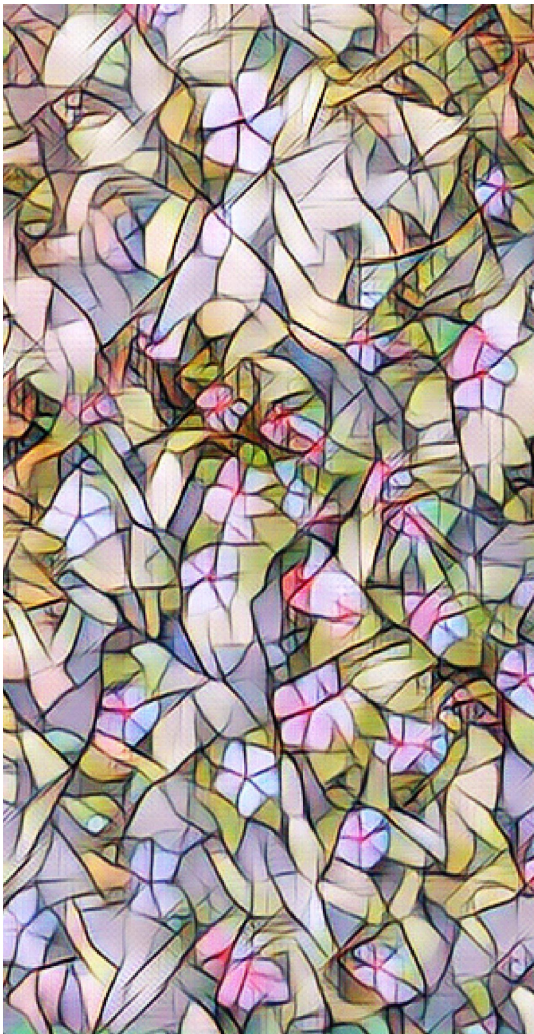


SIR. ARMAN AHMED  
CLINICAL PSYCHOLOGIST  
CAMPUS COUNSELOR





**MS. AMBER IJAZ**  
**CLINICAL PSYCHOLOGIST**  
**CAMPUS COUNSELOR**



For the last two years, I have sat across from countless clients holding space for them as they navigate life's ups and downs. One of my favorite moments is when youth realize that I am here as a mental health practitioner whose sole responsibility is to support their mental and emotional health. They can approach me knowing they will leave feeling heard, seen and validated without judgment.

I have experienced a heightened sense of anxiety from clients and families regarding the pandemic. And yet, amidst this stress, I love being able to identify specific strengths of each client and using these strengths in counseling work together to recreate lasting change in maladaptive thinking, teaching helpful coping mechanisms in the direction that can lead to such incredible progress. The initiative for online counseling and perseverance required for sessions that we undertook was difficult and challenging but rewarding. We are proud that we were able to work together in a collaborative way to assist the FCCU community.

*-Amber Ijaz*

# WORKSHOPS SPRING

Around the year Campus Counseling Center arranged workshops for reaching out to the FCCU audience for their awareness and well-being.

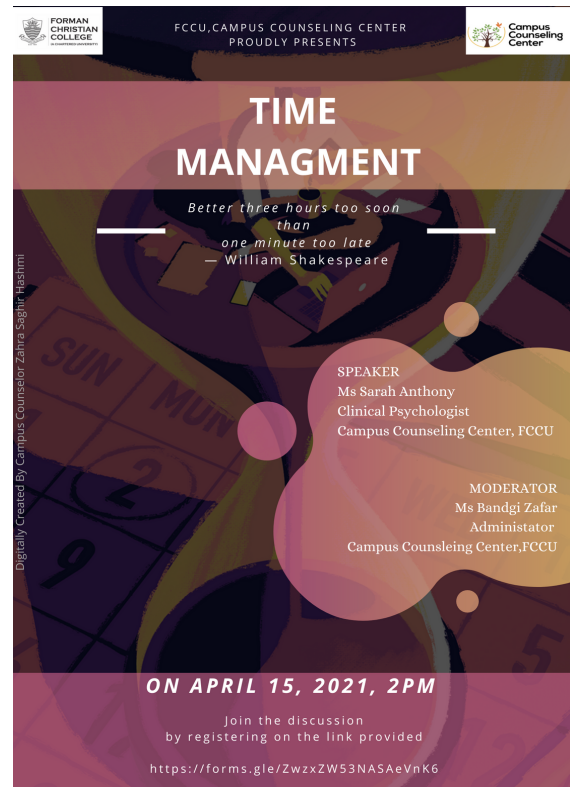
**Anxiety Management** Workshop: which was held online on 10th February 2021 it was conducted by Ms. Amber Ijaz (Campus Counselor) and was moderated by Ms. Zahra Saghir Hashmi (Campus Counselor).



**Conflict Management** Workshop: which was held online on 16th March 2021 it was conducted by Ms. Zahra Saghir Hashmi and moderated by Ms. Bandgi Zafar (Administrator).



**Time Management** Workshop:  
which was held online on 15th  
March 2021, it was conducted by  
Ms. Sarah Anthoney (Campus  
Counselor) and moderated by Ms.  
Bandgi Zafar.



FORMAN CHRISTIAN COLLEGE  
FCCU, CAMPUS COUNSELING CENTER  
PROUDLY PRESENTS

Campus Counseling Center

# TIME MANAGEMENT

*Better three hours too soon  
than  
one minute too late*  
— William Shakespeare

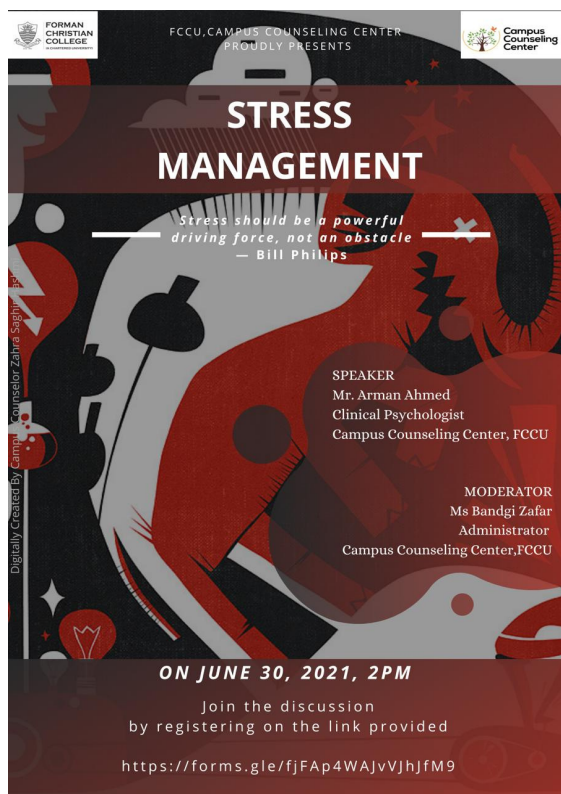
SPEAKER  
Ms Sarah Anthony  
Clinical Psychologist  
Campus Counseling Center, FCCU

MODERATOR  
Ms Bandgi Zafar  
Administrator  
Campus Counseling Center, FCCU

ON APRIL 15, 2021, 2PM

Join the discussion  
by registering on the link provided  
<https://forms.gle/ZwzxZW53NASAEvNk6>

Digitally Created By Campus Counselor Zahra Saghir Hashmi



FORMAN CHRISTIAN COLLEGE  
FCCU, CAMPUS COUNSELING CENTER  
PROUDLY PRESENTS

Campus Counseling Center

# STRESS MANAGEMENT

*Stress should be a powerful  
driving force, not an obstacle*  
— Bill Phillips

SPEAKER  
Mr. Arman Ahmed  
Clinical Psychologist  
Campus Counseling Center, FCCU

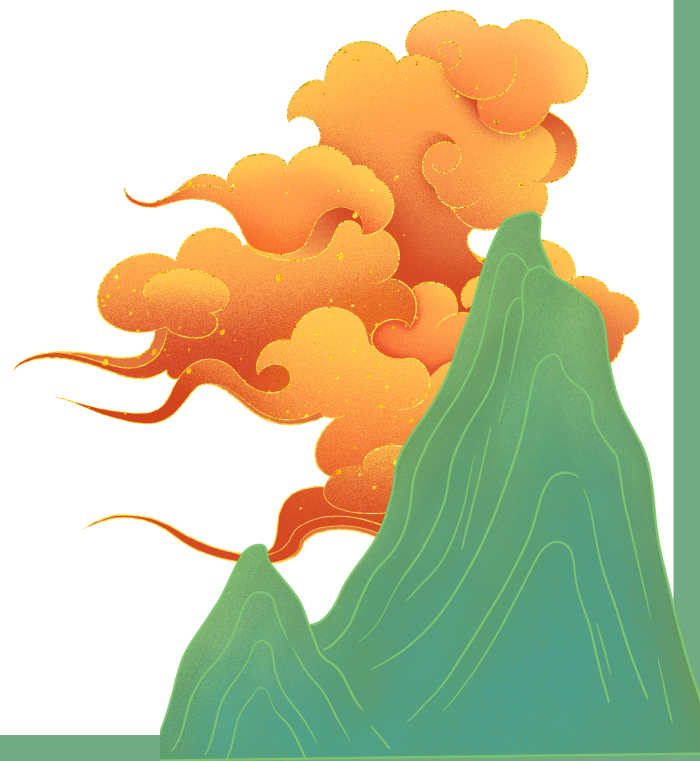
MODERATOR  
Ms Bandgi Zafar  
Administrator  
Campus Counseling Center, FCCU

ON JUNE 30, 2021, 2PM

Join the discussion  
by registering on the link provided  
<https://forms.gle/fjFAp4WAJvVjhjFM9>

Digitally Created By Campus Counselor Zahra Saghir Hashmi

The last workshop of this semester  
was held online on  
**Stress Management** Workshop on  
30th June 2021 by Sir Arman  
Ahmed (Campus Counselor) and  
moderated by Ms. Bandgi Zafar.



# WORKSHOPS FALL

**Suicide First Aid** Workshop: which was held online on 10th November 2021, it was conducted by Ms. Zahra S. Hashmi (Campus Counselor) and moderated by Ms. Bandgi Zafar.



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## SUICIDE FIRST AID

*"Soak up the views. Take in the bad weather and the good weather. You are not the storm."*  
- Matt Haig

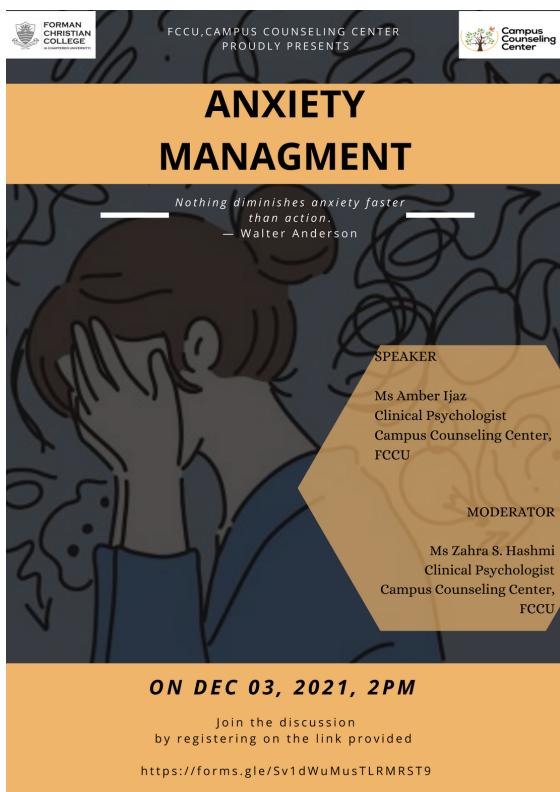
**SPEAKER**  
Ms Zahra Saghir Hashmi  
Clinical Psychologist  
Campus Counseling Center, FCCU

**MODERATOR**  
Ms Bandgi Zafar  
Administrator  
Campus Counseling Center, FCCU

**ON NOVEMBER 10, 2021, 2PM**

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## ANXIETY MANAGEMENT

*Nothing diminishes anxiety faster than action.*  
- Walter Anderson

**SPEAKER**  
Ms Amber Ijaz  
Clinical Psychologist  
Campus Counseling Center, FCCU

**MODERATOR**  
Ms Zahra S. Hashmi  
Clinical Psychologist  
Campus Counseling Center, FCCU

**ON DEC 03, 2021, 2PM**

Join the discussion  
by registering on the link provided  
<https://forms.gle/Sv1dWuMusTLRMRST9>

The last workshop of this semester was held online on **Anxiety Management** Workshop on 03th December 2021 by Ms Amber Ijaz (Campus Counselor) and moderated by Ms. Zahra S. Hashmi



# TRAINING WORKSHOPS FALL

Two Training Workshops were arranged by CCC in collaboration this year. One with Character Building Society and the other with the HR Department.

## Suicide First Aid Training Workshop:

which was held online on 14th October 2021, it was conducted by Ms. Zahra S. Hashmi (Campus Counselor) in collaboration with Character Building Society. The suicide first aid training is comprised of 4 Phases. Phase 1 was to select and introduce the concept of Suicide first aid to a group of students.

### Key Features:

#### **Initial Prep Phase 1:**

- Building a Community Engagement Group for Suicide via guided workshop to a group of people.

### Objective:

The objective is to train a student lead group that can organize activities and assist fellow students on campus. This will help raise awareness and build a student support group/ community over time that is well acquainted to suicide first aid.

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## SUICIDE FIRST AID

A Training Workshop for Character Building Society

*"Sometimes even to live is an act of courage."  
— Lucius Annaeus Seneca*

Digitally Created By Campus Counselor Zahra Saghir Hashmi

SPEAKER  
Ms Zahra Saghir Hashmi  
Clinical Psychologist  
Campus Counseling Center, FCCU

ON OCTOBER 14, 2021, 2PM

# TRAINING WORKSHOPS FALL

## **Stress Management Training Workshop:**

which was held online on 20th December 2021, it was conducted by Sir Arman Ahmed (Campus Counselor) in collaboration with HR Department.

Certificates were distributed among the participants.

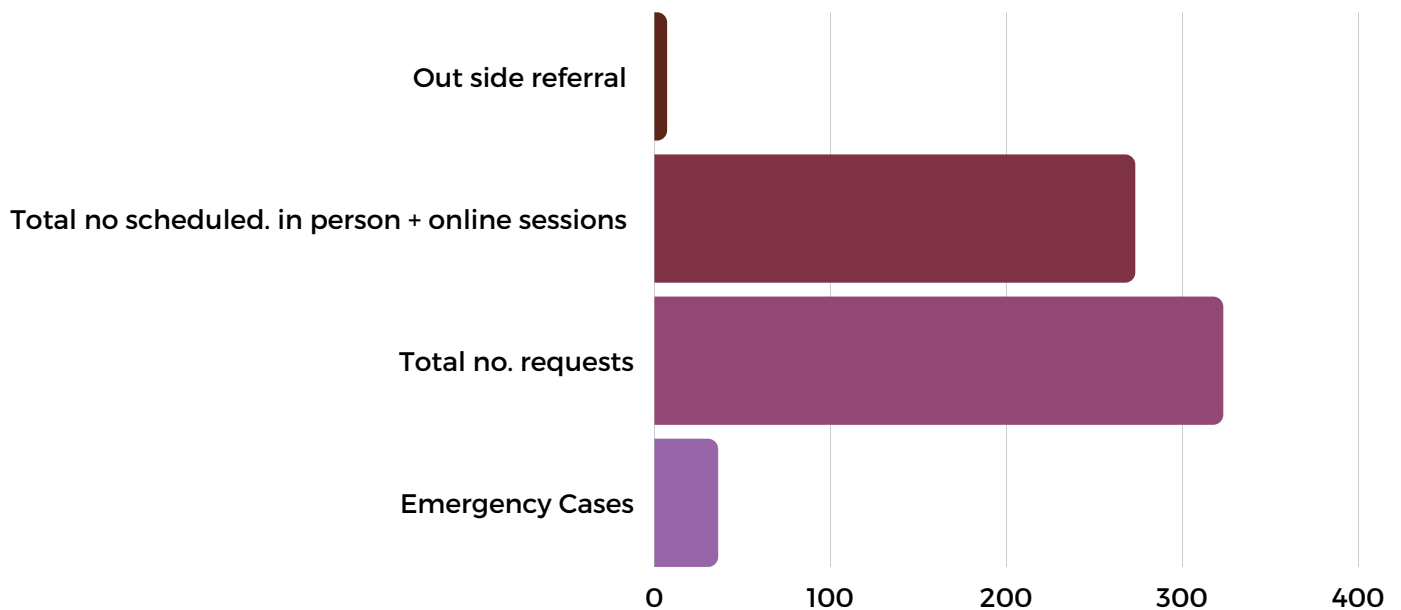


## **Objective:**

The training workshop was held for faculty and staff. To manage stress and work-life balance.

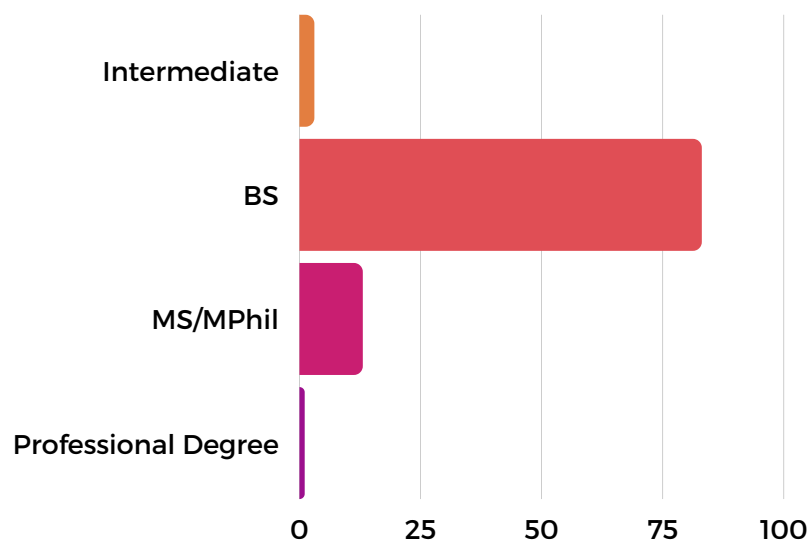
The Training was mainly focused on creating a system to identify, evaluate and eliminate stressors to be more productive and to work effectively and lead a more efficient professional life inside and outside work.

# INDIVIDUAL COUNSELING SESSIONS JAN- DEC 2021



Graph 0.1. The graph above shows the number of requests received for counseling, number of clients that were accommodated and the outside referrals that were made.

# INDIVIDUAL COUNSELING SESSIONS JAN- DEC 2021



Graph 0.2. The graph above shows the percentage of counsees from intermediate, baccalaureate, masters, and professional degree.

# MESSAGE FROM THE CENTER

We would like to thank our whole team at Campus Counseling Center for all their hard work and determination.

And

Thank You !

To all of you for working tirelessly during these times

We wish you all a very happy New Year.

