

ABOUT ERIN



Erin Dolan is a therapist and the coordinator of wellness outreach at Clark University in Worcester, MA. Erin holds a Bachelors Degree in Communications, and a graduate degree in Psychology. Erin appreciates the way in which CMM is, in many ways, a connection of both fields.

Erin first learned of CMM after meeting Dr. John Chetro-Szivos through her sister, Colleen. She enjoyed working on the CosmoKidz project last year, which

also provided her with the opportunity to attend the 2013 CMM Learning Exchange.

Erin left last years exchange feeling inspired, energized, and eager to incorporate elements of CMM into her work with college students.

In addition to working as a counselor and wellness coordinator, Erin is also a 2nd semester PhD student at Fielding Graduate University, where she is studying Media Psy-

chology. Additionally, Erin is also an adjunct faculty member at Clark where she teaches Interpersonal Communications.

Erin has a passion for learning and a particular interest in the intersection between old and new media, as well as the ways in which individuals use media to connect with themselves and the world around them.

Erin is incredibly honored to have been selected as a 2014 CMM Fellow and is excited to share her work.

ABOUT HER PROJECT

Through her work with college students, Erin noticed that a common theme began to emerge in the counseling capacity.

With the advent and upsurge in social media connection (Facebook, Instagram, Twitter, etc.), humans have been presented with a unique opportunity to show glimpses of their personal lives to the rest of the world.

Each time an individual signs on to Facebook or a similar site, they are presented with a variety of “stories” as portrayed by their acquaintances.

These portrayals are often incongruent with the realities of everyday life, and most often include a glamorized or filtered version of the true self. This can lead to low-self esteem and intrapersonal discord.

Erins project is a social media group conducted at Clark University. The group, comprised of college-aged females, met weekly and participants discussed their relationship with social media, as well as their own life stories, through a CMM lens.

The group, which meets for 10-weeks, aims to increase self-esteem, improve media literacy, and foster connection outside of social media.

A poster for a project titled "LIFE THROUGH A FILTER: SOCIAL MEDIA AND SELF-ESTEEM". The poster is framed with a collage of landscape photos. It includes the following text:

LIFE THROUGH A FILTER: SOCIAL MEDIA AND SELF-ESTEEM

Tuesdays in the Counseling Center

Time: 4:30 PM — 5:30 PM

In this 10-week program offered by the Counseling and Wellness Center, we will explore the role that social media has on self-esteem, and develop strategies to:

- Improve self-esteem
- Increase sense of self and purpose
- Improve media literacy
- Decrease comparisons to others

“The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else’s highlight reel.”
— Steve Jobs

To participate, contact Erin: edolan@clarku.edu

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