



COUNSELING SERVICES

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Personal Counseling

College life is often complex and challenging. Students commonly experience varying degrees of personal concerns and difficulty. Personal counseling can provide a safe, confidential environment where you can share your thoughts and feelings, explore issues of concern, gain awareness and insight, and become increasingly active in taking charge of your life.

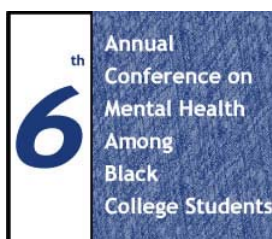
Some specific reasons for seeking personal counseling may include:

- adjustment to college
- alcohol abuse/addiction
- anxiety and stress
- attention-deficit/hyperactivity disorder
- bipolar disorder
- body image
- communication issues
- academic pressures and problems
- depression
- difficulties with family
- difficulties with behavioral control
- drug abuse/addiction
- eating disorders (anorexia, bulimia, other eating problems)
- grief and loss
- identity issues (ethnic, gender, sexual)
- issues with self-confidence and assertiveness
- learning difficulties
- problem-solving concerns
- rape and sexual assault
- relationship problems
- trauma

Online Scre

Free!! This tool you decide if co is right for you.

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Self-Help Information

A variety of sources of information on common counseling concerns are available. Amongst the recommendations Counseling Services staff may make are [The Unabridged Student Counseling Virtual Pamphlet Collection](#).

[North Carolina Agricultural & Technical State University](#)

[Division of Student Affairs](#)

[Sebastian Health Center](#)