

## 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.

*Another way to start counseling is to contact the Center for Ethnic Student Affairs (CESA) and ask a program coordinator to make you a referral. (CESA Phone: 801-581-8151, Web: [www.utah.edu/cesa](http://www.utah.edu/cesa))*

**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**

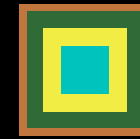
More information about our services, our training programs, and other helpful links is available at the UCC website:

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



Mailing Address:  
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*Talking Helps*

UNIVERSITY  
*Counseling*  
CENTER

**(801) 581-6826**

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



*Information for  
Asian American 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

**What to expect:** At the UCC we strive to honor your heritage. We recognize the importance of family, community, tradition, and culture. Whether you come from a traditional background or not you can expect your counselor to be affirming and accepting of differences of race, cultural background, and other important aspects of who you are. You can also expect your counselor to maintain the highest ethical and legal standards of confidentiality, to be interested in listening to your concerns, and to be open to discuss anything you wish.

**Asian American** students, faculty, and staff come to counseling for a variety of reasons including stress, school/career concerns, substance use, difficulty sleeping, unexplained low energy, anxiety, depression, racial battle fatigue, and ethnic identity exploration/development.

**Walking in Two Worlds:** At times Asian Americans at the University of Utah experience stress in managing family and cultural expectations along with personal choices. Some students may feel pressure to live up to unrealistic standards, leading to perfectionism and feelings of inadequacy when these standards are not met. The UCC is committed to providing a safe place to talk about these concerns and to helping you achieve balance in this journey.

**Feeling Invisible:** Some students struggle to find their voice and to feel they are recognized and appreciated on campus.

**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.