



Student Services Counseling Center

Where students are assisted with academic, career and personal needs.

Greetings from the NTC Counseling Center. The counselors at NTC are available to help guide, support, and assist students with academic, personal, and career needs. Student support is our priority. Monthly, we will share information on a variety of topics. The topic for the month of February 2008 is building relationships. We look forward to helping you.

Strong, Healthy Relationships

It's February...hearts, chocolates, and roses abound – and what do they signify? Some may say the influence of Hallmark on society and others the opportunity to let people know how much you care about them. Relationships – *all relationships* – require maintenance; from our relationships with significant others, our friends, our colleagues, to our employers, neighbors, instructors.... How do we keep all of our relationships viable? There are a few universal truths to the maintenance of strong relationships:

Communication

Communication has the reputation of being a pillar of strong relationships, and there's a reason for that: it can prevent misunderstandings, repair injustices and hurt feelings, and bring us closer to each other. The ability to be open and honest with another person, sharing what matters to you and what you *need*, is so important!

Especially for those of you who are returning to school, the people in your life may not be accustomed to seeing you in the student role. Share with them what you're learning about, working on, frustrated with. Bring them into your experience, and eliminate misunderstandings while building support.

Trust

Another well-known foundation to healthy relationships is trust. Quite simply, in order to build trust you must do what you say you are going to do. And if circumstances exist that prevent you from fulfilling your commitment you need to *communicate* these to the other person. When trust has been broken on the other side, communicate to the person that you've been hurt and expect the behavior to subside.

Humor and Laughter

Think of one of your happiest memories – most likely there is laughter involved. Not only does humor and laughter bind us to experiences, but to each other! Find ways to laugh at life, at your mistakes, *with* each other.

Relationships take time and are subjected to the same ups and downs as the rest of our lives. If you need some help repairing a relationship or working through a situation, sometimes seeking the help of a counselor can make a big difference. We're here to help!