

Counseling Center

**Student Affairs
Counseling Center
Barton & Shaw Avenues
(209) 294-2732
Director, Esteban Steve Sena**



The Student Counseling Center exists to facilitate emotional and interpersonal education, and to assist students in acquiring a wide range of skills in life management, career and life planning, and personal growth and development. Overall, the Center is committed to helping students achieve their academic goals and maximally benefit from their university experience.

What is the Student Counseling Center?

The Counseling Center is a program which offers a variety of counseling services to all CSU, Fresno students. Staffed by a group of professionally trained counselors, the center provides a wide range of assistance designed to meet students' academic, career and personal needs. Through both individual and group counseling, the center provides opportunities for students to discover more about themselves, where they want to go, and better ways of getting there.

What is Counseling?

Individual counseling is an opportunity for you to meet with a skilled counselor to

discuss whatever concerns you may have. You may be able to resolve your concerns during one visit, or you may decide to meet regularly for awhile. Ongoing counseling sessions are typically scheduled once a week for 50 minutes; every student is eligible for 15 individual sessions each academic year. You may also request to talk with a particular type of counselor, such as a male or female or one of an ethnic minority. Regardless of the type of concern or extent of counseling, you can expect to be treated with respect. Referrals to other university or community resources are suggested as appropriate.

Group Counseling is offered each semester in such areas as stress management, weight awareness, assertion, relaxation, couples enhancement, career/life planning, re-entry support, and developing various types of relationships. All information in counseling is confidential and can only be released with the student's written permission, or in certain life or death emergencies, or by court order.

Is Counseling For You?

Studying, going to classes, and completing degree requirements are only a part of what it means to be a university student. Your life has many facets which must somehow be balanced to give you the time and energy you need to pursue

your educational goals. Physical and financial needs must be met, but there are also emotional, social, vocational, recreational, political, and spiritual needs to attend to. As if this weren't enough, many people find that student life provides the kinds of stimulation that foster personal growth and development. In capitalizing on the opportunities and challenges, you may go through a transition period where decisions are no longer automatic and you find yourself questioning who you are, how to act, or what to do. For although the diverse perspectives and multiple alternatives presented in a university environment provide a fertile field for learning, change and growth, they can also be overwhelming. If you feel the stress is getting to you, if you want to explore your options, learn decision-making skills and better ways to cope, or just want an objective person to listen, you may want to see a counselor. You don't have to have a serious problem; the normal concerns that accompany the student role are very appropriate to discuss in counseling.

What Do People Usually Talk About in Counseling?

Some of the most frequently discussed issues include:

- Relationship concerns such as developing friendships, communicating with others, being assertive, dealing with parents and children, dating, and handling the breakup of a relationship.
- Stress management.
- Dealing with feelings and emotions, including anger, grief, loneliness, anxiety, lack of self-confidence, depression and suicidal feelings.
- Fears and worries about such areas as sexuality, academic responsibility, independence, eating patterns, drug use, and cultural differences.

How Do You Use Our Services?

Come by the center any time between 8:00 a.m. and 5:00 p.m., Monday through Friday (7:30-4:00 during the summer) or call 294-2732. No appointment is necessary. The Counseling Center is located in the Student Health Building, Area E.