



## *Counselling for Personal Difficulties*

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Counselling is an opportunity to talk to someone impartial who will help students explore any thoughts, and feelings that are causing problems. Counselling can be a powerful form of student support during a difficult period, and it is vital that staff are familiar with available opportunities for this type of support.

### **COUNSELLING FOR PERSONAL DIFFICULTIES**

Coming for counselling can be difficult; however students may have times during their course when talking to a trained counsellor can be helpful. Counselling can help students who may be facing crisis situations or adjustment difficulties that are impacting upon their ability to cope with their studies at college or university. Issues can include stress, exam anxiety and depression or family problems. Particularly relevant to adult learners, who may be concerned about how they're going to cope with an academic

setting and whether they're going to be able to adapt to it, it is important to inform them about counselling opportunities available in your organisation, as this may avoid thoughts of pulling out or a sense that something is wrong during their studies.

### **IN YOUR AREA....**

- What support is available for students in terms of counselling for personal difficulties?

### **FURTHER INFORMATION**

- Local information
- Your organisation