



How do I know if I need counseling?

The following is a list of problems commonly reported by college students. While some students may resolve these issues, counseling may be helpful if you have ongoing concerns about any of the following. Please consider those that apply to you:

Academic and Career Concerns

- Poor study skills
- Problems with test-taking
- Deciding on a major
- Career options

Relationship Problems

- Family problems
- Uncomfortable in social situations
- Conflict with significant other
- Coping with a relationship break-up

Feelings

- Anger
- Feeling sad or depressed most of the time
- Loneliness
- Thoughts of suicide

Personal Habits and Problems

- Abusing alcohol or drugs
- Sexual abuse or assault
- Eating or sleeping too much or too little
- Coping with stress or anxiety

Identity and Self-Esteem

- Sexuality issues
- Values clarification
- Negative thinking or low self-esteem
- Having difficulty adjusting to college

If you feel that any of these is of significant concern to you, you may find it helpful to speak with a counselor. The Counseling Center is located in the Student Services building (SVC), room 2124, and is open 8-5 p.m. Monday through Friday. All services are confidential. For more information, call 974-2831.

For more information or assistance:

USF students may call 974-2831;

Faculty and staff may call 974-5469