

Mission Moment



Kerry Knowles

Mental Health Counselor, Assistant Director St Gaspar's Honors Learning Community, Advisor Active Minds and Instructor

Kerry has been a part of the CCSJ college family for the last 5 ½ years. She is originally from Illinois but has been living in Northwest Indiana for the past 20 years. When she is not at CCSJ, you can find her in her garden, enjoying music festivals, traveling, and of course with her feline furbabes

As a Catholic institution rooted in the values of the Missionaries of the Precious Blood, we are reminded that every person has inherent dignity. In my role as a mental health counselor, I see daily how powerful it can be when someone feels heard, respected, and accepted without judgment. Many of our students carry stress, uncertainty, personal struggles, and responsibilities that are not always visible in the classroom. When we take time to listen, to show patience, and to respond with compassion, we are living out our mission in a very real way. I truly believe in meeting people where they are and helping them learn to spread their wings and soar to new heights. You can often hear me inviting students into my office by saying, “come have some tea and spill some tea” as a means of connecting with them on their terms.

Our mission calls us to promote social justice, empowerment, and opportunity. Supporting mental health is part of that work. When students feel safe enough to ask for help, when they feel that they belong here, and when they believe their voice matters, we are helping cultivate not only their academic success, but their spiritual and ethical growth as well.

Our vision says that at CCSJ, students can be known, be successful, and belong. Belonging often begins with simple moments — a kind word, a check-in, a willingness to understand someone's story. These moments remind our students that they are not alone, and that this community truly cares about who they are as people.

May we remember that every conversation, every act of kindness, and every effort to support one another strengthens the mission of this college. When we care for the mental and emotional well-being of our students and each other, we help create the kind of community where everyone has the opportunity to grow, to heal, and to belong.