

## Parent/Family Information

College is not only a new experience for your family member, but for you as well! You are faced with the fact that your child has now entered a new stage in life. Even though you may be very pleased, you may also be apprehensive.



Parents know that college will bring challenges and they hope their children will have the necessary skills to meet those challenges.

Please note that Villa Maria College provides counseling services to help students recognize individual potential

and develop those skills necessary for achieving personal, academic and career success

There does not have to be a problem to obtain counseling, rather students may want to improve their personal effectiveness, learn how to overcome obstacles and consequently avoid potential problems from occurring.

Services are provided by professional staff, confidential, and are free of charge.

## Benefits of Counseling

The following highlights will acquaint you better with the many benefits of counseling.

- **Manage Stress**  
We all experience stress, but it's important to learn effective ways on how to manage.
- **Manage Relationship Breakups**  
The loss of a relationship is always painful; counseling can help students learn new ways to cope.
- **Overcome Shyness**  
Shyness is quite common. Students will learn techniques to help them feel more comfortable in the presence of others.
- **Improve Relationships**  
It's important for students to recognize strengths, improve communication skills and develop confidence.
- **Improve Self-Management Skills**

Students will benefit by evaluating their current lifestyle and addressing changes that will help them become more successful.

- **Develop Problem Solving Skills**

We all have problems, but we need to develop strategies for how to cope and resolve them.

- **Overcome Anxiety / Depression**

Students will learn how to identify issues that precipitate these feelings and learn more about how to resolve them.

- **Deal with Loss / Grief**

Experiencing loss is very difficult and it is important to know there are healthy ways for dealing with the grieving process.

- **Manage Multiple Roles**

Students will learn how to manage the role of student while handling all their responsibilities.

- **Adjustment to College**

Most students want to pursue education, but they might not know what to expect or how to deal with the transition to college life. Meeting with staff will reduce anxieties and help them develop important skills.

## It's the dawning of a new time in students' lives.

Whether a student wants to come for a consultation and gather information or come for several sessions to address personal issues and concerns, students will benefit by addressing the skills necessary to successfully manage their lives in the academic community and in society at large.

## Learning outside the Classroom

Individual or Small Group Sessions include:

*"Coping with College and Life Demands"*

*"Strategies for Success"*

*"Handling Unexpected Events"*

*"Conflict Resolution"*

*"Understanding Personality Types"*

*"Stress Reduction and Relaxation Exercises"*

*"The Emotional Side of Dealing with a Disability"*



Counseling Center

*"Services for Every Student"*