

WHAT IS THE PERSONAL COUNSELING CENTER?

The Personal Counseling Center is a place where students can expect professional assistance with emotional, behavioral and psychosocial concerns. A counselor will listen, give feedback, encourage further questioning, validate self-awareness and responsibility, and support students as well as provide referrals to additional resources as needed.

WILL YOU TELL OTHERS WHAT I SAY?

Everything you say is confidential, we won't share information with anyone without your permission. No one can access your information except the counseling center staff. The only exceptions are situations where we are required by law or a life threatening situation exists.

MISSION OF DIVERSITY

The Personal Counseling Center supports the College's commitment to diversity as a Catholic and Dominican institution as "a key component of our collective pursuit of truth, promoting rigorous exploration of diverse ideas and theories, critical engagement with the world, cross-cultural understanding, innovation in problem-solving, and collaboration across differences within and beyond the classroom." It also supports the College's commitment to 'cultivating policies, practices, and structures that assure an equitable and hospitable community for all students, staff, and faculty. "



For most international students, entering universities in the United States can be an overwhelming life and cultural transition. International students often have lost immediate access to their primary support system, as they have physically moved away from their primary supports. Students coming to college in the US from other countries and cultures often face special challenges in their efforts to thrive here. This may affect academics, health, emotional, or psychological problems, or may make a preexisting condition worse. These challenges may include:

- adjusting to a new academic/social environment
- culture-shock or language-barriers
- lack of friendships and social support that share in one's own culture or language
- feelings of isolation from administration
- homesickness
- cultural misunderstanding and prejudice

Although international students face many obstacles during college, they also demonstrate great resiliency and perseverance, including:

- educational commitment
- academic engagement
- interpersonal flexibility
- adaptability

HOW COUNSELING CAN HELP:

A counselor helps students to discuss their concerns in a safe and friendly environment, while working with students to find the best way to help. At the PCC, international students find benefit in:

- the unconditional support
- increased strategies to improve resilience
- referral for other on campus resources
- help with the acculturation and adjustment

WE CAN HELP WITH:

- Relationship conflicts
- Academics
- Sleep difficulties
- Substance use
- Depression
- Anxiety
- LGBTQ+ related issues
- Trauma and assault
- Identity development related issues
- Balancing the life of a student athlete
- Eating/Body image related issues
- Family and personal crisis
- OCD and Panic disorders

WHAT DOES THE PCC OFFER?

- Substance abuse evaluation
- Individual psychotherapy
- Group therapy and workshops
- Consultation with faculty, staff and parent about students
- On-campus/off-campus referrals
- Psychiatric consultation and ongoing care
- Anonymous online self-assessments



WHO CAN USE THE PCC?

Counseling services are available to all full-time undergraduate students at Providence College. We also offer referral and brief consultation services to all members of the Providence College community, including graduate students, and school of continuing education.

HOW MUCH DOES IT COST?

Counseling services are provided to students free of charge.

SAFETY AND RESPECT

At the Personal Counseling Center, we seek to foster an environment that affirms diversity, by promoting awareness, safety, and respect for the God given dignity of all.

WHEN I AM READY, HOW DO I GET STARTED?

Contact the counseling center for an appointment 401-865-2343 or stop in our office. Intake forms are located on the PCC website.

LOCATION AND HOURS:

- Lower level of Bedford Hall
- Monday through Friday: 8:30 am -4.30 pm. Evening hours available by appointment only.

IN CASE OF AN EMERGENCY, WHAT DO I DO?

In case of an emergency during regular business hours, you can call the PCC at 401-865-2343. You can also call Public Safety at 401-865-2222.

ADDITIONAL CAMPUS RESOURCES:

- Dean of Students: 401-865-1782
- Health Services: 401-865-2442
- SHEPARD Club (Stopping Homophobia Eliminating Prejudice and Restoring Dignity)
- Moore Hall
- Campus Ministry/Chaplain: 401-865-2216
- Public Safety: 401-865-2222 (Emergency)
- PC Day One Advocate: 401-865- 1177

CONTACT US:

Phone: 401-865-2343

Fax: 401-865-1343

"Hope is being able to see there is light despite all of the darkness."

-Desmond Tutu

References: American Psychological Association; World Health Organization, 2018 The Center for Global Education



The Personal Counseling Center Services for International Students



PROVIDENCE COLLEGE PERSONAL COUNSELING CENTER