

# Our Mission

The mission of the Office of Counseling Services is to enhance students' educational experience by addressing mental health-related barriers to learning, enabling students to make informed decisions, while promoting holistic wellness. The Office of Counseling Services embraces a holistic approach to mental health by offering referrals, private therapeutic sessions, workshops, group counseling, and crisis intervention.

Individual Counseling can help with the following:

- Study Skills
- Stress Management
- Test Anxiety
- Time Management
- Procrastination
- Suicide Prevention
- Self-assessment for Careers
- Cultural Diversity
- College Success Strategies
- Substance Abuse
- Relationship Building
- Problem Solving
- Coping with Loss
- Jealousy
- Self-esteem Building
- Assertiveness
- Depression

Programs are available to assist students, faculty, staff and administration with crisis issues.

## Classroom Instruction

Each semester several workshops on stress, anxiety and test anxiety will be offered to help students tackle problems they may encounter.

## Referrals

The Office of Counseling Services has connections to many community resources that may help in finding low cost psychotherapy, AA groups, support groups and finding out more about depression and anxiety.

## Student Responsibilities

You also have certain responsibilities, which include the responsibility of

- Taking an active role in the counseling process. This involves openly and honestly sharing your thoughts, feelings and concerns, including your feelings about counseling and your counselor. It may also involve outside work such as completing therapeutic assignments or reflecting upon issues discussed during your session
- Keeping your appointments or calling in advance to cancel and/or reschedule an appointment
- Maintaining the confidentiality of other students utilizing counseling services

