

STUDENT COUNSELING
SERVICE
CAIN HALL, B103
845-4427
SCS.TAMU.EDU
SEPTEMBER 2009

Workshops and Groups

It's time for
Student
Counseling
Service



PASS:

Programs for Academic Success Skills

All PASS workshops are 1 hour long.

Pre-registration for workshops is necessary.

Study Success Strategies

September 17 Thursday 2:20 p.m.

Stress Management & Test Anxiety

September 21 Monday 11:30 a.m.

Time Management and Procrastination

September 16 Wednesday 1:50 p.m.

September 24 Thursday 4:15 p.m.

Learning and Study Strategies

Inventory (LASSI) Interpretation

Pre-registration for test interpretation is necessary, and the LASSI must be completed 3 business days prior to the interpretation session.

The LASSI interpretation workshop is a half hour long.

Late Arrivals will not be admitted.

September 1 Tuesday 4:30 p.m.

September 7 Monday 3:00 p.m.

September 15 Tuesday 11:10 a.m.

September 23 Wednesday 11:30 a.m.

September 29 Tuesday 2:30 p.m.

Biofeedback Workshop

The workshop will be offered alternating Wednesdays and Thursdays until October; starting in November, it will be offered both Wednesdays and Thursdays until the end of the semester.

Wednesdays, 2:15 to 4:15 p.m.

Thursdays, 3:00-5:00 p.m.

One-session workshop that gives an introduction to relaxation techniques, including how biofeedback aids in relaxation. Individual follow-up consultation is available.

Groups:

Academics Anonymous Groups

Not sure how to make better grades?

- Overcoming procrastination
- Maintaining focus
- Balancing study and fun
- Improving academic confidence
- Managing stress

September 16-November 11

Wednesdays, 3:00-4:15 p.m.

September 17- November 12

Thursdays, 2:20-3:35 p.m.

Insider's Guide – Navigating the First Year Aggie Experience:

This is a 9 week group designed specifically for incoming students who face the transition to college life. The freshman year can be a challenging time and learning to successfully navigate this new experience can be difficult. The Insider's Group will assist students in identifying successful study strategies and effective time management techniques. It will also help participants learn to manage the various demands of university life so there is time for academics, social life, **and** fun. This group is a good opportunity to make your first year Aggie experience as rewarding as you want it to be.

September 21-November 16

Mondays 3:00-4:30 p.m.

Counselor referral to group is needed 5 business days prior to start date.

Managing Your Anger 101 Workshop

September 9 Wednesday 12:00 p.m.— 2:00 p.m.

Does your anger get in the way of your life and relationships? Anger is a normal, natural emotion, but it can have serious consequences if we do not express it in appropriate ways. This workshop will provide you with an introduction to effective anger management. Come and discover self care, stress management, and relationship skills that can help you understand your anger better. Take back control of your anger!

Journal Writing Workshop

September 15 Tuesday 11:00 a.m. – 1:00 p.m.

Would you like to engage in self-exploration, expand self-awareness, and learn writing tools with the potential to facilitate problem solving and decision making? Join us for this one session workshop designed to (1) increase your knowledge of keys to effective journal writing; and (2) introduce you to several types of personal growth focused writing.

Cultural Adjustment and Academic Success

September 18 Friday 2:00 - 3:30 p.m.

Come and learn tips on how to be manage your stress, and be successful in making the academic and cultural transition.

Healthy Relationships Workshop

September 23 Wednesday 10:00 a.m.- 12:00 p.m.

Relationships can affect all aspects of your health, well-being and functioning. This interactive one session workshop is designed to help participants (1) distinguish between healthy and unhealthy relationships and, (2) learn strategies for building and maintaining healthy relationships. Join us to learn skills such as healthy boundary setting and effective communication.

Perfectly Imperfect Workshop

September 24 Thursday 12:00 p.m. – 2:00 p.m.

Do you believe that mistakes must be avoided and you must always meet the highest standard of performance? If so, your perfectionism can actually become a double edged sword and keep you from meeting your goals! This workshop will help you understand the difference between healthy striving and perfectionism, and help you understand where the pressures to be perfect can come from. You will also learn healthy ways to manage your perfectionist habits and coping skills. Accept yourself as perfectly imperfect!

Pre-registration is required.

Are Alcohol or Other Drugs Getting In Your Way? Warning Signs of Alcohol and Drug Abuse

Alcohol and other drug use can be a major roadblock in your success as a student. If you are concerned about your own use or that of a friend, help is available. The Student Counseling Service has on staff a Licensed Chemical Dependency Counselor. This counselor will perform an assessment that can help you determine whether or not your drinking/use has reached the point where steps should be taken to assure both your health and success as a college student. This assessment service is confidential, non-judgmental and available to any currently enrolled student. Our only goal is your welfare.

Please seek our help if you drink or use and have one or more of the following problems:

- Repeated use to relieve anxiety or depression
- Repeated use to help go to sleep
- Legal or disciplinary problems
- Academic problems
- Poor grades or attendance
- School projects not getting done
- Relationship issues
- Family problems
- Mood Swings
- Depression
- Change of friends
- Anger if someone mentions you drink or use a lot

These are the most likely symptoms for a college student. One sign does not necessarily indicate a problem exists, but the more signs present means the more likely it is that some help is needed. If you drink or use and have other issues than listed here, our counselor will be happy to meet with you and help sort things out.

The Student Counseling Service offers a variety of assessment, therapy and support for those who may be facing alcohol or drug issues. Further, we work closely with community treatment resources in order to provide the level of care most students may need.

Structured alcohol and drug assessment is provided at no cost to any currently enrolled student by a Licensed Chemical Dependency Counselor.

Results from this assessment will be discussed with the student, and if appropriate, continued care is provided to the student. If the results of the assessment warrant a more intense treatment than the Student Counseling Service can provide, referral is offered and help is given to find appropriate off campus treatment.

Referrals may be to 12 step programs such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) meetings locally or to other treatment providers. Additionally, if the assessment indicates this would be helpful, referral to intensive out-patient or an in-patient facility will be recommended.

Alcohol or drug abuse, or combining alcohol/drugs or any prescription medication may cause death. If you witness any person with the following symptoms, immediately call for emergency assistance: on campus 9-911 or off campus 911. Call immediately if a person who has been drinking or using exhibits even one of the following symptoms.

- Difficult to awaken or keep conscious
- Shallow breathing
- Cold clammy skin
- Bluish lips or fingernails
- Intense or continued vomiting
- Fever or chills
- Combativeness or belligerence
- An intent to drive

How to receive services for Alcohol/Drug Abuse from the Student Counseling Service: Register for your initial appointment by going online to <http://scs.tamu.edu>.

- Click on the “Login to SCS Online Student Services” Link
- Enter UIN #
- Your pin # will be your date of birth written as follows:

Example: February 3, 1981

020381

State-of-the-art encryption is used to ensure confidentiality

When asked for “Type of Service Desired,” select “Alcohol/Substance Counseling.” If you have selected this response, only the Alcohol/Substance abuse counselor’s times will appear. Please remember to click the final submit button. You should receive an e-mail confirming your appointment within one business day. If you do not receive the message or have difficulty registering, please call the SCS for assistance at 979-845-4427.



Funded By:



Student Service Fee

Americans with Disabilities Act (ADA) accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate what your needs are at the time you register for services or five working days before the program you plan to attend. Texas A&M University has a strong institutional commitment to the principle of diversity in all areas. In that spirit, admission to Texas A&M University and any of its sponsored programs is open to all qualified individuals without regard to subgroup, class or stereotype.