

Did You Know?



Counseling Awareness Month **April 1 – April 30**

What is Counseling?

Counseling is a chance to talk over what is on your mind with an objective person. S/he can help you learn new skills and ways of looking at situations so that you will be more capable of solving problems on your own.

Below is a list of commonly shared reasons why a student might want to make use of Counseling Services:

- Counselors are non-judgmental, objective, professional, experienced helpers.
- Counselors try to make you comfortable in talking -- they understand and help with your initial anxiety.
- Counseling involves the concerns and problems of normal students.
- Lots of students are using Counseling Services.
- Initiating counseling and remaining in counseling is voluntary.
- All counseling is confidential. No information is released to anyone without written consent.

Many students encounter problems that are not easily resolvable... or, their usual ways of handling problems aren't working well for some reason. They may have found, for example, that talking to friends or relatives about their concerns is impossible or unsatisfying.

Some common concerns confronting students include anxiety/stress, low self confidence, relationship difficulties, self-defeating behaviors, academic problems, sexual identity concerns, and decision- making dilemmas. Counseling Services can provide assistance.

What Should Students Expect in Counseling?

Counseling is a type of learning...about oneself, one's feelings, and one's relationships with others. As in any learning environment, students will benefit most if they participate actively, attend sessions on time and are open and honest with the counselor.

In turn, the counselor will listen to the student's concerns, assist him/her in setting and reaching appropriate goals and will respect his/her confidentiality. Our staff abides by the ethical principles of the State of Indiana and students can expect to have services delivered in a professional, legal and ethical manner.

During the first one or two sessions, the counselor will gather basic information about student concerns, overall health, daily life, goals for service and other background information. Throughout counseling, student and counselor work collaboratively. In addition to "talk-therapy" sessions, students are often encouraged to try out new behaviors, to use books and other resources to increase their understanding and coping skills and to use other campus and community resources as appropriate. Sometimes "homework" which occurs between sessions is as important as the discussions that occur within sessions!

We work with students from a holistic perspective; this means that we consider emotions, behavior, health, relationships, attitudes and frames of reference and meaning. We attend to student resources and strengths, as well as to concerns or issues.

Participation in counseling is a personal choice. We encourage each student to talk with his/her counselor about any questions regarding progress, the therapy process, and Women's Health policies and procedures. If student concerns require interventions that are outside the scope of our services, the counselor will offer referrals to other services on campus and in the community.