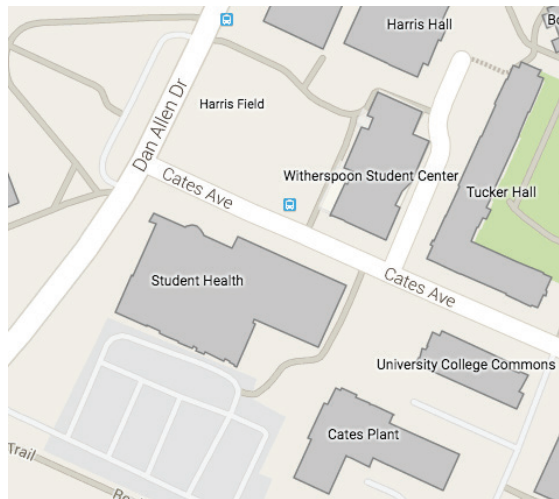


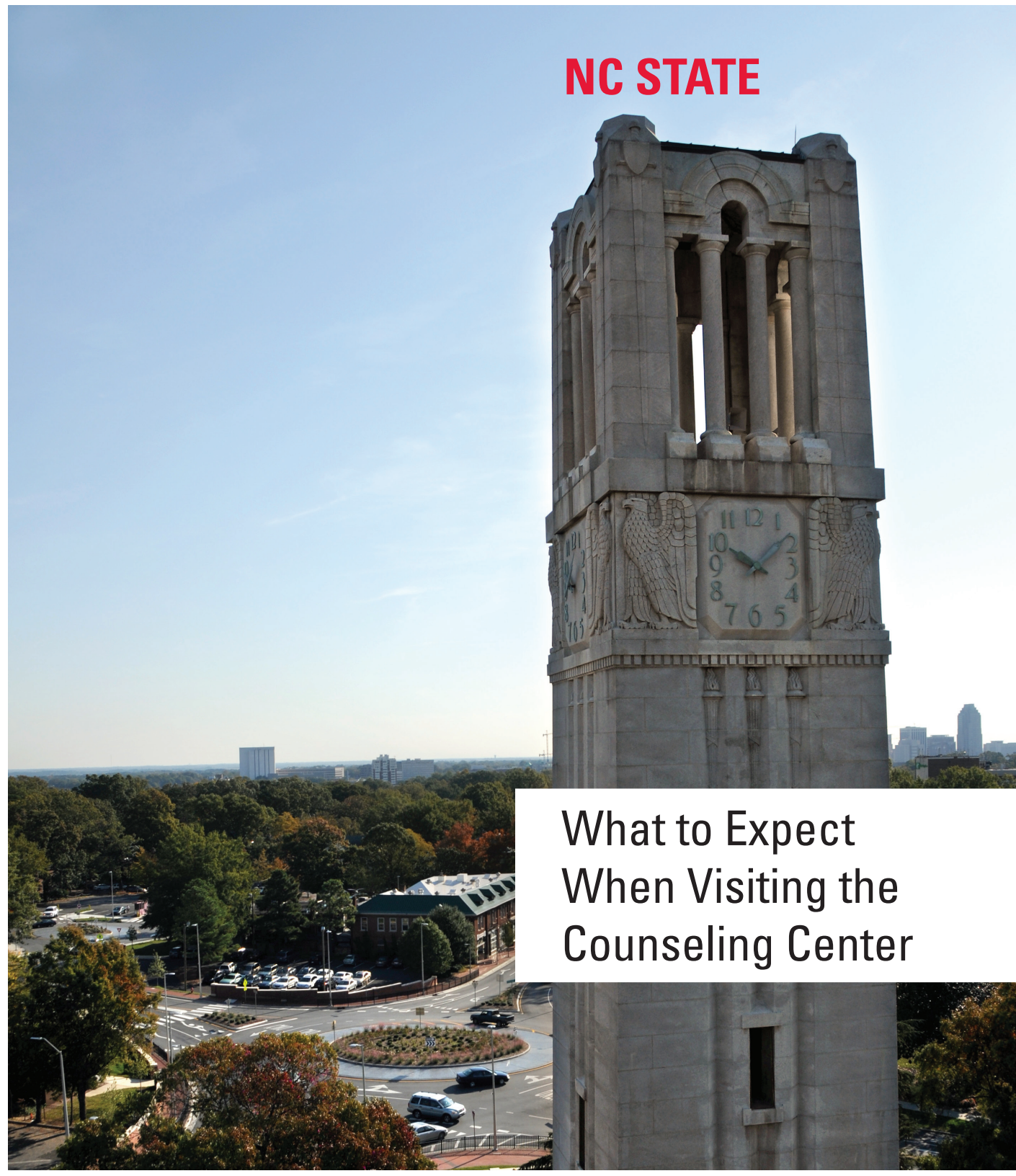
How Do I Get To The Counseling Center?

Visiting the counseling center for the first time may be an intimidating process. Let's walk through the steps. The Counseling Center is located on the second floor of the Student Health Center building at 2815 Cates Avenue. There is limited parking available in the lot behind the building (the row closest to the trees beside Dan Allen is reserved for students) so you may want to consider taking the Woffline Bus. If you do park behind the building, walk into the building. By the door, there will be a student at a desk who can provide you with a parking pass. They may request proof of your appointment. Once they provide you the parking pass, you will then walk back to your car and hang the parking pass from your rearview mirror so you don't get a ticket.



NC State Counseling Center
2815 Cates Ave. - 2nd Floor
Raleigh, NC 27695
919.515.2423
counseling.dasa.ncsu.edu

NC STATE



What to Expect When Visiting the Counseling Center

What Do I Do Upon Arrival?

After you arrive at the Counseling Center on the second floor of the Student Health Center building, you will check in at the front desk and be asked to sit at a computer and complete a series of forms. The initial paperwork and meeting may take some time so be prepared to spend up to an hour. There are four forms and all are important to helping the counselor understand you and your situation. Don't get discouraged - it may take some time to fill out the forms, but there will be very little paperwork after the first session. If you are having trouble understanding the forms, let the person at the front desk know and they will assist you. Next, you will be called back for a brief meeting (15 minutes) to talk about what you need from counseling. Some of the common concerns for which students seek counseling include: relationship concerns, stress, anxiety, depression, academic help, and loneliness. No concern is too big or too small for the Counseling Center.

What Happens Next?

After the initial meeting, recommendations will be made. You may be scheduled for one-on-one meetings with a counselor or you may be offered a chance to meet in a group with other students who share common concerns. In addition, the counselor may suggest other resources for you to use such as workshops, other offices on campus, or medication. You always have a choice - if you do not want to use the suggested campus resources, the counselor can help you find off-campus counseling or support. Your decision to engage or not engage in counseling is entirely up to you.

What Is Individual Counseling Like?

The counseling center generally does short-term, solution-focused counseling. This means that most students attend counseling for between one and six sessions. You and your counselor will set goals at the beginning and work together to meet those goals. Goals may include, but are not limited to: improving relationships, managing stress, reducing feelings of sadness, and connecting with others. If you feel like you are not getting what you need from counseling, talk to your counselor. Counselors are here to help and can readjust counseling to meet your needs. It will not be considered rude if you ask for what you need from your counselor.

What Are Groups Like?

There are several different types of groups. Some groups focus on skill building and you will learn specific skills---for mindfulness, for managing anxiety, for time management. Other groups meet weekly and there are generally six to eight students who meet together to support one another. A group may be recommended and is often the treatment of choice for presenting concerns. Going to the first group meeting can be intimidating but you can choose to talk as much or as little as you want. Students who join a group almost always report being pleasantly surprised by the positive experience they had.

How Long Does Counseling Last?

Your counseling experience can be tailored to your needs. It is not like an academic class that meets on a regular basis as the frequency and length of visits will depend on your specific situation. You may come one or several times, throughout the same semester or extending over several semesters. Many people attend a few sessions, discontinue treatment, then return months or even years later when another concern arises.

Who Will Know?

Your counseling visits are protected by state and federal privacy laws. If you think it would be helpful, you can give written permission for your counselor to speak to the person of your choosing about your counseling participation. You must give us written permission before we can share with anyone (professor, friend, family member, OIS). We will not tell OIS or your department about your visits unless you give us written permission. It is your right for counseling to be confidential. Only in the event of life threatening situations, the counseling center would involve other people to ensure safety.

