

**ANNUAL PROGRAM REPORT
PSYCHOLOGICAL COUNSELING, WELLNESS AND TESTING
2005-2006**

PSYCHOLOGICAL COUNSELING

Mission Statement

The Counseling Center holds the fundamental belief that a student's intellectual and personal development are inseparable, and that the University's primary academic mission is most fully served through the development of the whole person. The Center strives to achieve this through the delivery of a variety of services intended to enhance personal and academic effectiveness, interpersonal growth, emotional support in crisis conditions, and promote a healthy campus environment.

General Program Goals

1. Provide psychological support and intervention to students in various forms of personal and academic crisis.
2. Provide counseling for students to explore and change ineffective life strategies that are impeding academic success.
3. Provide professional consultation to faculty, staff, administration, students, and parents on how to best handle situations with students who are having difficulty functioning within the University.
4. Deliver preventative and developmental psychological education on a variety of important topics related to healthy and effective living through outreach presentations to students and other members of the campus community.
5. Provide direct educational services in the form of teaching or clinical supervision to graduate students and interns learning advanced counseling skills.
6. Maintain top quality and current expertise in clinical and counseling skills through ongoing expectations of professional reading and opportunities for professional training.
7. Engage in research and evaluation activities in order to monitor the efficacy and relevance of the counseling services being offered.
8. Maintain an overall program that is efficient and effective in its organization and operation.