

PARENTING A COLLEGE STUDENT

Knowledgeable and involved parents are an important factor in student success. We find that the students whose parents are actively involved and maintain open communication with their sons and daughters are the ones who are the most likely to succeed academically, make wise and appropriate choices, and refrain from engaging in high-risk behaviors such as alcohol and substance abuse. Since parents are often the first to notice behavioral changes within their child that may be cause for concern, their support of and referral to counseling services promotes academic success and personal well-being.

COUNSELING SERVICES CAN BENEFIT EVERYONE

The college years are a unique time in a student's life. As our society continues to evolve, college students are experiencing some of the most dramatic, exciting, and often distressing changes. This period is one of excitement and uncertainty, possibility and confusion, new freedoms and new fears.

The lessons learned and the obstacles overcome during these years can provide a wonderful opportunity for intellectual, social, and emotional growth. These years can be a time for exploration, a time for healing, and a time to establish healthy habits that will promote wellness.

Many individuals seek counseling only when life seems to be too difficult to manage, when negative consequences such as overwhelming stress, psychological problems or personal difficulties affect their performance as a student. Counseling services can, however, be a useful and rewarding experience for everyone who is navigating life, asking big questions, and exploring the endless options life has to offer, regardless of how much distress they may be experiencing.

IN THE EVENT OF AN EMERGENCY

Unfortunately, events occur during a student's life that may result in a psychological emergency. The SFCC staff has extensive training and expertise to evaluate and intervene appropriately in the event of such an emergency. Same day and/or immediate assistance is available to address the needs of students in acute crisis. SFCC staff members are on call 24 hours a day while classes are in session. Parents who are concerned about the immediate well-being of their child outside of SFCC office hours, or when medical attention is required, should contact University Police at (716) 673-3333.

Hours of Operation/Location:

Monday - Friday 8:30 a.m. - 4:30 p.m. | LoGrasso Hall

Contact Information:

Phone: (716) 673-3424 | Fax: (716) 673-3140

E-mail: Counseling.Center@fredonia.edu

Web: www.fredonia.edu/counseling

Campus Counseling Services



Parent's Guide



Where Success is a Tradition

STATE UNIVERSITY OF NEW YORK AT FREDONIA



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WHAT CAN A STUDENT EXPECT FROM MEETING

WITH A COUNSELOR? The SUNY Fredonia Counseling Center (SFCC) offers free, confidential, and individualized services by licensed mental health professionals to all registered students. All SFCC staff members have a minimum of a master's degree in Counseling Psychology, are licensed by the State of New York to practice as a Mental Health Counselor, have extensive experience working with a college aged student population, and regularly participate in continuing education to stay up-to-date with the best practices within the counseling field.

Professional counselors work individually or with groups to help students understand themselves better, resolve problems, come to terms with difficult issues, and/or address important decisions. Professional counseling is different from talking to a friend or parent about what is going on in one's life and much more than "venting" about life stress or getting advice about how to deal with a problem. Counselors have been trained to facilitate change and promote developmental growth within an individual. While participating in counseling, an individual can expect:

- A safe, supportive, collaborative, and non-judgmental climate where they can openly express their thoughts and feelings with someone who is interested in listening to their concerns and who will take these concerns seriously.
- To gain a deepened awareness of their personal patterns of thinking and behaviors that factor into their feeling "stuck" or emotionally distressed.
- To learn, where appropriate, more effective coping skills.
- To identify and achieve goals that are important to them.

PSYCHIATRIC SERVICES

Under some circumstances, the symptoms and/or concerns a student brings to the SFCC are such that they warrant medical and/or psychiatric evaluation in addition to counseling. Psychiatric evaluation and medication monitoring services are available on site. In addition, consultation with primary care physicians or other outside health care providers is regularly conducted to provide the most effective care and coordination of treatment services. For more information about SFCC services and staff, please visit www.fredonia.edu/counseling.

A NOTE ABOUT CONFIDENTIALITY

SFCC client information is strictly confidential within ethical and legal guidelines. Information can be released only with the written consent of the student, except in situations where a student poses a threat of serious harm to self or to others, in the case of abuse/neglect of a minor, or in the case of a court-ordered release of information. All records regarding a student's participation in counseling are protected by law and are kept separate from all other academic records related to attending SUNY Fredonia. Although parents are encouraged to call the SFCC to share important information about their child or to seek guidance about how to best support their child's needs, specific information about an individual's counseling participation cannot be shared without the student's written consent.

COMMON DIFFICULTIES IN COUNSELING

One of the most difficult steps in counseling occurs before an individual meets with a counselor for the first time. Deciding to seek counseling can be a difficult choice for a variety of reasons. The SFCC believes that it is important that an individual have the right to choose whether or not to participate in counseling. Therefore, counseling appointments should be scheduled by the student who wishes to engage in counseling services. Students who wish to have the support of a friend or parent while attending an initial counseling appointment will be accommodated. Once the decision to participate in counseling has been made, the mechanics for change have been set in motion. In the process of counseling, students will be asked to consider trying new ways of doing things to promote changing the thoughts, feelings, or behaviors that have led them to seek out assistance. It is not uncommon, when doing things differently, to feel anxious and/or frustrated. Regularly discussing these concerns with one's counselor and learning to tolerate this discomfort within an on-going counseling relationship helps students to stretch themselves beyond their perceived limits to find new and exciting aspects of themselves that promote satisfaction, success and improved personal well-being. These changes do not occur immediately, and rarely after one counseling session, but rather with commitment and practice.

A PDF document entitled Counseling Information and Consent for Treatment can be found at: www.fredonia.edu/counseling. This document provides students with the information necessary to make an informed decision regarding their participation in counseling services.

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