

Mental Notes

A Monthly Newsletter

Volume I, Issue 8, August 2007

How Can We Help You?

(Re)Introducing UNO Counseling Services

OUR MISSION

The mission of UNO Counseling Services is to assist students with personal and career development. Problems with transitioning to college life, interpersonal relationships, depression, anxiety, feelings of inadequacy, loneliness, low self-esteem, academic problems and career concerns are all difficulties college students may encounter at various times during their college careers. Our counselors are here to help students with the difficulties in an unbiased, objective and confidential way. Continue reading for more information about the services we offer.

PERSONAL COUNSELING

At UNO Counseling Services, our counselors employ a variety of assessments and interventions to diagnose and treat common mental health conditions and concerns. Since we provide short-term counseling solutions, treatment will typically last from



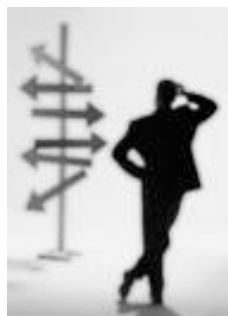
1-10 sessions, but the actual length of treatment will be determined in consultation with the counselor. If longer term

treatment or additional, specialized services are needed, we can offer referrals to a variety of agencies in the city, many of which offer services at reduced rates for students or on a sliding scale.

CAREER COUNSELING

Still don't know what you want to be when you grow up? UNO Counseling Services is here to help! Individual career counseling is available as a means of assisting students in deciding on a

major related to a career path of interest. Counseling Services using to main assessments in the career counseling process: The Campbell Interest and



Skills Survey (CISS) and the Myers-Briggs Personality Type Indicator (MBTI). The CISS assesses self-reported interests and skills and compares the results with those of individuals reporting high levels of satisfaction in their careers. The

result is a list of possible career choices and suggestions for further

investigation. The MBTI provides a snapshot of a person's personality type and a glimpse into an individual's way of communicating and interacting with others. This information can be very helpful in determining an appropriate career path, effective study habits, and even issues one might have in relationships!

COUPLES COUNSELING & FAMILY COUNSELING

All couples experience challenges in their relationships. All families encounter difficulties along the way. Perhaps you are in a troubled relationship and you and your partner want help improving your communication skills. Perhaps you are in a good relationship and want to make it even better.

Whatever the case and regardless of the nature of your relationship, UNO Counseling Services can help. Our counselors are trained in a variety of models of therapeutic intervention



geared specifically toward the treatment of issues faced by couples and families in the modern world.

WORKSHOPS & CLASS PRESENTATIONS

Counseling Services offers a variety of helpful and informative workshops throughout the year on such topics as time management, study skills, public speaking, relationship skills, and career and life planning. We are also available to give classroom presentations on a variety of topics. Be on the lookout for announcements of a workshop near you

DIVERSITY STATEMENT

UNO Counseling Services welcomes all students and aspires to respect cultural, individual, and role differences. Our goal is to create a safe, supportive, and affirming climate for individuals of all races, ethnicities, national origins, genders, gender identities, sexual orientations, religions, ages, abilities, sizes, socioeconomic statuses, languages, and cultures.