



Counseling & Testing Center

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OUR STAFF

Peggy Crowe, Ph.D.
Director

Karl Laves, Ph.D.
Associate Director

Debra Crisp, Ph.D.
Training Coordinator

Brian Lee, M.A., LPA
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Coordinator of Outreach

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Office Assistant

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Doctoral Psychology Intern

Ari Deutch, M.S.
Doctoral Psychology Intern

Megan Wilson, B.S.
Masters Psychology Intern

Jessica Stunson, B.A.
Masters Social Work Intern

Star
Therapy Dog (in-training)

Don't forget to join Star and the CTC at Healthy Days March 1, from 1-4 p.m. at the Preston Health and Activities Center.

Stupid is as stupid does

But, sometimes stupid is because stupid is!

By Dr. Karl Laves
AKA "I'm too old to be smart"

Let us start this rant with a confession; we could all be the person described in this article. But we are going to ignore that for the time being. Why ruin a good rant with the truth? Forrest Gump taught us that "stupid is as stupid does" which means, I think, that one is stupid if one does stupid things. In other words, don't do stupid things and you won't be stupid. This would suggest that stupidity is avoidable; it might even be a conscious choice.

Enter then Justin Kruger and David Dunning, Cornell University psychologists, who did some studies a while back and concluded (I am para-phrasing here) that ignorant people overestimate their competence while experts tend to underestimate their competence. Their studies suggest that the less one really knows about something, the more likely one is to think he/she really knows about something. This certainly explains those people on American Idol that cannot sing but insist they are the best.

This also might explain some of the people that you can thank for all your headaches, high blood pressure, stress filled days at the office, and those God awful family holiday gatherings. Many of us operate under the assumption that people who overestimate their talent are just narcissists. They know they aren't that good but they like to act as if they are that good. Kruger and Dunning seem to be saying that some of these people might really think they are that good....and that

we will have a hard time convincing them otherwise. In other words, pride doesn't explain some people's inflated egos and forget the older psychodynamic theories that use terms like "defense mechanisms" to explain high self-esteem. It may be that some people don't know, and don't know they don't know, so they think they really know.

So what is the point of this rant? Two words—self-preservation. The person who annoys you who is narcissistic might be worth a heart to heart conversation where you practice your assertiveness skills and invite the person to come down off his/her high horse. But the person that annoys you who is "suffering" the Kruger-Dunning Effect might best be left alone. Forget "it's not right", or "he/she should be allowed to do that"...those are just world assumptions. Americans seem particularly invested in righting wrongs and speaking up. But what do you do when the person that annoys you really is not able to see what you mean? Scary idea, right? What if that person's lack of understanding isn't due to selfish motives....what if that person really cannot understand what you are saying?

I guess what I am saying is that sometimes the best way to manage your stress is to do nothing; that is, to let things go, let things be, to move along. It isn't your job to bring others up to speed. And remember that some people are annoying because they think it is their job to point out how others are wrong. Unless people

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Gaming Workshop

Join the Counseling and Testing Center staff
for some fun with fellow students.

Learn new games, enjoy classic favorites, and
maybe learn something new along the way.

Every Tuesday from 2-4 p.m.
in Potter Hall, Rm 408

Brought to you by the Counseling and Testing Center. Visit our website at www.wku.edu/heretohelp.
For more information contact Ari Deutsch at ari.deutsch@wku.edu

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are being robbed, beaten, imprisoned, etc. it might just be okay to let people that don't know to not know. Here is an image I carry with me for such occasions. It is a goofy image, maybe a bit graphic, but I think it makes sense (oh, no, what if it does and I am too Kruger-Dunning to know?).

You only get to jump on one metaphorical grenade in life. Jumping on a metaphorical grenade is certainly heroic; a true act of selfless sacrifice. But here is the deal; you only get to do it once. That is how things work with

metaphorical grenades. So, if you are going to risk your job, your relationships, your security, etc. by jumping on a metaphorical grenade....save up. Wait for a really big grenade. Don't waste it on a small grenade. And people who don't know they don't know tend to be rather small grenades. So in the spirit of April Fools Day, this has been a rather smart aleck way of saying be good to yourself, take some pressure off, don't burn out fighting against ignorance. Pace yourself and remember that is okay to move past some people instead of beating your head against their brick wall.

Sexual Assault Awareness Month Activities

The WKU Sexual Assault Awareness Month activities have been confirmed. Activities are scheduled from March 29-April 27. Planned events are:
March 29: Love the Way You Lie, 7 p.m. in the DSU Auditorium.

April 4: WKU SAAM Kickoff! 10 a.m.-2 p.m., with the WKU Proclamation Signing at 1 p.m., in the DSU Main Lobby.

April 5: Walk-A-Mile In Her Shoes, 3 p.m. at Centennial Mall.

April 11: Vagina Monologues, 7 p.m., in the DSU Auditorium.

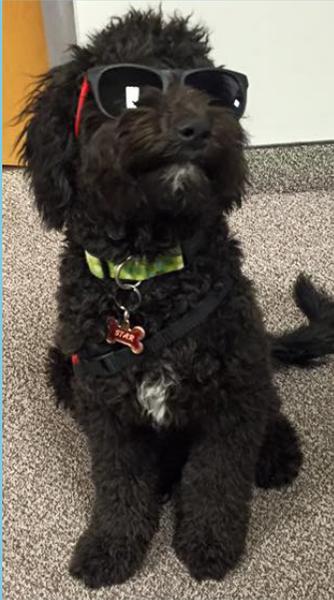
April 13: The Clothesline Project Display, 10-2 p.m., at Centennial Mall.

April 21: "Take Back the Night," 6 p.m. at the Justice Center in downtown Bowling Green.

April 27: "The Hunting Ground" Screening, 7 p.m., in the MMTH Auditorium.

For more information, contact Elizabeth Madariaga at elizabeth.madariaga@wku.edu.

Star's Report



Happy March everyone! As you can see I have my shades on and ready for some sun over Spring Break! I also tried out another disguise with a pink Moustache. I hope everyone has a safe and happy Spring Break and look forward to seeing you back March 14. Stay safe!

Counseling Services

College should be challenging, not overwhelming

That's why we're here to help, offering our services Monday thru Friday from 8 a.m. – 4:30 p.m. There is a ONE-TIME \$20.00 fee for paperwork and documentation. After the one-time fee, students have access to unlimited visits for their entire college career here at WKU. Our services are confidential and NO information is released without the student's written permission, unless in an emergency situation. So if your mom, grandma, or next door neighbor calls to learn about your counseling appointment, "mums" the word.

We offer individual and group counseling services to help with coping strategies, conflict resolution, and crisis situations related to:

<i>College Adjustment</i>	<i>Eating Disorder</i>
<i>Bipolar Disorder</i>	<i>Anxiety</i>
<i>Problem Behaviors</i>	<i>Suicide Prevention</i>
<i>Stress Management</i>	<i>Grief/Loss</i>
<i>Depression</i>	<i>Decision Making</i>
<i>Sexual Assault/Abuse</i>	
<i>Relationship Issues</i>	<i>....and more!</i>

Don't Forget! We also offer counseling for couples of all kinds: friends, relationships and roommates.

Testing Services Available

The Counseling and Testing Center offers most national tests such as CLEP, MAT, LSAT, DSST, ACT, HESI and COMPASS. STAMP, Residual ACT and Chemistry Placement tests are also available. For more information on testing dates, see www.registerblast.com/wku. PRAXIS testing dates are at www.ets.org/praxis. Questions may be e-mailed to: testing-center@wku.edu.

LGBTQIA Group meets Tuesdays

The Counseling and Testing Center hosts an LGBTQIA Group every Tuesday in Potter Hall, Room 409. Meetings for this semester begin Feb. 2 and will be from 4:30-5:30 p.m. For more information, contact Brian Lee at: brian.lee@wku.edu.

