

# Counseling Center Spring 2013 Events Calendar



## **TIME MANAGEMENT AND COLLEGE THURSDAY, JANUARY 31, 1-2PM JSAC, BUTLER MEETING ROOM**

In college you will have less in-class time, more outside of class work, and a great deal of freedom and flexibility. You have to put a plan together to develop and hone in on your time management skills to avoid becoming overwhelmed. This seminar will educate you about time management skills and tips which can enhance your college success.

## **OVERCOMING MATH ANXIETY WEDNESDAY, FEBRUARY 27, 2-3PM JSAC, BUTLER MEETING ROOM**

This workshop will educate participants about basic math anxiety concepts and discuss techniques to reduce anxiety about math courses and math testing. Nickie Reich, ASU mathematics lecturer, will join Counseling Center staff to provide math study strategies and test taking tips.

## **STUDY SKILLS AND COLLEGE THURSDAY, FEBRUARY 28, 1-2PM JSAC, BUTLER MEETING ROOM**

Being a good student does not mean just showing up for classes, taking a few notes, reading the textbooks, and studying right before the tests. Effective studying requires learning a set of skills, such as note taking and test taking, that must be practiced in order for you to become a good student. This seminar will offer tips on developing the pertinent study skills necessary to harness your full potential for success in college.

## **STRESS MANAGEMENT IN THE 21<sup>ST</sup> CENTURY WEDNESDAY, MARCH 13, 11AM-12NOON JSAC, BUTLER MEETING ROOM**

Living in today's world seems to require over-commitment and the ability to navigate an abundance of technology and information, which can easily lead to stress. If you identify with this statement, attend this workshop to learn ways to cope with stress in the 21st century.

## **CAREER EXPLORATION THURSDAY, APRIL 4, 3-4PM JSAC, BUTLER MEETING ROOM**

The Career Center and the Counseling Center will team up for this seminar aimed at assisting students in their career exploration process, no matter where they are on their path to a fulfilling career.

## **SEXUAL ASSAULT AWARENESS MONTH EVENTS**

### **Take Back the Day, Walk to Prevent Sexual Violence Saturday, April 20 ASU Amphitheatre**

Registration begins at 8AM and the walk begins at 9AM. For more information, contact either Shannon Nix in the Counseling Center at 706-737-1471 or at [snix1@aug.edu](mailto:snix1@aug.edu), or Rape Crisis and Sexual Assault Services at 706-774-2740.

### **The Clothesline Project April 22 - April 26 Maxwell PAT Front Lawn**

### **Take Back the Night Rally Thursday, April 25 6-7PM: Community Information & Special Activities 7-8PM: Speakers & Candlelight Campus March Maxwell PAT Front Lawn**

Take Back the Night, in its 17<sup>th</sup> year, celebrates the triumphs of survivors and raises the community's awareness of sexual victimization of women, children and men.

**Call 706-737-1471  
for more information or  
to register for workshops.**



# COUNSELING CENTER

# Spring



## COUNSELING CENTER SERVICES

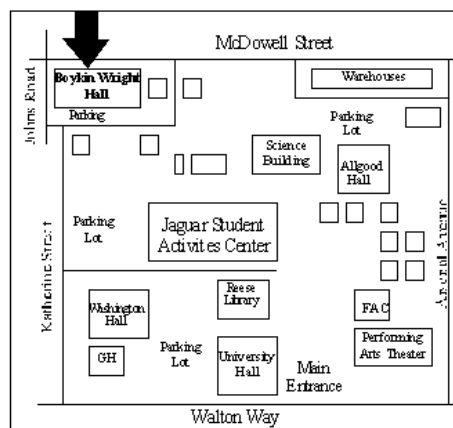
The Counseling Center provides voluntary, confidential and free professional counseling to currently enrolled students and employees for a variety of issues including personal problems, substance abuse, career decision-making, and academic concerns. The Center operates using a brief counseling model by providing up to 12 sessions per 12 month period for clients who will not be better served by an off-campus referral for more long-term counseling or other specialized care. Clients identified as needing a referral will be assisted with locating an appropriate off-campus mental health provider. Counseling staff provide consultation to faculty and staff who have concerns about troubled students or coworkers, or desire assistance with making a referral to our office or an off-campus resource. The Center provides outreach programs and in-class presentations to the campus community, as well. Please call 706.737.1471 or visit the office to make a counseling appointment or to consult with a counselor about a referral or program request. For additional Counseling Center information and resources, please visit [www.aug.edu/counseling](http://www.aug.edu/counseling).

## OFFICE HOURS

Monday-Friday, 8:00 AM - 5:00 PM  
(Evening appointments available by request.)

## LOCATION

The Counseling Center is located on the 1<sup>st</sup> floor of Boykin Wright Hall. The building is behind the campus at 1015 Johns Road on the corner of Johns Road and McDowell Street. **Please note the Counseling Center will be moving to another building on campus during the Spring semester. Please call the office for updates on this situation, since the new location has yet to be determined.**



## WALK-IN CONSULTATIONS

Tuesdays & Wednesdays, 11:00 AM - 12:30 PM (during class sessions). Walk-in services are provided on a first-come, first-served basis, with emergencies taking precedence. Walk-in sessions generally consist of brief, 10-15 minute consultations designed to assess needs and provide a referral to a counselor or to other appropriate services. Full resolution of issues may require a follow-up appointment.

