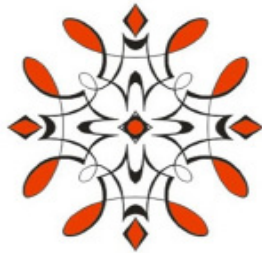


## University Counseling Services

The goal of University Counseling Services is to help OSU students maximize their potential by seeking ways to support intellectual, personal, and social growth.

The University Counseling Services staff consist of licensed professional counselors, psychologist, a consulting psychiatrist, and graduate level interns.

We are a part of Oklahoma State University's Division of Student Affairs.



Faculty Members at Oklahoma State University may come in contact with a student who would benefit from counseling services.

Referral may be beneficial if a student exhibits any of the following:

- High levels of irritability
- Mood changes
- Alcohol or other drug abuse
- Isolation from others
- Procrastination
- Self-esteem issues
- Threat of harm to self or others
- Marked change in general behavior or personal hygiene

## Consultation

University Counseling Services has counselors available to serve as consultants to the OSU community. Professional staff can provide information, assistance, and support to faculty and staff in order to help identify and address concerns. Please call (405) 744-5472 or (405) 744-7007 for more information or to discuss any questions with a professional staff member.

## Communicating with a Student in Distress

- Talk to the student privately
- Listen carefully
- Show concern and interest
- For clarification, repeat to the student what you believe they told you
- Avoid criticizing or sounding judgmental
- Consider contacting University Counseling Services for assistance

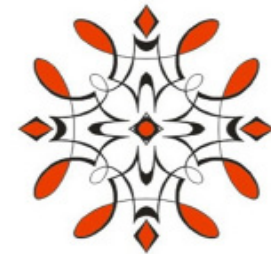
## Confidentiality

All contact made between a client and University Counseling Services staff is confidential. Staff members are ethically and legally bound to protect client privacy. There are some specific limits to confidentiality that are explained in detail to the client. Only the client has the right to disclose any information about contact with our services to others.

## To make an Appointment

All students currently enrolled at OSU are eligible for services. To schedule an appointment, the student needs to call or come by 316 Student Union or 002 Student Health Center.

The first session will be seen by an intake counselor; the intake and next 4 counseling sessions are free of charge. Eight counseling sessions are available for a nominal fee. These sessions can be charged to the students bursar account.



## Career Resource Center

The CRC offers services for OSU students who would like to explore various academic majors.

Services provided include multimedia career guidance systems that assess interest, abilities, and values related to career planning with a referral for career counseling with a staff professional. The CRC also serves to enhance student academic performance through providing information aimed at improving student skills such as note taking, test taking, and time management.

No appointment is needed for the Career Resource Center!

## ● Reasons for Reference to Counseling Services ●

- Academic Improvement
- Addictions
- Anger
- Communication Skills
- Depression
- Grief
- Eating or weight problems
- Educational/ Career Decisions
- Family concerns
- Gay, Lesbian, bisexual issues
- Homesickness
- Loneliness
- Low motivation/procrastination
- Relationship problems
- Roommate problems
- Self-esteem
- Trauma
- Sexual assault/abuse
- Stress management
- Time management



## ● University Counseling Services Hours and Locations ●

316 Student Union  
(405) 744-5472

002 Student Health Center  
(405) 744-7007

HOURS:  
Monday-Friday 8:00 a.m.-5:00 p.m.

During business hours, an on-call counselor is available for emergencies. Please call either of our offices to contact the on-call counselor. Counseling staff can also be reached after hours and on the weekends by calling OSU police at (405) 744-6523

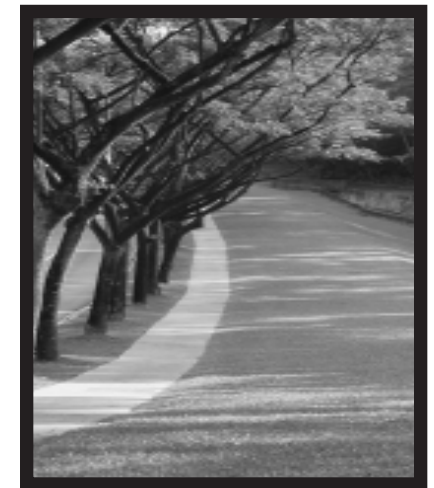
University Counseling Services is an accredited member of International Association of Counseling Services, Inc.

Oklahoma State University, in compliance with Title VI of the Civil Rights Act of 1964 and Title IX of the Education Amendments of 1972, does not discriminate on the basis of race, color, national origin or sex in any of its policies, practices, or procedures. This provision includes but is not limited to admissions, employment, financial aid, and educational services



## UNIVERSITY COUNSELING SERVICES

Students in Distress  
A Guide for Faculty and Staff



316 Student Union  
(405) 744-5472  
002 Student Health Center  
(405) 744-7007  
[www.okstate.edu/ucs/cssc5.htm](http://www.okstate.edu/ucs/cssc5.htm)