

Coping with College Series

Welcome! Welcome!

Sandy Colbs, Director

The leaves haven't started to turn yet, but the excitement, anxiety, and energy of fall is in the air on campus. For new students, fall brings bright promises of new beginnings, new friendships, and new learning. For returning students, fall brings the chance to catch up with old friends, and make renewed resolutions to work harder in class this year. The pressure to start over and do better sometimes gives way to self-doubt or to confusion. *Change is hard work!* Whether your goal is to improve your grades, cut down on drinking, make new friends, exercise more, or find a great internship, unexpected obstacles can sometimes dampen your enthusiasm and commitment.

If you are thinking about making positive changes in your life, the staff at Student Counseling Services can help. Our mission is to assist you with personal, academic and career-related concerns by providing counseling, outreach and consultation services -- all to help you succeed in life. We work with students who are dealing with relationship concerns, body image, depression, anxiety, family issues, academic problems, career choice, homesickness, alcohol and drug use, self esteem, friendships, romantic relationships or breakups, etc. *No concern is too great or too small for us to meet with you. Services are free and confidential.*

If you are interested in more information, check out our website at www.counseling.ilstu.edu or call us at 438-3655. Coming soon, our website will include a great "Self Help" page where you can take some online assessments (take a closer look at your eating habits, alcohol use, symptoms of depression), get good information about a variety of topics, and link to other programs and services on campus. To make an appointment to see a counselor, call or come by the office. We are located on the third floor of the Student Services Building, Suite 320. Our hours are Monday through Friday, 8:00 am to noon and 1:00 pm to 4:30 pm. We also offer 24/7 emergency services. During the weekday, just call or come to the office. After hours and on weekends, contact our emergency counselor by calling PATH at 827-4005.

When you first come to the Student Counseling Services, one of our counselors will meet with you for 30-50 minutes and will work with you to match our services and programs to your unique situation. We offer group counseling, individual counseling, and couples counseling, in addition to a variety of workshops and other programs. Our staff includes licensed psychologists, social workers, counselors, psychiatrists, nurses and others who specialize in meeting the needs of college students.

As the director of Student Counseling Services, let me extend a personal welcome to each and every one of you. Please feel free to give me a call if I can answer any questions or help you get to the right people to meet your needs.