

## FREQUENTLY ASKED QUESTIONS

### **What services does the Counseling Office provide?**

The Counseling Office is a unit within Student Services. It is designed to provide accessible and quality counseling, therapy, referrals, instruction and assessments for the university community. Our philosophy is based on acceptance, understanding, respect and care for all who seek services.

### **Who is eligible for counseling services?**

Our services are provided free of charge for currently enrolled students as well as alumni. The services are life-long for all Hodges University alumni.

### **Why should I visit the Counseling Office?**

Students have unique needs and concerns, and we provide a variety of counseling techniques to address these needs, which include but are not limited to:

- Alcohol/Drugs
- Relationship Difficulties
- Anger
- Self-Esteem
- Assertiveness
- Stress
- Depression
- Suicidal Thoughts
- Discrimination
- Test Anxiety
- Eating Disorders
- Time Management
- Family-Related Issues
- Grief

### **Are counseling sessions confidential?**

All information about a student, including acknowledgement of his/her visit, is kept in the strictest confidence (unless the counselor has a reason to believe the student intends to hurt him/herself or others, or presents any threat to the university at large). General information discussed in a session is kept confidential and cannot be released without the student's signed consent.

### **What types of services are provided?**

- Individual counseling (both personal and career)
- Group counseling (determined by student needs)
- Crisis intervention
- Referrals
- Workshops and presentations

### **Can I get personal and career counseling at the same time?**

Yes, it is possible to begin one and incorporate the other into an individual's counseling program.

### **How do I make arrangements to see a counselor?**

The Counseling Offices can be reached at 938-7704 Monday through Friday, 10 a.m. to 8 p.m., or by emailing [counseling@hodges.edu](mailto:counseling@hodges.edu). Walk-in students are welcome without an appointment.