



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

Dear Parents of First-Year Students,

We are excited that your student has chosen Guilford College, and we want you to know that we care deeply about your student's well-being. The transition from *life at home* to *life on campus* is exciting and full of challenge.

Some of the challenges of the **first year** include —

- *moving away from the security of home
- *creating new friendships and managing the distance with old friends,
- *balancing immense freedom and responsibility,
- *navigating the roommate relationship,
- *learning how to accurately read a syllabus and plan the semester's work,
- *managing the need for rest, play, nutrition, and exercise,
- *finding support from folks other than parents, and
- *learning how to do your work in the face of temptation.

As your student faces challenges like these, the therapists in the Counseling Center want you to know that we are here to help. We provide counseling services on a short-term basis and provide referrals to therapists in the community for students who need longer-term therapy. While there is no charge to see a counselor on campus, students are responsible for fees when referred to off campus resources.

Your student may stop by the Counseling Center between **8:30 a.m.** and **5:00 p.m.** to set up an appointment or call us at **(336) 316-2163**. We're located in the former Milner Guest House (1203 Rachel Carson Ct.). We will welcome your student and look forward to getting to know him or her.

We are aware that many students come to college having experienced mental health issues. We are committed to working with you and your student to make sure he or she continues to receive good care. We welcome you to call us, should you want to discuss your student's needs for support, therapy, and/or medication.


A word about medication: Please note that we have found that the transition to college is not the time for your student to see if he or she no longer needs medication. Please either make arrangements for your student's physician to continue prescribing or speak with us about a physician in Greensboro. It takes several weeks to get an appointment with a psychiatrist here, so please make arrangements as soon as possible.

A word about confidentiality: One of the realities we face is that, once your student meets with

one of the counselors, we are bound by confidentiality and the HIPAA laws not to discuss what your child has told us, unless he or she signs a release, with the rare exception of a circumstance of real danger. Nonetheless, please know that you are always welcome to call us with your concerns.

We appreciate that having a child go away to college is a challenge for the parent also. We are committed to helping your student navigate these changes, and we hope this assurance will be of some comfort to you.

Sincerely,

A handwritten signature in black ink that reads "Gaither Terrell". The signature is written in a cursive, flowing style.

Gaither M. Terrell, MSW, LCSW
Director of Counseling