

TAMIU

SCS Student
Counseling Services

Promoting Student Success



Our goal is to empower students to be capable and competent adults while adjusting to the challenges and transitions of University life, as well as helping faculty and staff function more effectively in their work with students.

As a **TAMIU** student, you have access to counseling services without additional charge.

We also offer:

Individual Counseling,
Couples Counseling, and Group Sessions
Academic Workshops
Consultations for students,
faculty and staff Referrals,
Self-help pamphlets on various
wellness topics



Why do students come in for counseling?

Anxiety-Stress Management
Academic Difficulties
Depression
Coping with Disabilities
Goal-Setting
Adjustment Difficulties
Family and Work Stressors
Relationship Problems
Substance Abuse
Exploration of Values and Beliefs
Eating Disorders
Personal Assault
Social and Sexual Concerns
Self-Esteem
Time Management
Loss and Grief
Identity Development
Premarital Counseling
Roommate Conflicts
Self Awareness

Walk-ins are welcome!

Texas A&M International University
5201 University Boulevard
Student Center 124
Laredo, Texas 78041
326-2230
www.tamiu.edu/counseling