Q1: Is anyone who comes to the division of counseling and guidance troubled by mental disease?

A: In fact, everyone would encounter with difficulties at some time, but everyone uses different coping strategy toward the difficulties. Some people choose to face the difficulties alone, some people tend to avoid the difficulties, and the others would seek for help. Using counseling service is a benevolent way to help yourself. You could clarify the difficulties step by step here and figure out the problems from various aspects, so as to cope with the problems more effectively.

Q2: When should I seek for the help from counseling center?

A:

1. When I want to make effort for some frustrations, such as when I failed in some exams, or I want to improve interpersonal relationship, solve the conflicts with my parents or siblings, or no more suffer from relationship.
2. When I would like to explore more about myself, such as career planning, self-exploration or the meaning of life.
3. When my life becomes a little chaotic, such as eating much more than before, became sleepless, feeling empty etc.
4. When I need to talk with someone, counselors would be the first choice.

Q3: How to talk about my difficulties?

A: Perhaps you have a lot of feelings inside and don’t know who to talk to. Perhaps you want to find out the cause of the problems, or perhaps you just want somebody to talk to. These are very general situations. Therefore, when you come to the counseling center, just feel free to express yourself and talk with the counselor.

Q4: Does everyone go to counseling center voluntarily? Is there anyone who go to counseling center involuntarily?

A: Many students come to counseling center voluntarily, and most of them encounter with some frustrations in their life, such as relationship, family, interpersonal relationship, performance in schoolwork, or career planning etc. Some students would like to understand themselves more by psychological tests, such as tests on emotion or studying strategy. We provide various kinds of resources for students who are in need.

Q5: Will my class advisor or classmates know that I go to the division of counseling and guidance for counseling?

A: Based on the professional ethics, the content of counseling is confidential. We will not let others know about the content without your consent. However, when it comes to the emergent crisis of suicide, hurting others or the behavior which violates law, the content of counseling will not be confidential in order to protect the students.

Q6: Will my difficulties be solved after counseling?

A: Counseling may not solve your difficulties completely, but during the process of talking with counselors, you will have chance to find the pattern you used to look at the difficulties and your attitude toward the difficulties. You may learn different viewpoints to interpret your difficulties. If you learn more about yourself and more different point of view, you would have a new way to deal with the future difficulties.

Q7: How to apply for counseling service?

A: You may come to the division of counseling and guidance to fill out the application form or contact us via phone and email. We will arrange a reservation time for the first session with you. It takes about one hour each time and one time a week. There will be 6~12 sessions for each counseling basically, yet it can be extended or decrease according to your needs.