



HLC Accreditation Evidence

- **Counseling**
- URL:
<https://www.bartonccc.edu/supportservices/counseling>

Office of Origin:

- Vice President of Student Services

Contact(s):

- Counselor



Counseling

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Professional Mental Health Counseling is available to help students with personal issues or academic concerns that would ultimately affect the achievement of their academic goals. Counseling is also available to assist students in exploring choices, recognizing consequences, and assuming personal responsibility. Referral services are available for career counseling on campus, as well as for community resources.

What is Counseling

Counseling is a chance to talk over what is on your mind with an objective person. The counselor can help you learn new skills and ways of looking at situations so that you will be more capable of solving problems on your own. Individuals are helped to understand their feelings and behaviors, their relationships with others, their particular situation, choices, and decisions.

Consultation & Outreach

Students who are unsure if campus counseling is right for them may benefit from consultation and outreach. During a consultation, counselor and student/employee can determine the nature of the problem and what the appropriate resource(s) may be for addressing it. Together, the decision may be made to begin campus counseling, seek a local resource, obtain a referral or pursue other avenues of resolution.

Counselor is available for consultation with students, other departments, student organizations, faculty and staff.

Confidentiality

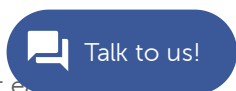
Your visit, inquiries and discussions are private and confidential. Some exceptions to confidentiality do exist, such as if you pose an imminent threat to yourself or others.

Cost

There is no cost for a student, staff or faculty member to work with the campus counselor.

Why Do Students Come for Counseling?

The college years are an exciting, but sometimes stressful time. Many students encounter problems that are not easily



or, their usual ways of handling problems aren't working well for some reason.

Among the most common concerns which students bring to the Counseling Services are:

- Low self-confidence
- Finding, helping, or losing a relationship
- Getting along with others
- Puzzling or distressing emotional states
- Self-defeating behaviors
- Controlling use of alcohol and drugs
- Studying more effectively
- Life purpose and direction
- Making better decisions
- Examining career options
- Sexual identity concerns

Initiating and continuing in Counseling is voluntary and a person can choose to end counseling at any time.

The thought of counseling may be intimidating. It's important to know that the decision to get counseling is sign of strength and maturity, not weakness. Those who look to better themselves and their situations are doing what is needed to achieve personal well-being by being proactive, responsible and resourceful.

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