

Resources

Counseling Resources

Internships

The Counseling Center is a clinical training site for graduate-level counseling interns and practicum students, supervised by licensed psychologists who are full-time staff members.

Interns will identify themselves to students as such. Use of qualified graduate students and interns help the center provide more staff to the campus community.

If you are interested in applying for a graduate intern or practicum position, please fill out [Understanding the Requirements of the CSU Counseling Center](#) to let us know that our program would be an appropriate fit with your program. To formally apply, please email your résumé to the Administrative Assistant, [Christy Cook](#). You may also reach out to her at [706-507-8741](tel:706-507-8741) if you have any questions. After receiving your form and résumé, she will pass along your information for review and we will reach out to you.

Please note: It is our policy, in accordance with similar policies in other university counseling centers, that we cannot accept former clients as interns, regardless of their field of study. This does not include Masters' Program students who have participated in department-mandated Process Groups.

Outreach

Outreach presentations include, but are not limited to, the following: Suicide Awareness, Test Anxiety, Stress Management, Impact of Grief, Self-esteem and Self-concept, Homesickness, and the Process of Addiction. Requests can be made by professors and students from the Columbus State University community. Additionally, a presentation can be created in order to satisfy the needs conveyed.

If you are interested in having the Counseling Center provide a presentation for your class or meeting, please call Mr. Kevin White, our Coordinator of Outreach and Prevention, at [706-507-8740](tel:706-507-8740) or email at white_kevin2@columbusstate.edu (*email preferred*). Outreach presentations must be scheduled at least 2 weeks in advance and are subject to the availability of the staff/interns to present.

Personal Counseling

Personal counseling is available to enrolled students who are currently taking classes. Issues can range from roommate conflict to depression to ADHD to test anxiety. Problems do not surface overnight, nor do solutions. You and your counselor will work together to reach your goals.

Students may be asked to complete a questionnaire or test to facilitate counseling. Involvement in counseling is **confidential**. Call [706-507-8740](tel:706-507-8740) or come to the Third Floor of the Schuster Student Center to make an appointment.

Services for Online Students

The counseling center provides consultation, and referral services for all online students. Telecounseling is available on a limited basis for students who are taking only online classes, who pay student fees, and who live in the state of Georgia.

Support Groups

Support and therapy groups at The Counseling Center are intended to educate and help those participating. Support group sessions are available for free to any enrolled students. Check with any therapist or Counseling Center staff for more information. If there is a support group you would like to see on campus, please speak to your therapist or contact us at [706-507-8740](tel:706-507-8740). Requesting a support group does not guarantee that we will be able to accommodate it, but we will always do our best.

Workshops

The Counseling Center offers workshops each semester on a variety of issues. As soon as the current semester workshops are completed the list will be posted here.

Workshops are a **free** service for the students of CSU. Topics vary from semester to semester.

All workshops are held in Schuster Center Classroom #319. **You must sign up and reserve your space for each workshop. Please call 706-507-8740 or drop by The Counseling Center, Third Floor of Schuster Success Center.**

Academic Retention Workshop

If you need to complete an Academic Retention Workshop per Student Affairs, please call our main office at 706-507-8740. Please call ahead to sign up for an Academic Retention Workshop - workshops with no sign-ups may be cancelled, so we can't guarantee you'll be able to walk-in.

This workshop is designed for students who would benefit from:

- Life Planning
- Anxiety Reduction
- Learning Issues
- Academic Survival

Each workshop consists of self-assessment, training and practice exercises that promote new skills, and discussion of relevant information. *You must sign up for this workshop.* Seating is limited.

[Confidentiality](#)

[Diagnostic Testing \(ADHD, Learning Disabilities, Depression / Anxiety\)](#)

[Self Help Videos](#)

Resources for Staff, Faculty, and Advisors

- [Helping Students in Distress: A Guide for Faculty, Staff and Advisors](#)