

TESTING SERVICES

Interest and personality inventories are used to clarify personal strengths and concerns in conjunction with personal counseling.

A wide range of tests is available to students. National standardized tests for college admission, proficiency certification and aptitude are supervised by the staff. Examples are: ACT, CBASE, CLEP, GED, GRE Subject, LSAT, MAT, PRAXIS, and SAT.

For specific information about testing contact the Counseling and Testing Center, or visit the website.

WEBSITE

The Counseling and Testing Center website provides more information about our services, as well as links to numerous self-help resources and extensive information about common student concerns.

Anonymous online screenings are available for the following:

- Alcohol
- Anxiety
- Depression
- Eating Disorders

Up-to-date testing information is available on the website.

www.counselingandtesting.missouristate.edu



Missouri State[™]
U N I V E R S I T Y

COUNSELING AND TESTING CENTER

Helping all students



Carrington Hall - Room 311

417-836-5116

Office Hours

Monday - Friday

8:00 am - 5:00 pm

Missouri State University adheres to a strict nondiscrimination policy and does not discriminate on the basis of race, color, religion, sex, national origin, ancestry, age, disability or veteran status in any program or activity offered or sponsored by the University. In addition, the University does not discriminate on any basis not related to the applicable educational requirements for students or the applicable job requirements for employees.

REASONS STUDENTS SEEK COUNSELING:

During college many students experience emotional distress which interferes with their academic performance. Some of the common problems for which students seek assistance include:

- Transitioning to college life
- Academic difficulties, such as poor grades or probation
- Lack of motivation or difficulty concentrating on school work
- Procrastination (putting things off)
- Feeling anxious or stressed
- Depression or thoughts of suicide
- Relationship problems or break-ups
- Questions about sexuality
- Past abuse or trauma
- Alcohol or drug use
- Eating, weight, or body image concerns
- Sleep disturbance
- Feeling lonely or isolated
- Coping with grief
- Managing anger
- Lack of confidence or self-esteem
- Perfectionism
- Family problems
- Adjusting to life in the U.S.
- Career and life choices

COUNSELING SERVICES

Counseling is a process that requires participation from both the student and the counselor. While both take an active role, ultimately it is the student who makes the choice for taking steps toward healthy changes.

The primary goal of the Counseling and Testing Center is to promote students' personal development and psychological well-being. Services are provided for individuals with a variety of challenges such as personal-social concerns and life-planning issues. Experienced professional counselors, psychologists, social workers and graduate students assist clients in resolving conflicts which may interfere with their progress at the University.

The Center offers therapy to currently enrolled Missouri State University students. Consultation and referral services are available to others. There are no fees or charges for counseling-related services.

GETTING STARTED

No appointment is necessary for the initial visit. An on-call clinician is available to meet with students for the first session. The purpose of the first session is to explore the student's concerns and to make decisions about the type of resources that may be most helpful. Plan to allow one hour for a first visit.

SERVICES OFFERED

- Individual Counseling
- Group Counseling
- Couples Counseling
- Crisis Intervention
- Consultations
- Referrals
- Workshops for the Campus Community

CONFIDENTIALITY

The Counseling and Testing Center adheres to the ACA, APA, and NASW Professional Codes of Ethics.

All personal information discussed by students in counseling sessions is treated as confidential within the Center, with certain legally mandated exceptions. Counseling files are not a part of University records and cannot be accessed without the student's written permission. Strict confidentiality provides an environment where students can trust and feel safe to deal with their personal problems and concerns.

EMERGENCIES

Counseling and Testing Center staff are available to provide crisis intervention in emergency situations. Students will be seen by the on-call clinician on a walk-in basis during regular business hours. When the Center is closed, students may contact the after-hours on-call clinician by calling Safety and Transportation at 836-5509. The clinician will then contact the student. Students may also choose to call the local Crisis Assist Team, at 862-6555 or 800-494-7355.