

# The Counseling Center at Ball State University

## Why Counseling?

College can be a stressful time in life, especially when you are far from home. The Counseling Center can help you cope with this stress. The mission of the Counseling Center is to assist students in reaching their educational goals and to improve their quality of life at BSU. The staff is professional, warm, and respectful of cultural differences.

#### **Free Services Provided**

The Counseling Center offers several services to Ball State students including:

- **Individual Counseling.** This involves meeting with a counselor (usually weekly) to help with whatever concerns you may be experiencing in your academic or personal life.
- **Group Counseling.** This involves meeting with a group of people that may be sharing similar concerns as you. Group counseling is a way to both give and receive support from others. Groups usually meet once a week for a semester.
- **Testing Services.** This office offers psychological and career testing. Other testing (such as GRE, LSAT, and Praxis) is also available here through National Testing Programs for a fee.
- **Resource Room.** This office provides information on anxiety, depression, self esteem, study skills, and more.

## **Programs for International Students**

These programs will be offered throughout the semester.

- International Conversation Hours. This program helps international students practice English, learn study skills and classroom culture, and make American friends. Through interactive discussion, you will normalize and decrease your feelings of isolation, worries, and stress, as well as get support from American students.
- Consultation Tables. Rather than meeting with a counselor weekly as in individual counseling or group counseling, Consultation Tables will provide international students with an opportunity to speak briefly with a counselor (approximately 20 minutes) to receive guidance about a specific concern that they may have, and which can be resolved quickly.
- **International Student Group**. This group is designed for international students to share their cross-cultural experiences and connect with other international students. This group will be limited to 12 students and will meet weekly.



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### **Workshops for International Students**

These programs will consist of 1-2 meetings

- Understanding & Coping with Cross-Cultural Experiences. This workshop helps international students understand their cross-cultural experiences. Through discussion of the differences between your home culture and the U.S. culture, you will be able to understand your culture shock experience better and to cope with it.
- Creating a New Life at BSU. This workshop helps international students adjust to the BSU campus. Through discussion, you will learn about BSU campus resources, American culture, and friendships, as well as learning skills to solve daily life problems.
- Making Friends in the U.S. This workshop helps international students make American friends on campus. You will gain a better understanding of your expectations for friendship and how they might be different from American students' expectations. This workshop helps reduce miscommunications with American students and decrease frustration in making friends on campus.
- Rating your Adjustment. This workshop helps international students examine their adjustment level and identify information that they still might not know. Topics include weather, translation, relationships, communication, and cross-cultural friendships.

#### **For More Information**

If you are interested in seeking individual counseling, group counseling, or testing services, please contact 765-285-1736 for an appointment or stop by Lucina Hall Room 320.

The Resource Room is located in Lucina Hall Room 310C. You are welcome to stop by anytime the office is open to browse the resources available. Hours are posted outside of the door.

If you are interested in attending any of the specific programs for international students, please contact Dr. Pei-Yi Lin at 765-285-1736 or by e-mail at plin@bsu.edu for dates and times.