

## About Counselling and Student

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### Counselling

Counsellors at Student Services provide counselling and support for a range of issues:

- Personal, relationship and family issues
- Academic issues
- Anxiety and loneliness

### Student Development

Every semester counsellors at Student Services run free workshops, talks and seminars to help you with your studies and personal concern:

- Personal grooming
- Exam preparation, motivation and time management
- Interview skills
- Health awareness

## Information Resources on International Student Counseling and Development



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SARAWAK CAMPUS

## Counselling

Moving to a new country can be a confusing and difficult process, especially when commencing studies at University. Culture shock is not uncommon especially for a student who has just arrived from a different country for the first time. Culture shock can be experienced in different ways and in differing degrees for each person. Some of the symptoms of culture shock can be:

- Feeling lonely
- Feeling isolated
- Withdrawal from social activities
- Hostility towards other cultures
- Depression
- Disorientation

If students experience any of these symptoms, Swinburne Sarawak has a number of programs and services to help make their transition to the host country and culture smoother.

There are many people in the University to whom you can turn for support. These may include your lecturers, International Student advisor, counsellors or any other member of staff. They will be able to put you in touch with someone who can offer more specialist help if necessary.

The University Counselling Services is a free and confidential service available to all students and members of the staff.

Counselling offers an opportunity to talk in confidence about issues that concern you. These issues may include anxiety, depression, family concerns, difficulty in adjusting to a new life and environment, study related issues, relationship issues, aggressive and violent behaviour, suicidal tendencies, worries about health, etc.

By talking through these issues and difficulties with a counsellor, you may understand your situation better and develop alternative ways of dealing with it.

We are happy to talk over any issues with you. You can make an appointment to see a counsellor or you can walk in and you may be attended to by an available counsellor at Student Services in Room G103 from 8:30 am -12:00 noon and 2:00 pm - 5:30 pm.

You can call or email the following counsellors:

Evelyn Liew Hui Yann : +60 82 260789  
Email: [hyliew@swinburne.edu.my](mailto:hyliew@swinburne.edu.my)

Mohamad Ehwan : +6082 260786  
Email: [mehwan@swinburne.edu.my](mailto:mehwan@swinburne.edu.my)

Appointment for counselling service

Appointments can be made at the Student Operations Reception counter during the following hours on week-days:

8:30 am - 12:00 noon  
2:00 pm - 5:00 pm

## Confidentiality

The counselling service is confidential. This means that everything discussed with the counsellor will not be disclosed to any other parties except when a referral is necessary because you may be at risk to yourself or to others. Disclosure and referral may be with or without your consent only if there is a good reason to believe that you or others are at risk and you are unable to take responsibility for your actions.

## Student Development

The counsellors organize and conduct self development programs for all students. These programs include time management, preparation for examination, goal setting, health awareness and personal grooming.