

UTAH VALLEY UNIVERSITY



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TURNING POINT
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Turning Point

THE PROGRAM

Turning Point, the Center for Personal and Career Development, is a community and university resource for individuals wanting to improve on a personal, educational and/or professional level. The Center is dedicated to quality support services which increase the emotional, social and economic well-being of all participants.

Participants can access numerous services to help complete education goals, build personal relationships, master communication skills, learn job-seeking strategies, explore career options and enter the work force. Assistance with resumes and networking is offered. Scholarships are available for qualifying individuals.

SERVICES

- Personal and Professional Development
- Career Assessment
- Scholarships for single parents, displaced homemakers and low-income individuals
- Educational Evaluation
- GED
- UVU Scholarships
- Academic Support
- Student Support/Advocacy and Retention
- Mentoring
- Wee Care – Child Care
- Professional Clothing Source
- Therapy – Short-term
- Referrals to community and campus resources

THERAPY

Short term

- Individual and Marital

CLASSES

Successful Life Management

Personal Development

Communication Skills
Conflict Resolution
Personal Empowerment
Problem Solving
Loving Relationships
Personal Responsibility
Goal Setting
Goal Achievement

Professional Development

Career Exploration
Job Seeking Skills
Resume Assistance
Interview Skills
Dress for Success
Networking
Values
Resiliencies

Managing Life Transitions

Boundaries
Perceptions

Grief
Relationships

Anger Management

Elements of Anger
Communication Skills
Stress Management
Trigger Thoughts

Forgiveness and Empathy
Personal Accountability
Opening the Window of Response

Tools for Teens

Communication Skills
Elements of Anger
Trigger Thoughts

Personal Accountability
Stress Management
Conflict Resolution

Marriage and Pre-marriage Workshops

Facilitated by Marriage and Family Therapist

LOCATIONS

Main Office:

UVU West Campus
MT 116
(801) 863-7580

Satellite Office:

UVU Campus
LC 303
(801) 863-6954

TRAINING AND EMPLOYMENT

- Educational Exploration
- Financial Aid
- Vocational Testing
- Skilled2Succeed basic computer training

CONTACT INFORMATION

Turning Point
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(801) 863-7580
www.uvu.edu/turningpoint
turningpoint@uvu.edu

PROFESSIONAL CLOTHING SOURCE

The Professional Clothing Source offers clothing to women who are returning to school and/or the work force and do not have the resources to build a wardrobe. Local merchants and individuals donate clothes that are then made available at no cost to the women in the program.

ADULT SCHOOL-TO-CAREERS

The Adult School-to-Careers program is designed to serve the non-traditional adult student. Services include assessing career goals, career interest testing and help with developing a career plan. Some students may qualify for scholarships depending on financial need.

TURNING POINT WEE CARE CHILD CARE CENTER

1140 S. 400 W. (801)863-7266

Wee Care offers child care to qualified low-income UVU, MATC and Turning Point students while they attend classes.



Turning Point

Center for Personal and Career Development

Turning Point/Center for Personal and Career Development is a community and college resource for individuals wanting to improve on a personal, educational and/or professional level. It is dedicated to quality support services which increase the emotional, social and economic well-being of all participants.

Participants can access numerous services to help complete education goals, build personal and professional relationships, master communication skills, learn job-seeking strategies, and explore career options. Scholarships may be available.

Classes offered:

- **Successful Life Management –\$100** - Eight week course, meets twice a week. This class is a combination of personal and career development. Based on assertiveness skills, clients learn about communication styles, listening skills, body language, centering, personal empowerment, conflict resolution, negotiation skills and creating loving relationships. Also explored are relationships in the world of work. This includes values identification, belief systems, resilient behaviors, informational interviewing, transitional skills, resume writing, interviewing techniques, job retention, conflict resolution in the workplace and dressing for success.
- **Managing Life Transitions –\$50**- Six week course, meets once a week. Designed to help those who are facing the challenges of being divorced and other life transitions. The class covers topics such as forgiveness, setting and maintaining boundaries, problem solving, redefining roles, resuming dating and more.
- **Marriage & Pre-Marriage Workshop – \$10** - An hour and a half personalized session with a Marriage and Family Therapist. A workshop for those seriously dating, engaged or married who want to improve their relationships.
- **Parenting – \$50** - Eight week course, meets once a week. This parenting class focuses on strengthening the parent child relationship. The goal is to appreciate and prize children as unique individuals. Topics include learning to listen, giving praise and attention, having routines, implementing effective discipline, setting limits, applying consequences, teaching values to children and developing flexibility in parenting. This class is for parents with children of all ages. Parents are encouraged to attend together if at all possible.
- **Anger Management – \$200** - Twelve week course, meets once a week. Built upon the base of assertiveness principles, the curriculum covers personal responsibility, communication styles, elements of anger, expanding response time, domestic violence awareness, how to build healthy relationships based on respect and equality, re-writing hot thoughts, prices/payoffs, methods of changing behavior and more.

-if Δ in this class, Life mgmt offered to V for free

For more information,
Contact Turning Point at
801-863-7580

UVU TURNING
POINT

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-can refer to Ged Program
-if don't complete class w/in 1yr must start over
-can miss up to 3 classes, but must make-up

-can do course x2

Anger Management

Topics include:

- Sources of Anger
- Recognizing Emotions
- Personal Accountability
- Communication Styles
- Listening Skills
- Empathy Skills
- Managing Triggers
- Choosing Your Response
- Self-Concepts
- Self-Confidence
- Values Clarification
- Stress Management
- Introspection & Awareness
- Personal Power
- Assertive Request Model
- Giving & Receiving Feedback
- Conflict Resolution
- Handling Criticism & Put-Downs
- Problem Solving
- Domestic Violence Awareness
- Creating Healthy Relationships
- Forgiveness
- Commitment & Achieving Goals
- Planning for the Future

12 week comprehensive course

12 weeks x 1 class per week x 3 hours per class = 36 hours of class time

Classes start every six to eight weeks.

Cost is only **\$200 for all twelve classes.**

Call Turning Point at 801-863-7580 with questions or to make an appointment.

See back for additional information.

Additional information about Turning Point Anger Management:

Turning Point is part of the Student Advisement and Support Services at Utah Valley University. We are a resource for individuals wanting to improve on a personal, educational and/or professional level. Clients register for classes and access services by scheduling an intake interview at Turning Point by calling 801-863-7580.

The Anger Management class consists of twelve three-hour classes taught one evening per week. This amount of class time allows for concepts to be internalized and potential change to take place. New class sessions begin approximately every six to eight weeks.

In order to take Anger Management, or any Turning Point class, an intake appointment is required. At that time a brief assessment interview determines if the client is appropriate for the class. If determined to be appropriate, an agreement form will be reviewed and payment options will be discussed. The cost of the class is \$200. However, payment in full at the time of intake qualifies for a \$25 discount. If the student wants to make payments, a \$25 non-refundable deposit is required and the balance must be paid by the Friday prior to the start of class. For the purpose of court compliance please be aware that the Anger Management course does not constitute Domestic Violence treatment.

The classes are psycho-educational in nature and are not group therapy. The course has been designed for adults who can benefit from learning, or being reminded of, appropriate ways to handle anger rather than being aggressive or violent. Each class builds on the previous one. The student is *required* to attend the first class as class rules and a confidentiality agreement are discussed at that time. Any other missed classes may be made up within one year. At the conclusion of the last class an exit interview is conducted with each student. At that time feedback is given and received. A Certificate of Completion is awarded after all twelve classes are completed and tuition is paid in full. Graduates and their families have repeatedly praised Anger Management, even when they were initially resistant to participating.

The Turning Point Successful Life Management class is offered *at no charge* to the partner or significant other of anyone who attends Anger Management. Often both partners in a relationship have patterns of behavior that are detrimental. Some of the same concepts are taught in both classes and when both partners have the same information it helps to strengthen communication.

Other Turning Point services are also available to Anger Management participants. Some of these include classes in Personal and Professional Development and a Marriage Workshop. Short-term counseling is available for those who qualify and referrals to other helpful community agencies can be made.

Still have questions?

Please call **801-863-7580** and the Turning Point staff will be pleased to assist you.

Addendum for Those Involved with the Legal System

(As defined in Anger Management Course Agreement section F)

- You are responsible to provide Turning Point with court/judge/agency information. This information is needed for tracking purposes.
- You are responsible to keep track of your court deadline.
- If you require a letter for court or another agency you need to make the request for the letter at least **one week prior** to the date your letter is needed. You must also list the agency or person, to whom the letter is addressed, on a release of information form.
- If tuition is not paid in full at the time of your intake interview, you will need to pay the \$25 deposit before requests for letters will be granted.
- You are not officially enrolled until the nonrefundable \$25 deposit is paid.
- People involved in the same incident are not permitted in the same class. The person who registers first has priority and the other will have to accommodate that schedule.
- If your court order includes an alcohol, substance abuse, or domestic violence assessment you must have the assessment completed before starting the anger management class. You must also list the agency providing the assessment on the release of information form.
- Any new legal charges should be reported to your instructor or the Turning Point Office.
- Incidents involving assault or domestic violence that occur after you start the class may exclude you from further class participation without tuition reimbursement.
- Attendance reports are usually done on Friday. To excuse an absence, call by the following Friday morning to explain the absence and to sign up for a make up class. Be aware that it may be 8 weeks or more before you can make up absences.

Note: This course is not intended to be a punishment. Students, who have been willing to listen, learn and participate in the discussions and activities, and apply the concepts to their individual situations, have done very well in this program. Your individual success will depend on the effort you put into the class. Make it worth your time and money by coming on time each week and participating in an open and sincere manner.



UTAH VALLEY UNIVERSITY

Turning Point at Utah Valley University Anger Management Course Agreement

- A. Class starts _____, ____/____/____, at 6:00 pm at the MATC building in room _____ and ends on ____/____/____.
- B. If you miss the first class you will have to wait until the next course starts. Any other missed classes may be made up within one year of registration.
- C. A certificate of completion will be issued when all 12 classes, including an exit interview, have been completed and tuition is paid in full. You are expected to complete assignments and participate in class discussions and activities.
- D. The fee for this course is \$200. If you pay in full at the time of your intake appointment, you will receive a \$25 discount. If you cannot pay in full at that time, you will need to pay a minimum of \$25.00 as a **non-refundable** deposit to hold your place in the class. The remaining balance will be due by **noon** on ____/____/____. (If an agency, such as Voc. Rehab, DWS, DCFS, church organization, or an employer, is paying for the class, you are responsible to arrange for that payment.)
- E. Refunds are only issued when a class is canceled by Turning Point.
- F. Partial scholarships may be available to low-income individuals **ONLY** if there is no involvement with the legal system (this includes but is not limited to court, DCFS and attorney referrals). **If a scholarship is granted on this basis, and then you become involved with the legal system before completing the course, you will need to pay the full tuition in order to receive a certificate of completion.**
- G. Class begins promptly at 6:00 pm and ends at 9:00 pm. Plan ahead to be to each class on time and stay for the full three hours. There will be a short break in the middle of the class period. If you miss more than a few minutes of class time you will not receive credit for attendance on that day.
- H. Family members, roommates and significant others cannot take Anger Management together. Also, due to confidentiality issues, you cannot bring visitors to class. Your spouse or significant other is welcome to take the Successful Life Management Class. They will not be charged tuition; however, they will need to contact the Turning Point Office at 801-863-7580 to schedule an intake interview in order to register for the class.
- I. This is a class, not group therapy. Class time is not to be used for personal issues. However, taking a class of this nature may bring up intense emotions. If you feel a need to discuss personal issues, please speak with your instructor or call the main office for referrals for individual counseling.
- J. Children are not permitted in class nor are they allowed in the building without adult supervision.
- K. Alcohol, illegal drugs, weapons, or inappropriate behaviors (as determined by Turning Point) are prohibited and may result in dismissal from the class without tuition reimbursement.
- L. The use of cell phones, pagers, computers and other electronic devices during class time is prohibited.

Note: If you need special accommodations for a disability please inform your intake consultant.

I have read and agree to the above guidelines:

Client Signature _____ Date _____

Consultant Signature _____ Date _____



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