

Comments from students completing Pathways.

Obviously, not all comments about Pathways are positive; however, positive comments outnumber negative comments and include:

This was a very helpful program for me and made me feel more accepting in general. I recommend it to everyone.

I was able to relax and understand and clear the cobwebs.

Pathways was pretty cool. I realized a lot and feel pretty good about what's going on.

Gave me ways to move forward.

I always felt different but better after each session.

I believe this course can help many people.

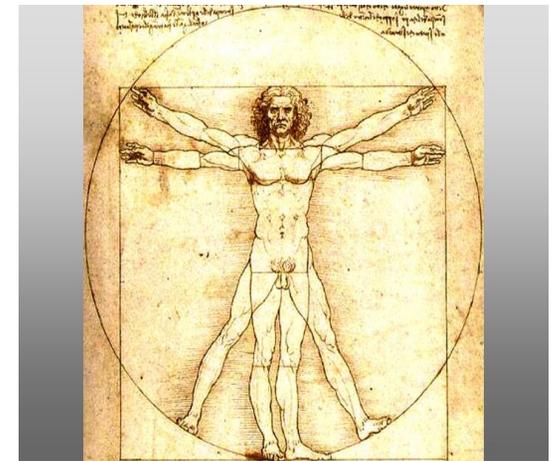
Was a great experience!

Pathways was very useful solving my problems and accepting [them]. Highly recommended.

Pathways



Central Washington University



Central Washington University Counseling Clinic

400 East University Way
Ellensburg WA 98926-7585

Phone: 509-963-1391
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Clinic hours:
Monday through Friday 8-5 pm

Counseling Clinic

Tel: 509-963-1391

Pathways

Several years ago the counseling clinic set out to offer a group workshop with the goal of “jump starting” counseling. The current implementation of Pathways focuses on the simple acronym, *RUWilling*.

Program goals include **R**ecognizing what it is you’re struggling with, **U**nderstanding what is sacrificed through struggling, and

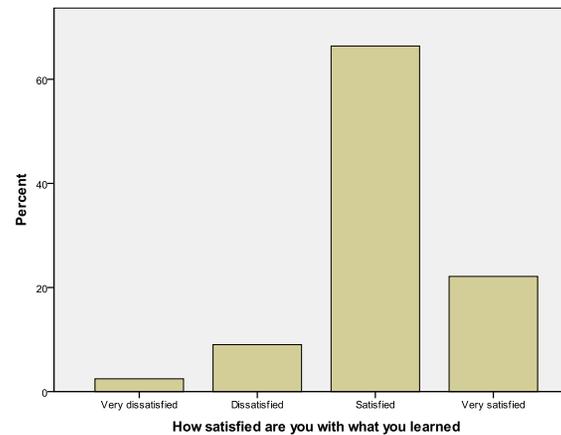


being **W**illing to move in a direction that adds vitality to your life.

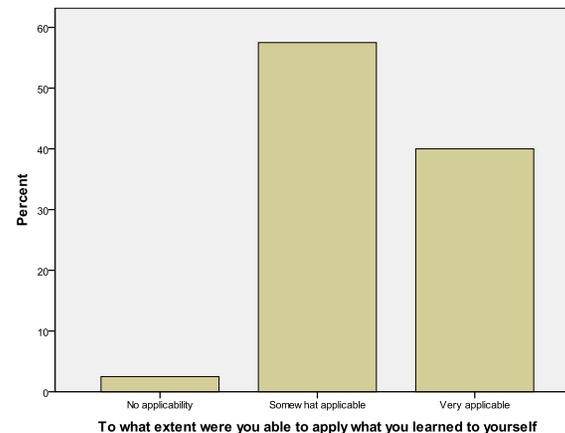
Pathways has been developed to minimize self-disclosure and still enhance personal learning. Each seminar focuses on exercises that aim to personalize the material, introduce being mindful of experiences, and examine personal pain for what it means to you.

For students completing all three Pathways seminars.

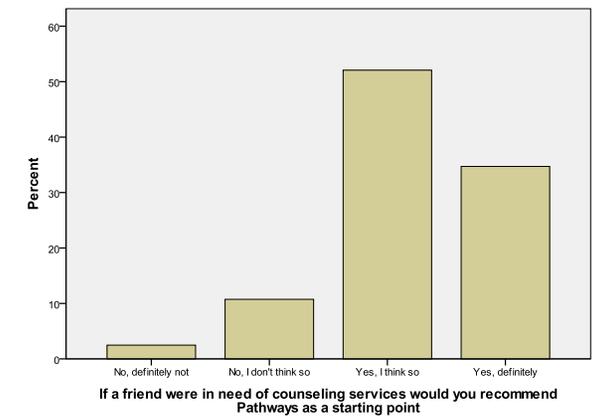
Eighty-eight percent indicated they were satisfied with what they learned as a result participating.



Ninety-eight percent were able to apply what they learned to themselves.



Eighty-seven percent would recommend Pathways as a starting point for counseling.



Check out the CWU Intranet and go to ***CWU iTunesU***>
Launch CWU on iTunesU>
CWU Counseling Center
and check out our relaxation and mindfulness exercises.