

OUR PURPOSE

Counseling Services offers a variety of services to help all currently enrolled North Carolina A&T State University students address challenges and difficulties they may face. Our services are designed to help students understand themselves better, create and maintain healthy relationships, improve their academic performance, and make satisfying career and life choices. We are dedicated to helping our students by providing brief counseling from a wide spectrum of services. These include individual and group counseling, outreach and consultation, training and supervision, teaching, psychological testing, and research. If more intensive or specialized care is needed, we will assist with making referrals to healthcare providers in the community.

PERSONAL COUNSELING

College life is often complex and challenging. Students commonly experience varying degrees of personal concerns and difficulty. Personal counseling can provide a safe, confidential environment where students can share their thoughts and feelings, explore issues of concern, gain awareness and insight, and become increasingly active in taking charge of their life. Students can participate in individual, group, or psycho-educational workshops to:

- Increase self confidence and assertiveness
- Manage stress and anxiety effectively
- Clarify values and priorities
- Develop and maintain satisfying relationships
- Resolve grief and abandonment issues
- Assist with intimate partner violence prevention
- Overcome feelings of depression
- Explore issues of sexual identity
- Cope with academic pressures and problems
- Explore issues of substance abuse and/or trauma

ACADEMIC SKILLS TRAINING

Academic counseling is available when students are having difficulty doing their best academic work. If students cannot concentrate, do not know how to study, are failing courses or have a poor academic average, we are available to help you discover and manage the cause of these difficulties.

TESTING

Testing services provides individual and group assessments. Information and applications for national admissions tests are available for students pursuing graduate or professional school.

Learning Disabilities Assessment

- Attention Deficit/Hyper Activity Disorder (ADHD)
- Learning Disability (LD)

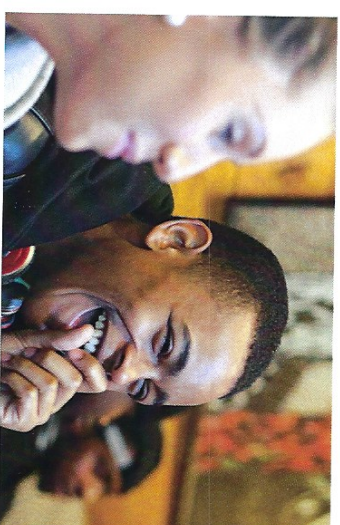
Test selection is based on needs of student

Institutional Testing

- College Level Examination Program (CLEP)
- National League of Nursing (NLN)

National Testing Programs (Information Only)

- Praxis Teachers Exams
- Graduate Management Admissions Test (GMAT)
- Graduate Records Exam (GRE)



CAREER APPRAISALS

The counseling process begins with an initial interview with a clinical counselor. Career decisions are based on factors such as interests, work-related values, personality, and abilities. Interest, ability, and personality assessments are tools which may be used to answer your questions and facilitate the decision making process.

Career Appraisal Instruments

Counseling Services uses various paper and pencil as well as computer instruments to measure interests, values, and aptitude.

- Myers-Briggs Type Indicator (MBTI)
- Career Occupational Preferences System (COPS)
- Strong Interest Inventory
- 16 Personality Factor (16PF)
- Life Values Inventory

Career Library

Contains an up-to-date collection of materials including:

- Outlook Occupational Handbook
- Graduate and Professional School Guides
- COPS Career Briefs

