



**Counseling Center**  
5800 West Friendly Avenue  
Greensboro, NC 27410  
336-316-2163  
FAX 336-316-2184

Dear First Year Students,

The staff of the Counseling Center at Guilford College welcomes you to the Guilford Community. We know you will enrich our community in many ways, and we look forward to having you here!

We want to reassure you that it is normal to have worries as you prepare for this next step in your life, as well as a wide range of other emotions during this first year. It's hard to foresee how much change you are about to experience---wonderful change and dislocating change. As you enter this campus, you'll go from having much of your life planned for you to being responsible for planning your academic schedule, making it to class on time, finding time to study, getting along with your roommate, making it to meals, as well as making sure you get adequate sleep, exercise, and fun. Having this much responsibility for your life is simultaneously exhilarating and taxing!

We want you to know that we are here to help you navigate these changes, and we hope you won't hesitate to call us. Whatever you say to us is confidential, and the great news is that there is no charge for our services.

**A special note to those of you who have had mental health concerns in the recent past or are currently in mental health treatment.** You are encouraged to take the following steps:

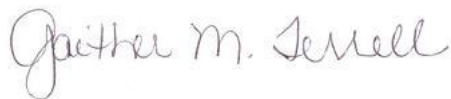
- Start planning now for a healthy transition to college! Even exciting changes bring on stress, so be proactive in thinking about ways to stay healthy in a new environment. You and your mental health professional can discuss the ways you have coped in the past and plan together for your future.
- If you are taking medication, please discuss with your doctor how you will handle refills. If your doctor would like you to get your medication locally, we will be happy to refer you to a local psychiatrist or, in some cases, you may be able to have your prescriptions written by the Physician Assistant in the Student Health Center here at Guilford. Please discuss these arrangements with us as soon as you arrive, since it takes several weeks to get an appointment with a psychiatrist in Greensboro. Please note: we have found that the transition to college is not the time to see if you no longer need your medication. Please take your medication as prescribed and consider making any changes after the transition period.

- *If you have been in weekly treatment*, you may want to consider forming a relationship with an off-campus therapist to continue weekly treatment. We will be happy to help you with names of local therapists.
- *If you do not choose to pursue weekly treatment*, we want you to know that we are here for you whenever you might need us. If you find that there are things you would like to talk about at any time during the semester, we would welcome the chance to help. We often work with students on issues such as feelings of anxiety or depression, homesickness, relationships, sexuality, body image, drugs/alcohol, and academic pressures, as well as other concerns. Please don't hesitate to contact us. You may also want to come by to meet one of us early in the semester so that, if you should need us later, you will be able to seek out a familiar face.
- If academic accommodations would be helpful to you, please remember to contact the Disability Services Coordinator, Kim Garner. She can be reached at [kgarner@guilford.edu](mailto:kgarner@guilford.edu) or 336-316-2451.

The therapists in the Student Counseling Center are not on campus in June or July but I will be checking my email periodically. Feel free to contact me at [gterrell@guilford.edu](mailto:gterrell@guilford.edu) if you have questions.

We are excited about your arrival at Guilford! Be assured that we are committed to helping you in this new chapter of your life.

Sincerely,

A handwritten signature in cursive script that reads "Gaither M. Terrell".

Gaither M. Terrell, MSW, LCSW  
Director of Counseling