

# ISU Student Counseling Center

## WHY COUNSELING?

At some point in most people's lives there is a need for help in resolving conflicts, anxieties, and frustrations. Counseling can provide another means of learning while in college and is available to help students succeed in reaching their personal and academic goals. Students may request counseling for some of the following reasons, to learn:

- ⇒ Stress management
- ⇒ Self-esteem improvement
- ⇒ Test anxiety and concentration skills
- ⇒ Effective means to relate to others (friends, parents, teachers, etc.)
- ⇒ How to deal with disappointment, loss and other changes
- ⇒ Effective means for achieving academic and personal goals



## Student Counseling Center

Gillum Hall 2nd Floor  
217 North 6th Street  
Terre Haute, IN 47809  
Phone: 812.237.3939  
<http://www2.indstate.edu/cns/>



## Disability Accommodations

### Services offered by SASC include but are not limited to:

- ⇒ Tutoring
- ⇒ Disability Assistance (including ADHD)
- ⇒ Academic Advisement
- ⇒ Mentoring

If you have a disability, and need reasonable accommodations in or out of the classroom:

Be sure you have registered your disability with Student Academic Services Center (SASC) as soon as possible.

### SASC

Phone: (812) 237-2301  
Website: [www.indstate.edu/sasc](http://www.indstate.edu/sasc).

## Indiana State University



## Wellness Tips

### Indiana State University Student Counseling Center

Phone: (812) 237-3939  
Website: <http://www.indstate.edu/cns/>  
Facebook: <https://www.facebook.com/#!/IndianaStateUniversityStudentCounselingCenter?fref=nf>

## 13 Tips of Wellness

- 1) Wear or carry some type of watch or time device, preferably one with an alarm function.
- 2) Get one appointment book/planner with daily calendar. Carry it with you to all classes. Be sure to record all classes, work, and appointment times, test dates, and due dates of assignments and papers in your planner. Review your appointment book/planner at least once a day.
- 3) Record all assignments in your appointment book/planner. (do not rely on your memory)
- 4) Have a separate notebook for each class, labeled with your name and the name of the class. Some students find it helpful to have each notebook in a different color.
- 5) Sit as close to the front of the class as possible.
- 6) Go to EVERY class, and get there a few minutes early. Students who skip class or habitually arrive late not only miss out on learning, but also make a negative impression. Instructors respond more positively if they perceive that you are a motivated, hard-working, responsible student
- 7) Make use of the instructor's office hours to ask questions about the lectures or reading materials
- 8) Review your notes as soon as possible after each class. Frequent, short review periods are an enormous help in remembering and retaining information over the course of a semester.
- 9) Begin reading and studying during the first week of class. Do not let yourself fall behind. Schedule regular periods for studying 6 days per week.
- 10) Reserve one day (or at least a half day) for recreation, and do no class-related work on that day. The risk for "burnout" is great if you push yourself to work hard 7 days per week without a break.
- 11) Not surprisingly, there is a negative correlation between level of alcohol use and G.P.A. Use alcohol only moderately, if at all. If you choose to drink don't forget to designate a driver. For more information about drinking responsibly visit the Student Health Promotion website at: [www.indstate.edu/shp](http://www.indstate.edu/shp)
- 12) Take care of yourself with nutritious eating, regular exercise, and a consistent sleeping pattern. We recommend that you put these activities in your schedule and consider them as important as your classes. You may be surprised at how much these simple self-care activities may enhance your alertness and concentration, as well as help you handle stress throughout the academic year.
- 13) If you would like to speak confidentially with a mental health professional for any personal or academic concern, visit the Student Counseling Center on the 2nd Floor of Gillum Hall.



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