

What is Counselling?

Counselling is a helping process that takes place in an atmosphere of acceptance, respect and trust.

Counsellors work with students to help them understand themselves, their behaviour, feelings and relationships. The purpose of counselling is to help students identify their personal strengths and develop ways to live life more fully.

Do you need help with

- Resolution of personal issues
- Academic concern (study skills, exam anxiety)
- Making difficult decisions or clarifying choices
- Adjusting to new environment & culture
- Coping with and reducing stress
- Improving communication with parents, friends, lecturers, room mates
- Self-esteem
- Coping with trauma
- Loneliness
- Irritability
- Depression

Individual Counselling

Individual counselling is a face-to-face meeting between you and a counsellor. It offers you a chance to talk to the counsellor about your worries and concerns. The counsellor will help you to sort out your most pressing needs first.

Group Counselling

In group counselling, 6—8 people meet face-to-face with a counsellor and talk about what is troubling them. Members give feedback to each other by expressing their feelings about what someone says or does. This interaction gives group members an opportunity to try out new ways of behaving and to learn more about the way they interact with others. The contents of group sessions is confidential; what members talk about or disclose is not discussed outside. Members work to establish a level of trust that allows them to talk personally and honestly.

Information Resources on Counseling & Student Development



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Confidentiality

The counselling services is confidential. This means that anything you discuss 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 action.

Appointment for Counselling Services

Appointment to see a counsellor can be made at the Student Operations Reception counter at level 1 during the following hours on week days:

8:30 am - 12:00 noon

2:00 pm - 5:00 pm

Students can also walk in to Student Services at level 1, Room 1.03 to see an available counsellor.

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Please feel free to call or make an appointment

Student Development Program

Every semester Student Services run a number of Student Development Programs in the form of workshops and seminars for students to help them with study and personal concerns. These programs are run for free and open to all interested students.

These programs include an awareness and preventive education program, an academic success program and a personal growth and development program.

Student Services will post announcements on when these programs are run. Students will register at Student Services Unit on level 1, G.103

Career Assessment and Personality Test

The student services unit offers Career Assessment and Personality Test to students and staff of the Swinburne University of Technology (Sarawak Campus).

The Career and Personality Tests are to help people explore their career interests and personality traits related to careers. The Self Directed Search (SDS) is one of the most widely used Personality test available.

The Personality Test helps you to know and understand yourself better and to communicate more effectively in your interaction with others.

**Student services Unit
Counseling Services**

