

The Counselor's Corner

NWMSU Counseling Center's Newsletter



Counseling Center

120 Wells Hall
660-562-1220

In this Issue:

- Holiday Break
- FAQs about the Counseling Center
- How to Make an Appointment



How to Make an Appointment:

Appointments may be made by calling **562-1220** or by coming to Wells Hall, Room 120. Because the Counseling Center staff believe so much in the value of face-to-face relationships, we do not counsel through e-mail.

Counseling Sessions generally last about 50 minutes for individual therapy. An intake is the first appointment scheduled with the Counseling Center. During this session, the counselor and client assess the concerns, needs and goals presented and explore avenues for resolution.

All services are
Confidential.

HOLIDAY BREAK

Going home during break can be exciting, but it can also be somewhat frustrating or anxiety-provoking, especially if it is the first time you are visiting home since school started. Here are some tips that you may want to follow to make your trip home a great experience:



Feeling anxious is normal – Going home for the first time might make you feel a little anxious. Both you and your family have likely changed some since you left. Change of any kind is usually somewhat stressful. Also, it can be stressful trying to divide your time among a number of family and friends.

Expect some changes – When you go home, you might find your room turned into a studio or your brother sleeping in your bed. It may help you to expect and prepare yourself for such changes. Also, try to look for ways that the change could be positive, and brainstorm ways to make the change more tolerable to you personally. Talking with family about these changes may help you adjust.

The importance of time management – While you are home, you might find it difficult to spread your time among your family members and your old friends. Some individuals may leave you feeling guilty for not spending more time with them. Remember that you cannot be in more than one place at a time, and it is important to spend time with people YOU enjoy being around at the holidays. To make this a little easier, try to schedule ahead.

Listen to your friends – When you get together with your friends after a long semester apart, you will obviously want to share all your new adventures with them. Try to remember that they are also going through new experiences; they also have made new friends and collected new experiences that they want to share with you. Make sure you listen to their stories, and most of all, that you celebrate together the memories you have shared.

Counseling Center FAQs

What do most people come in to talk about?

There is no one thing that people come in to talk about. Overall, the most commonly identified problems are self-esteem, relationships, stress/anxiety, depression, and family issues yet there is a wide range of other issues that students cope with as well.

What happens after I make an appointment?

You will be asked to come in to fill out some paperwork before your first appointment, which we call an intake. The paperwork takes about 20 minutes to complete so it's a good idea to arrive early to fill it out so you can start your appointment on time.

How do I get placed with a counselor?

At your first appointment you will meet with a counselor who will ask you questions pertaining to what you wish to achieve through counseling. Then the counselor will consult with the other counselors and assign you to a counselor who will best match you and the goals you are hoping to achieve through counseling.

Who will know that I'm being seen at the Counseling Center?

If you are 18 years of age or older, you are no longer considered a minor. Therefore, your records will be kept confidential and we will not speak about you with anyone else, without your written permission, unless we're concerned that you present a psychological or physical danger to yourself or other, in cases of child/elder abuse or neglect, or in the rare instances when a court of law could subpoena Counseling Center records.

Most of the time, students find that the whole experience is not as bad as they thought and they find it pretty helpful!!