

Counselors at the Student Counseling Center assist students in acquiring a wide range of skills in life management, career and life planning, and personal growth and development. Through 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?

The Counseling Center offers assistance in managing academic responsibilities and successfully completing educational goals through the following specialized activities:

Personal Counseling. Personal counseling provides opportunities to explore anything that is experienced as a need or concern. For example, many students seek help with:

- 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.

Counseling sessions typically are scheduled for 50 minutes. Students are eligible for up to a maximum of 15 individual sessions each academic year, depending upon the complexity of their issues and counselor availability.

Career Counseling. A variety of career counseling services are available. These include:

- Career life planning strategies.
- Vocational testing.
- Decision-making skills.
- Self-concept and career choice.



Groups and Workshops. A variety of counseling groups and programs are offered. Telephone or stop by for information on current offerings. Groups typically available include stress management, assertiveness, reentry support and eating disorders.

Additional Services:

- Assistance with crisis situations.
- Consultation to student groups, faculty and staff.
- Referral to the Testing Office.
- Referral to other campus and community resources.

Who are the Counselors?

Counselors at the center are professionally trained in counseling, psychology, social work and rehabilitation. The staff represents diverse theoretical styles and a variety of ethnicities. You may ask to talk with a particular type of counselor, such as a male, female or ethnic minority. Regardless of the type of concern or extent of counseling, you can expect to be treated with respect.

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. Life has many facets that must be balanced to give the time and energy needed to pursue 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 these 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 transition periods in which decisions are no longer automatic, and you find yourself questioning who you are, how to act or what to do.

Although the diverse perspectives and multiple alternatives presented in a university environment can provide a fertile field for learning, change and growth, they also can 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.

Is Counseling Confidential?

All information is confidential and can only be released with the student's written permission. Some legal and ethical exceptions to this policy will be explained during your first visit.

How Do You Use Our Services?

Come by the center any time between 8:00 a.m. and 4:45 p.m. Monday through Friday (7:30 a.m. to 3:45 p.m. during the summer) or call 278-2732. The Counseling Center is located in the Health Center Building, Area E. All services are free of charge.