

# Is Counseling for You?

## How to Maximize the Counseling Experience

- Regularly attend counseling sessions
- Be specific about your concerns
- Set realistic goals
- Continually assess progress and modify goals as necessary
- Participate actively, openly, and honestly
- Stay committed to the process

### *Questions?*

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Making the decision to enter into counseling can be stressful, but nonetheless it is an important one and several things should be considered. First, it is important to understand what counseling is. Counseling involves creating a relationship between a counselor and an individual, couple, or group that is confidential, respectful, and safe. This environment allows people to openly address their concerns and establish for themselves goals they would like to accomplish. Counseling is also a collaborative process. Your counselor will not “fix” your problems or give you advice. Rather, you and your counselor will explore feelings and thoughts together and your counselor will assist you in achieving your goals. Furthermore, counseling can be helpful to anyone, not just people with serious problems.

**What to Expect:** On your initial visit, you will meet with a counselor to discuss your specific concerns. Then you will decide together what services will be most beneficial and appropriate. Sometimes, this requires a referral to a specific form of treatment (e.g., group, workshop) or to an outside agency that is better able to address your needs.

### **Concerns that can be Addressed:**

- Depression
- Anxiety
- Relationships
- Stress management
- Time management
- Career exploration
- Study skills
- Test anxiety
- Grief and loss
- Homesickness
- Alcohol and Drugs
- Eating Disorders
- Anger Management