Counseling, Wellness, and Testing comprise the three offices described below. The common goal of each office is to assist students in making the best possible use of their educational experience at Chico by overcoming obstacles to learning, identifying options, and developing specific survival skills.

Counseling Center

The Counseling Center helps students make the most of their education through interpersonal skill development and personal growth. It assists the University community in developing and maintaining a learning environment that enhances the whole student.

The Counseling Center is located in the Student Services Center room 430 and can be reached at (530) 898-6345. It is open M–F, 8 a.m.–5 p.m.

What are the concerns mentioned by students?

- Academic difficulties, study problems, lack of motivation, exam anxiety, fear of failure
- Coping with stress, tension, worry, fear, insomnia
- Fear of public speaking

What is counseling?

Counseling is a process wherein you can discuss your concerns, questions, and feelings with a professionally trained and skilled counselor in the context of a comfortable and trusting relationship. You may learn to make better decisions, change certain behaviors, improve personal skills, develop increased confidence in your abilities, and acquire a keener awareness and appreciation of your needs and those of other people. With the help of a counselor's support and involvement, changes such as these may be less difficult than you think.

What can you expect?

You can expect to have your thoughts and feelings understood and clarified, to receive assistance identifying problems, and to gain help developing plans to deal with these concerns. Your relationship with the Counseling Center is confidential unless you give written permission for it to be shared, or in certain life or death emergencies, or by court order.

Who needs counseling?

Many people erroneously believe that you must have serious problems in order to benefit from counseling. In fact, many students benefit from assistance in ordinary struggles to grow and develop. Being a university student is one of the most challenging experiences of your life. It's a time for learning and growing, developing interests and skills, making friends, dating, and planning a future. For most, it's a time of transition in which you leave the past behind and move out into new realms. This means that you each come to campus with special emotional needs. Some of you are on your own financially for the first time. Others are leaving a job or a relationship and adjusting to the demands of a university community. Dealing with the complex requirements of living on your own and a seemingly unlimited amount of unstructured time can be both exciting and stressful. The challenging part is juggling your diverse interests and time commitments so that you satisfy your emotional, physical, spiritual, social, educational, vocational, recreational, political, and financial needs. If this sounds like a tall order, it is. Many of you will expect a lot of yourselves trying to fill this order. When you feel under pressure, aren't aware of your options, feel inadequately prepared to cope, or just want to have an objective party listen, that's the time to come see us.
Program
Counselors are available weekdays from 8 a.m. to 5 p.m. to help students using the center for the first time. If further sessions are necessary, appointments are scheduled. To make an initial appointment with a counselor, come to the center any time M-F, 8 a.m. to 5 p.m. Individual personal counseling is provided in a variety of areas: crisis counseling; marriage, couple, and family counseling; stress management; personal problem solving; decision making; and vocational counseling. Counseling groups and workshops are offered each semester and include such areas as assertiveness training, women’s issues, eating disorders, communication skills, male/female relationships, grieving, and socializing skills. Another important function of professional counselors is referral. If someone else on campus or off campus can help with your concern, counselors will help connect you with that person or office.

Self-Development Center
The Self-Development Center is designed for students who may need relaxation training and information about various personal topics. A comfortable and semi-private environment makes it easy to explore and use available resources on a self-help basis. 

Topic categories include:
- Assertiveness & Self-Esteem
- Communication
- Dreams
- Eating Behaviors & Disorders
- Family Issues
- Lifestyle
- Loss
- Managing Feelings
- Men’s Issues
- Personal Growth
- Relationships

Campus Wellness Center
The Campus Wellness Center’s mission is to maximize individual choice and provide students the opportunity to establish lifestyle patterns that promote lifetime well-being. The goals include educating the campus population on general wellness issues; providing support for those trying to better some aspect of themselves; helping students realize their potential for a high level of wellness; and creating an awareness that a wellness lifestyle can bring a balance to one’s life and help maintain good health.

Educational programming is provided by student peer educators who offer presentations on a variety of wellness topics and participate in and support other wellness-related programs and activities. The Campus Wellness Center offers workshops, forum series, self-help handouts and information tables on a wide array of topics. Internships are also available for all majors. The Campus Wellness Center is located in the Student Services Center room 430 and can be reached by calling 530-898-4697.

Relaxation
- Sexual Issues
- Stress Management
- Suicide
- Time Management
- Wellness
- Women’s Issues

The Self-Development Center is located within The Counseling & Wellness Center in the Student Services Center room 430.

Safe Zone Program
CSU, Chico has established a “Safe Zone” program to reduce homophobia and heterosexism on our campus, making it a safer and freer environment for all members of our community. Members of the faculty, staff, and student body volunteer to become safe zone allies. These people provide a safe haven and a listening ear for lesbian, gay, bisexual, and transgender (LGBT) students who need advice or services. The Safe Zone program provides campus Safe Zone Allies with training, information, and community resource identification.

Testing Office / CBT Center
The Testing Office offers services designed to provide you and the University with better information for academic decision making. The office administers a wide variety of tests used for admission to colleges, universities, and professional schools. These tests assess your preparation and potential for success in undergraduate programs, graduate programs, or professional schools of law or medicine. Some of these tests are only available electronically and are administered in a Computer-Based Testing (CBT) Center located in the Testing Office, SSC 420.

The Testing Office provides testing programs in the following areas:

Admissions Tests
- American College Testing (ACT)
- Graduate Record Examination (GRE-iBT)
- Law School Admissions Test (LSAT)
- Miller Analogies Test (MAT)

Placement Tests
- English Placement Test (EPT)
- Entry-Level Mathematics Test (ELM)
- Test of English as a Foreign Language (TOEFL-iBT)
- Praxis I: Pre-Professional Skills Test (PPST-CBT)
- School Leadership and Licensure Assessment
- Test of English as a Foreign Language (TOEFL-iBT)
- Graduate Record Examination (GRE-iBT)
- American College Testing (ACT)

Certification of Proficiency/Competence:
- Praxis I: Pre-Professional Skills Test (PPST-CBT)
- School Leadership and Licensure Assessment
- Test of English as a Foreign Language (TOEFL-iBT)
- Miller Analogies Test (MAT)

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