Counseling Center

The Counseling Center offers services to students in need of assistance with academic, personal-social, or career concerns. In addition, consultation services are available to faculty who are concerned about students who show evidence of difficulties in the above areas. The Center’s staff includes 12 professionally trained psychologists and counselors who are committed to helping students meet their personal and educational goals.

The Center offers personal counseling in areas such as self-esteem, depression, sexual identity, relationship conflicts, eating disorders, trauma and abuse issues, and family of origin concerns.

Group counseling offers students the opportunity to interact with others who have similar concerns while developing more satisfying relationships.

Career development helps students determine their aptitudes and interests, assess their career-related values, explore career opportunities, and develop strategies to achieve career goals.

Academic counseling enables students to identify their academic obstacles and to improve in the areas of study skills, test anxiety, and time management.

The Center’s staff offers workshops designed to educate students, faculty, and staff about a variety of topics, such as stress management, dating violence, acquaintance rape, interpersonal relationships, and communication skills. Counseling staff members will conduct specific programs for campus groups or classes by request if notified two weeks in advance. Please see on-line outreach request form.

Counselors are also available to assist faculty who encounter students in crisis. The number to call during regular business hours Monday-Friday, 8 to 5, is (912) 478-5541, or after hours, (912) 478-5234.