Personal Counseling

When you need an objective, caring listener who is knowledgeable about human behavior, the Counseling Center is the place to go. Counseling is beneficial when the usual ways of managing problems aren’t working, or when you find yourself confronted with new or complicated situations.

Personal counseling is a process where a trained clinician (professional counselor, psychologist or social worker) facilitates a helping relationship characterized by acceptance, empathy and concern. The goals of counseling are to help you resolve difficulties, adjust to life circumstances, succeed in school, establish meaningful relationships and live a more satisfying and productive life.

We are here to help you explore your feelings, thoughts and concerns, learn more about yourself, examine your options, overcome obstacles and achieve your goals. We can help you make choices about new behaviors and ways of thinking and feeling that contribute to more satisfying work, relationships and overall functioning.

Here are some of the most common reasons students seek counseling:

- Self-esteem and Identity
- Decision-Making
- Interpersonal Skill Building (e.g. communication, assertiveness, helping a friend, overcoming isolation)
- Social tensions (family, couples, roommates, peers)
- Grief
- Depression
- Anxiety and Stress
- Eating disorders
- Sexual concerns
- Substance Abuse

If you are not sure whether counseling will work for you, come talk with us, and we'll assess your situation together. Don't wait until it is too late.

Make an appointment today: (706) 236-2259 (campus ext. 2259)