

COUNSELING CENTER

The college experience often represents a time of transition for traditional and nontraditional students. These transitions can be both exciting and challenging for many reasons. The Counseling Center, located on the second floor of the Casino, offers a wide variety of services that are free of charge to students. These services are geared toward facilitating adjustment and personal growth in an effort to enrich the students' college experience, enhance students' relationships with self and others, and encourage persistence in students' academic endeavors. The Counseling Center provides confidential individual and group therapy; performs screenings for depression and anxiety; and offers workshops focused on a variety of topics, including stress management, test anxiety, procrastination, and healthy relationships. The Counseling Center is accredited by the International Accreditation of Counseling Services.