

What can I expect at my first session?

It is very common for students to be nervous when starting counseling, especially if it is the first time. After you arrive for your first appointment, you will check in with our Administrative Assistant. You will be asked to fill out a brief background information sheet and will be given information about confidentiality. In the first session, your counselor will ask questions about your concerns, issues and goals you would like to focus on and together, you will set up a plan for beginning to work on these goals.