

## What is Counseling?

---

The college years are an exciting, but sometimes stressful time. Many students encounter problems that are not easily resolvable...or their usual ways of handling problems aren't working well for some reason. They may have found, for example, that talking to friends or relatives about their concerns is impossible or unsatisfying.

Some common concerns confronting students include anxiety/stress, low self confidence, relationship difficulties, self-defeating behaviors, academic problems, sexual identity concerns, and decision- making dilemmas. Guilford's Counseling Center can provide assistance.

Counseling is a chance to talk over what is on your mind with an objective person. S/he can help you learn new skills and ways of looking at situations so that you will be more capable of solving problems on your own.

Below is a list of commonly shared reasons why a student might want to make use of the Counseling Center:

- Counselors are non-judgmental, objective, professional, experienced helpers.
- Counselors try to make you comfortable in talking -- they understand and help with your initial anxiety.
- Counseling involves the concerns and problems of normal students.
- Lots of students are using the Counseling Center.
- Initiating counseling and remaining in counseling is voluntary.
- All counseling is confidential. No information is released to anyone without written consent (with rare exceptions based on imminent danger).

If you feel uncertain about whether counseling is for you, we hope you will make an appointment for an introductory meeting and discuss your reservations with a counselor. There is no obligation to continue.

**If you would like to talk with a counselor, call the Counseling Center at (336) 316-2163.**

---