

Referring students to the Counseling Center

I. What kinds of problems do students come to the counseling center for?

Dating/Marital Relationships	Grief/Loss
Family relationships	Eating Disorders
Stress/Anxiety	Depression
Recent trauma (e.g., sexual assault)	Self-Esteem
Childhood trauma (e.g., sexual abuse)	Adjustment issues (e.g., homesick)

-These are developmental problems that typical college students face

-All college students have personal problems; HOWEVER some problems can become significant enough that they interfere with a student's academic progress

II. How does one get into counseling?

A. Scheduling an intake

1. Student recognizes a problem exists
2. Student's problem becomes significantly distressing
3. Student calls the counseling center
4. Secretary clarifies student wants personal counseling
5. Student comes to counseling center during office hours
6. Student takes 10-15 minutes to fill out paperwork
7. Appointment scheduled within 1-3 days after filling out paperwork
8. Intake is a 1st step: Intake counselor and Student/Client decide together on problems, goals, and further interest in counseling

B. Walking in

1. Student has a crisis
2. Student walks over to the counseling center (alone/with a friend)
3. Student is seen by the counselor on call
4. Student and counselor discuss crisis, goals, further interest in counseling

III. How do you know when to refer?

-Most people are GOOD at observing signs, NOT ALWAYS GOOD at responding to the student

-Important questions to ask/signs to look for:

1. Has the student experienced a recent loss (e.g., relationship, death)?
2. Has the student's behavior noticeably changed in recent weeks?
3. Has the student made comments in class/in assignments that would cause concern?
4. Has the student talked about depression, suicide?
5. Are you, as the instructor, feeling overwhelmed by the student's disclosures? attention?

IV. Other questions

- How do I deal with a student who wants accommodations for a personal problem?
- How do I respond to a student who wants to drop my class due to mental health reasons?
- What happens if I call the counseling center and send the student over? How will I know if the student actually made the appointment?

-Why won't the counseling center talk to my student?