

## Accessing Counseling Services

The counselors at the University Counseling Center would like to help you if you are experiencing stress in your academic, personal, or social life while you are a student, staff, or faculty member at the University of Utah. In counseling, you can talk about your concerns in a confidential setting. Counselors will listen to you and help you find ways to meet your goals of feeling better and succeeding with your life goals.

Call 801-581-6826 to make an appointment. Your first session will be an intake appointment, which will introduce you to our services and walk you through your options. **Your first appointment is free** and fees for subsequent counseling sessions are minimal. No eligible person will be denied service for financial reasons. At the end of the intake appointment, which usually lasts about 45 minutes, you and your counselor will collaboratively determine how we can best support you. For many students, ongoing individual, couples, or group counseling is helpful. We may encourage you to take advantage of our Learning Enhancement Program, the Testing Center, or the Center for Student Wellness. We may also connect you with other resources on campus or in the community.

*Whether your experience as a first generation college student or other stressors are affecting your academic or personal success, the UCC is a place for you to feel heard, supported, and empowered to reach your goals.*

**UCC is a safe place that welcomes you.**

## How to Contact Us

Please call **801-581-6826** to set up an appointment or obtain further information. You are also welcome to visit our office at:

**Student Services Building  
Room 426**

**Monday - Friday  
8:00 am - 5:00 pm**

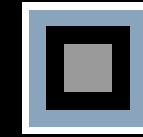
More information about our services, our training programs, and other helpful links is available at the UCC website:

**[www.sa.utah.edu/counsel](http://www.sa.utah.edu/counsel)**



Mailing Address:  
University Counseling Center  
201 South 1460 East Rm. 426  
University of Utah  
Salt Lake City, UT 84112-9061

*Printing subsidized by  
The University of Utah Parent Fund*



*Talking Helps*

UNIVERSITY  
*Counseling*  
CENTER

(801) 581-6826

[www.sa.utah.edu/counsel](http://www.sa.utah.edu/counsel)



*Information for  
First Generation College Students*

## University Counseling Center Mission Statement

*Our mission is to support the emotional, intellectual, cultural, and social development of students and the campus community. We advocate a philosophy of acceptance, compassion, and support for those we serve, as well as for each other.*

*We aspire to respect cultural, individual and role differences as we continually work toward creating a safe and affirming climate for individuals of all ages, cultures, ethnicities, genders, gender identities, languages, mental and physical abilities, national origins, races, religions, sexual orientations, sizes and socioeconomic statuses.*



## Talking Helps

**First Generation** college students are first in their family to attend college. They face many unique challenges. The UCC staff are committed to reducing these challenges and increasing the personal and academic success of all students. Some challenges that first generation students may experience include:

**Living in two worlds:** Students want to succeed, but college success may contribute to difficulties with maintaining identity and connection to family members and peers who have not attended college.

**Fitting-in:** Some first generation students question whether or not they will be a successful student and struggle to find their place on campus.

**Financial responsibilities:** Paying for education, navigating resources such as financial aid, and maintaining responsibilities outside of school can be stressful.

**Navigating a new environment:** Whether entering college straight out of high school or returning to school after working or starting a family, the University campus is a new environment and can feel intimidating, especially for students who do not have family and friends to guide them through the college maze.

**Feeling overwhelmed:** College can offer many new experiences and opportunities, but can also feel overwhelming. Some students benefit from support around career and major selection, or finding balance in their lives.

## UCC Services

**The UCC** offers opportunities for personal development that will lead to enhanced learning and personal wellness. The Center helps individuals resolve existing problems, prevent potential problems, and develop skills that will enrich their lives.

**Individual Counseling:** Using a brief therapy model from a positive psychology perspective, individuals explore, resolve, and reduce personal and interpersonal distress, career development issues, and academic concerns.

**Couples Counseling:** Married, partnered, LGBT, and dating couples can increase intimacy, improve communication, engage in conflict resolution, and improve problem-solving skills.

**Group Counseling:** The UCC offers a wide variety of groups including those focused on anxiety, substance abuse recovery, graduate school, LGBTQ support, and general issues.

**Crisis Intervention:** When students need immediate support, crisis intervention services are available by phone, or on a walk-in basis from 8:00 AM to 5:00 PM Monday through Friday.

**Collaborative Outreach:** UCC staff partner with student groups, campus organizations, and academic departments to provide education and prevention programming.

**Learning Enhancement Program:** Services to improve your academic performance include Strategies for College Success classes, Supplemental Instruction groups, and ASUU Tutoring Center.

**Career Exploration:** The UCC offers a Career and Life Planning course, and career assessment services.