



COUNSELING AND STUDENT WELLNESS MISSION

The mission of the counseling center is one of education. The definition of goals, acquisition of knowledge, and development of skills are central to the educational process. The primary aim of the counseling center is to enable students to achieve their goals and thereby, develop to their fullest potential.

Stress management, self-esteem, healthy relationships, and self-awareness are examples of the type of subject matter that the counseling center is to address. The method or form of delivery includes individual counseling, group counseling, and outreach programming (presentations and workshops). Self-help materials, such as brochures and audiotapes, are available for those who prefer to learn by doing for themselves.

The counseling center is also committed to the education of future counseling professionals. Training and formal supervision contributes to the growth of practicum students, graduate assistants, and interns. The counseling center, therefore, enhances the profession and adds to the larger community that exists beyond UAPB.

The counseling center is a resource that strives to be a service to all students because each can benefit from the type of education we provide. We also recognize that diversity in the community requires directing services to subgroups with special needs; e.g., minority, international, and nontraditional students.

The counseling center attempts to raise the overall health and well-being of the university community through our services. Our role is an active one that takes us into the community to which we belong. The counseling center extends into the residence halls, classrooms, and meeting rooms. Service on division and university committees, along with consultation, are other avenues for positive intervention in the campus environment.

The counseling center also makes referrals for those who require additional services or extended assistance.

We are a part of the helping network that extends to the city and state.

Finally, in the performance of our various services, it is essential that the counseling center is prompt in responding to community needs and acts in accord with the ethical principles of our profession. Members of the community are entitled to no less.