

Department of Psychosocial Counseling Office

Counseling and psychosocial services supports the psychological, social and emotional well-being of the currently enrolled students and staff members who are currently enrolled at the Applied Sciences Private University.

We recognize that university life can be stressful due to academic, financial, family, and social demands. These stressors can sometimes contribute to more significant psychological and/or social problems, such as depression, anxiety, substance abuse, difficulties with sleeping, eating, attention, communication deficit and withdrawal. Counseling and psychosocial department provides a range of services to help students and staff members address and cope more effectively with their stress and psychosocial concerns. No matter what challenges you are experiencing, our free and confidential services can help you better understand your difficulties, develop more self-awareness, and enhance your coping skills which will automatically affect your academic as well as your social environment.

Counseling and psychosocial department offers individual counseling, referrals for longer-term therapy, medication consultation, and emergency consultation in an atmosphere that is welcoming, comfortable and multi-culturally sensitive for all students. Concerns discussed range widely, but might include feelings of low self-esteem, anxiety, depression, academic concerns, substance-use and relationship concerns.

Vision

Counseling and psychosocial services strives to eliminate disparities in help-seeking. Emotionally healthy students and employees are able to engage more fully with their intellectual and creative goals while forming and sustaining meaningful relationships. They are able to grow and reflect in ways that allow them to make the most of their time, preparing them for life-long personal exploration and community engagement. We intend to elevate the importance of psychological and social wellbeing for all our students and staff members. We believe in and are committed to respect, professionalism and creating community. Respect at all levels of relationship for diversity, including cultural and sexual diversity. Professionalism is the highest levels of skill, insight and efficiency valuing knowledge, empathy and wisdom. Creating community connectedness is a necessary basis for mental health and all human functioning responsiveness, equity and accessibility to university students and staff members.

Mission

Our primary mission is to address the psychological needs, social and personal concerns of staff members as well as students (especially in relation to learning and the learning environment) that may interfere with their academic progress, social development, and emotional wellbeing. To accomplish this, we provide a variety of services, including:

- crisis intervention
- counseling
- psychiatric services

Aims

We aim:

- To provide counseling to students and staff members to assist them to find their full academic and/or working potential.
- To promote the overall mental and social wellbeing of staff members and students of the university community.
- To prepare students for life outside of university