

2020 TEACHING AND LEARNING STRATEGIES PROGRAM AT VILLANOVA

**Responding to Emotionally and Psychologically Distressed Students: How Might Faculty Respond?
Effective Ways Of Referring A Student To The Counseling Center**

Topic	Faculty member says	Student says	Faculty response
Referral	You may wish to make use of the Counseling Center. It's a great resource.	I'm not crazy.	College Counseling centers are there to help ALL students – not just those with mental illness. The UCC sees more than 1400 students a year. They can help you develop coping skills.
Privacy	Students often worry about privacy.	Yes, that concerns me. I don't want anyone to know.	It's entirely confidential, with rare exceptions – which are dictated by law. In fact, psychologists are required to keep matters confidential.
Autonomy Re parents	There are specific challenges to the new life stage of young adulthood.	Yes, and I don't want my parents to know about my problems. My parents know about my recent stay at Student Health.	Counseling is different than medical problems. There's a higher standard of confidentiality. There is no record to which your parents would have access. Health insurance is not charged for visits. There's also no record available to your faculty.
Sign of weakness		I should be able to handle this myself.	It's actually a sign of strength to seek consultation when it can help you be more effective
Negative about Counseling	You might not be aware of a great resource – the counseling center.	I've tried Counseling before – it didn't help me	It might be worth a try again. There needs to be a good fit/chemistry between you and your counselor. What do you have to lose?
Need to be in charge		I don't like being told what to do.	Counseling doesn't work that way. A counselor helps you learn about your unique emotions. It's up to you what you do with that knowledge
Don't have time		I'm too busy to go for a series of counseling sessions.	You are not required to commit to ongoing counseling. Most students go 1-6 times. It's up to you. Sessions are arranged around your academic schedule.