

Suffolk University Counseling Center
EVALUATION OF COUNSELING SERVICES:
A SIX-YEAR REVIEW

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 May 2008

The “Suffolk University Counseling Center Evaluation and Satisfaction Survey” was administered twice during the recently concluded academic year (2007-2008), over an elapsed period of four months (November and December 2007, March and April 2008). Both online and paper and pencil versions of the survey were administered to 151 clients, representing approximately 33% of the 458 clients who had been provided individual counseling services at the time of the survey administration. In order to develop as broad a range of responses as possible, the Survey was administered to both short-term (2-5 sessions) and long-term (more than 11 sessions) clients of the Center. A comparison of survey responses and evaluations by clients with different treatment durations will be incorporated into this report.

Comparison of Respondent Demographics, 2002-2008

CLIENT DATA	2008 Sample	2005 Sample	2003 Sample	2002 Sample
No. Respondents	151	87	55	66
Mean Age	22.25	23.69	23.71	24.02
Range of Ages	18 – 49	18 - 45	18 – 43	18 - 42
Gender				
Male	33 (21.9%)	16 (18%)	16 (29%)	23 (35%)
Female	118 (78.1%)	71 (82%)	39 (71%)	43 (65%)
Enrollment Status				
CAS	70 (46.4%)	40 (46%)	33 (60%)	35 (53%)
SOM	22 (14.6%)	13 (15%)	9 (16%)	12 (18%)
LAW	53 (35.1%)	29 (33%)	11 (20%)	19 (29%)
Other (Staff)	4 (2.6%)	5 (6%)	2 (4%)	0 (0%)
Academic Status				
Freshmen	25 (16.6%)	12 (14%)	7 (13%)	5 (8%)
Sophomores	23 (15.2%)	9 (10%)	4 (7%)	6 (9%)
Juniors	18 (11.9%)	13 (15%)	11 (20%)	11 (17%)
Seniors	24 (15.9%)	12 (14%)	15 (27%)	14 (21%)
Graduate Students	57 (37.7%)	37 (42%)	16 (29%)	22 (33%)
Other	4 (2.6%)	4 (5%)	2 (4%)	8 (12%)
Residential Status				
Resident	20 (13.2%)	21 (24%)	19 (35%)	11 (17%)
Non-Resident	131 (86.8%)	66 (76%)	36 (65%)	55 (83%)
International Students				
Yes	15 (9.9%)	13 (15%)	3 (5%)	12 (18%)
No	136 (90.1%)	74 (85%)	52 (95%)	54 (82%)

The mean age for the 2008 Survey sample was somewhat younger than that of previous studies, more closely representing the traditional 18-21 year-old undergraduate student cohort. There was also a more balanced distribution of undergraduate students completing the survey, with a greater number of first-year and sophomore respondents. Although the proportion of female-to-male clients participating in this study remains disproportionately higher than the student population from which it was drawn, it mirrors the client population that uses counseling services. At the time of the study, over 75% of the clients who had requested counseling services during the current academic year were female, representing a small but continuing increase over previous academic years. Other survey data was also consistent with earlier studies, as well as with the overall data on counseling utilization rates: 3-to-4 times as many Arts and Sciences students seek counseling services than do their Business School counterparts; graduate students (particularly law students) seek counseling services more frequently than do undergraduate students; and the great majority of students who seek counseling assistance are in good-to-superior academic standing, as indicated by the self-reported non-weighted mean grade-point averages for the survey groups. One significant change in the demographics of survey respondents was in their residential status: there was a large increase in the number and proportion of commuter (non-resident) students who completed the survey.

Intake and Referral Process, Comparisons by Academic Year

DATA	2008	2005	2003	2002
Reason for Requesting Counseling				
Personal	149 (98.7%)	83 (95%)	52 (95%)	61 (92%)
Academic	28 (18.5%)	4 (5%)	2 (4%)	4 (6%)
Vocational/Career	15 (9.9%)	0 (0%)	1 (1%)	1 (2%)
Number of Sessions, Estimated by Client				
One	1 (0.7%)	9 (10%)	2 (4%)	7 (10%)
2-5	64 (42.4%)	30 (34%)	24 (44%)	29 (44%)
6-10	54 (35.8%)	12 (14%)	15 (27%)	17 (26%)
11-15	22 (14.6%)	19 (22%)	4 (7%)	7 (10%)
More than 15	10 (6.6%)	17 (20%)	10 (18%)	6 (9%)
Referred, Psychiatric Services				
Yes	65 (43.1%)	29 (33%)	18 (33%)	5 (7%)
No	86 (56.9%)	58 (67%)	37 (67%)	61 (93%)

Virtually all of the clients taking part in this study reported that they sought counseling for “personal” reasons, a proportion somewhat higher than that of previous surveys, but consistent with the fact that the Counseling Center is perceived as the primary resource on campus for the discussion and resolution of personal issues. Students use other resources to resolve academic problems and those associated with career exploration and indecision. In terms of the time spent in counseling relationships, this sample included a somewhat greater percentage of respondents with less than 11 sessions at the time of completing the survey and a significantly smaller percentage of clients with long-term counseling relationships (ie: more than 10 sessions). The decrease in the percentage of students in longer-term counseling relationships is a direct outgrowth of the ongoing efforts by Counseling Center staff to focus on the treatment of acute and short-term presenting problems and referring out students with special needs and those that present with chronic and extensive mental health treatment histories and needs.

Psychiatric Services

One very significant change in the study sample can be seen from the surge in referrals for psychiatric services. That increase represents both the need to do so, as well as the University's acknowledgement of that need by providing resources for the Counseling Center to increase the availability of psychiatric hours for students using counseling services. 43% of study respondents indicated that they had been referred to the Center's on-site psychiatrists for medication evaluations, assessment of care, and/or for possible off-campus referrals, a number that is consistent with the overall frequency of psychiatric referrals for clients of the Center. At the time of the survey, 38% of Center clients had either been referred to one of the three on-site psychiatrists or to off-campus psychiatrists. It should be noted that the current percentage of Center clients that rely on the use of psychiatric medications as part of their mental health treatment protocols is consistent with the national average for college students. Consistent increases in the levels of satisfaction shared by referred students with their primary therapists in the Counseling Center are a tangible sign that the provision of on-site psychiatric services has become a necessary and viable adjunct to the comprehensive mental health services offered to members of the University community. The following narrative responses by survey respondents provide positive validation of the importance of offering such services.

Please feel free to add comments about your psychiatrist below:

Meeting with the psychiatrist was very helpful.

She is very kind and gentle, very willing to give of her time.

She is really kind.

I am happy with the diagnosis I received, and the help after.

She was very helpful and knowledgeable. I felt very comfortable talking with her.

I met with the psychiatrist to find out if medication was indicated.

My psychiatrist is so wonderful. I was apprehensive about seeing a psychiatrist, but he was able to ease my anxiety during the first meeting.

My psychiatrist is excellent. She had an immediate, positive impact.

The psychiatrist is very helpful and understanding.

The psychiatrist has helped to explain the differences in possible medications for sleep problems.

Counseling Center Evaluations

Please mark the appropriate column for each:	Strongly Agree (4)	Somewhat Agree (3)	Somewhat Disagree (2)	Strongly Disagree (1)
The Counseling Center offices were easy to locate.	124	26	2	0
The Counseling Center offices were comfortable, attractive, and welcoming.	142	10	0	0
Overall, I felt comfortable about confidentiality issues.	131	18	1	0
Counseling Center staff members treated me in a courteous and respectful manner.	146	3	1	0
Counseling Center staff members were sensitive about and responsive to issues of diversity and culture.	129	16	1	0
I would refer a friend/roommate/classmate to the Counseling Center.	142	9	0	0
Overall, I am/was satisfied with the services I received.	136	15	0	0
My counselor was prompt for our appointments.	121	27	1	0
My counselor and I worked together to establish specific goals.	103	42	6	0
My counselor and I had a positive relationship.	135	14	1	0
My counselor understood my concerns.	131	19	1	0
My counselor responded constructively to my concerns.	134	17	0	0
My counselor seemed to be a knowledgeable and capable clinician.	137	14	0	0
My counselor appropriately addressed issues of cultural diversity in our relationship.	100	34	4	0
(1) As a result of counseling, I feel better about myself.	71	72	7	0
(2) As a result of counseling, I relate better with others.	56	84	10	0
(3) As a result of counseling, I approach my problems in a more constructive and positive manner.	69	72	5	0
(4) I achieved my goals which I had hoped to accomplish through counseling.	40	96	12	0
(5) My participation in counseling had a positive effect on my staying enrolled in Suffolk.	72	60	15	4

As the previous table indicates, clients were uniformly pleased with the care they received in the Counseling Center. As subsequent tabular data and assessments will indicate, the results of this survey are particularly telling and encouraging in that they represent evaluations and reactions from students with both short-term and longer-term counseling interactions. In either case, the data support both the immediacy and continuity of positive changes developing from counseling interventions. Even in those areas of potential change (see (1) through (5) above) that would be considered to be longer-term in eliciting positive outcomes, responses by survey respondents indicated the contrary: from 87%-to-95% of students completing the survey either Strongly or Somewhat Agreed that such changes had already taken place in the context of their counseling relationships. Particularly important is the finding that 87% of the respondents

indicated that their participation in counseling had a positive effect on their continuing enrollment, a finding that includes reactions from first-year undergraduate students and 3rd-year law students.

[NOTE: The mean scores for each of the following categories were determined by assigning 1-to-4 points for each of the answers provided by students, from Excellent = 4 to Poor = 1.]

ITEM	MEAN 2008	MEAN 2005	MEAN 2003	MEAN 2002
Easy to locate offices	3.83	3.77	3.82	3.79
Comfortable offices	3.96	3.87	3.85	3.83
Clear Information	N/A	3.84	3.78	3.83
Confidentiality	3.87	3.92	3.84	3.85
Courteous treatment	3.97	3.97	3.96	3.98
Sensitive to Diversity	3.87	3.92	3.91	3.91
Refer friend/roommate	3.94	3.91	3.96	3.94
Overall Satisfaction	3.90	3.93	3.96	3.97
Counselor Prompt	3.81	3.87	3.85	3.94
Worked Together	3.64	3.80	3.84	3.79
Positive Relationship	3.89	3.95	3.91	3.97
Concerns Understood	3.86	3.91	3.93	3.92
Constructive Responses	3.89	3.92	3.98	3.94
Capable clinicians	3.91	3.95	3.96	3.86
Addressed Diversity	3.70	3.43	3.40	3.38
Feel Better about Self	3.43	3.41	3.36	3.17
Relate Better to Others	3.31	3.60	3.65	3.62
Constructive & Positive	3.44	3.49	3.57	3.35
Achieved Personal Goals	3.32	3.36	3.25	2.91
Positive Effect, Enrollment	3.32	3.49	3.73	2.77

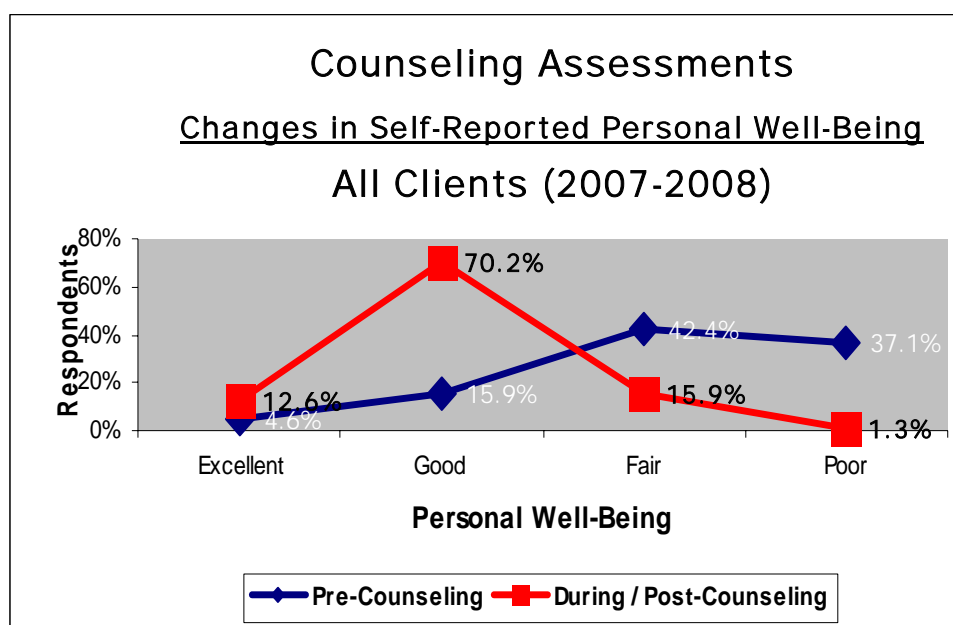
The foregoing table highlights strongly positive assessments over a wide range of counseling-related services, evaluations that have remained remarkably consistent over a period of six years. The highlighted sections of the table substantiate that the Center's ongoing efforts to be a welcoming and inclusive environment for all students has not been lost on students, particularly those from under-represented groups. The Center's move to new quarters also appears to have had a positive effect on student-users of counseling services.

Self-Reported Changes as Result of Counseling

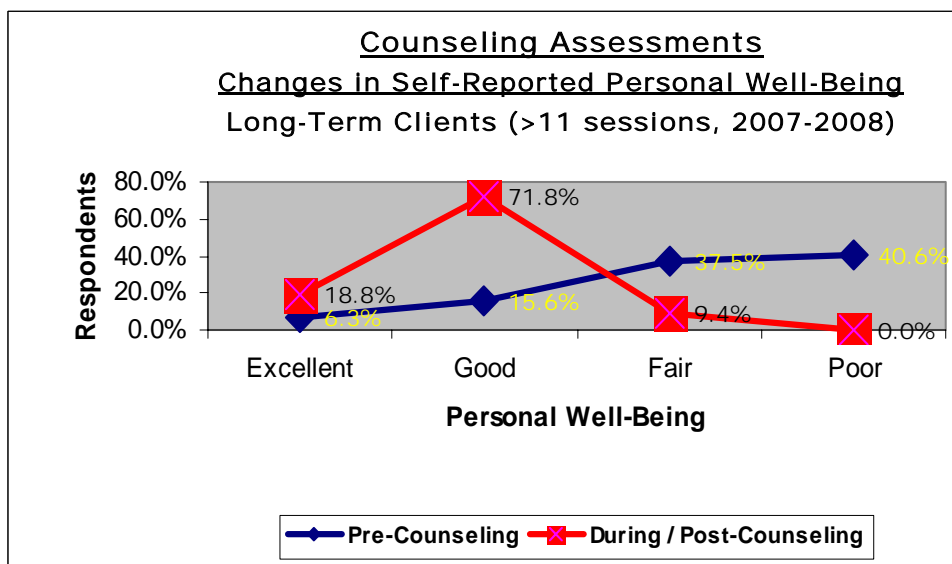
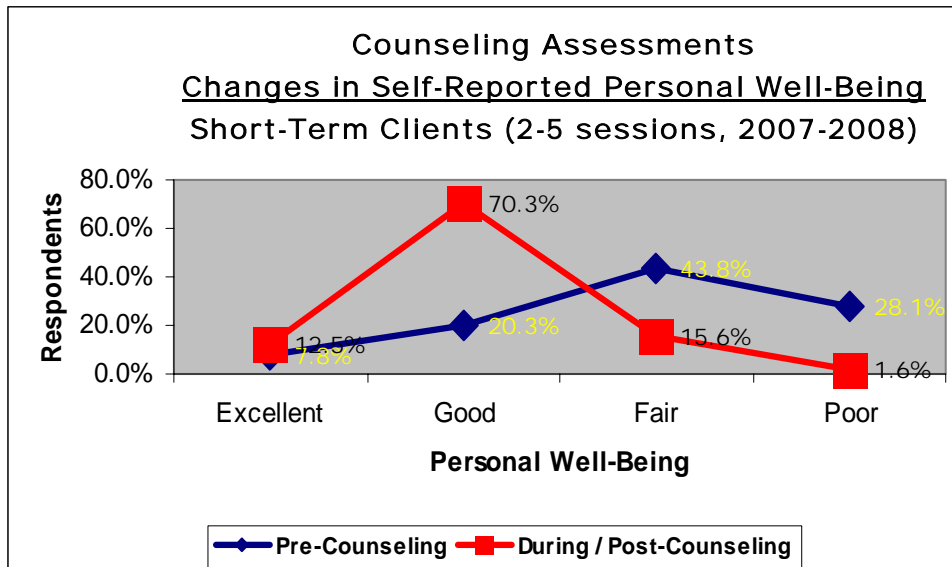
The most important evidence that participation in counseling relationships appears to have proven helpful, even in context of the shorter-term interventions offered by the Counseling Center, is evidenced by the pre- and post-assessments of personal well-being provided by survey respondents. From the reports of clients who participated in this study, it is clear that they felt they had benefited from counseling. Perhaps the most powerful part of that assessment is that many of the perceived positive benefits had occurred as a result of very brief therapy interventions.

Item	Excellent (4)	Good (3)	Fair (2)	Poor (1)
How would you rate your well-being when you started counseling?	7	24	64	56
How would you rate your well-being at the end of your counseling relationship?	19	106	24	2

As the data indicates, only 2 (3.5%) of the 56 students who assessed themselves as being in “poor” mental health at the start of their counseling interventions felt so after having been in counseling for various periods of time. In addition, three times as many considered their well-being as being “excellent” after starting counseling (7:19), while five times as many felt they were in “good” mental health (24:106). The chart below highlights pre- and during-counseling changes for all clients who completed the survey, in each of the self-perceived rating categories. It does not make distinctions whether students were in short-term or long-term counseling relationships at the time they completed the survey.



The foregoing chart highlights significant across-the-board positive gains in survey respondents’ self perceptions during the course of treatment. Perhaps more startling is the scope of improvement indicated by the most troubled sector of the study population, those who presented at intake with either “fair” or “poor” assessments of their individual well-being. 79.5% of the respondents self-selected into those categories prior to their initial counseling session while only 17.2% did so at some point during their counseling relationship/at the time they completed the survey. The following charts will provide related data, but filtered by the duration of treatment relationships at the time of the survey administration, ranging from short-term interventions (2-5 sessions) to longer-term (>10 sessions) treatment interventions.



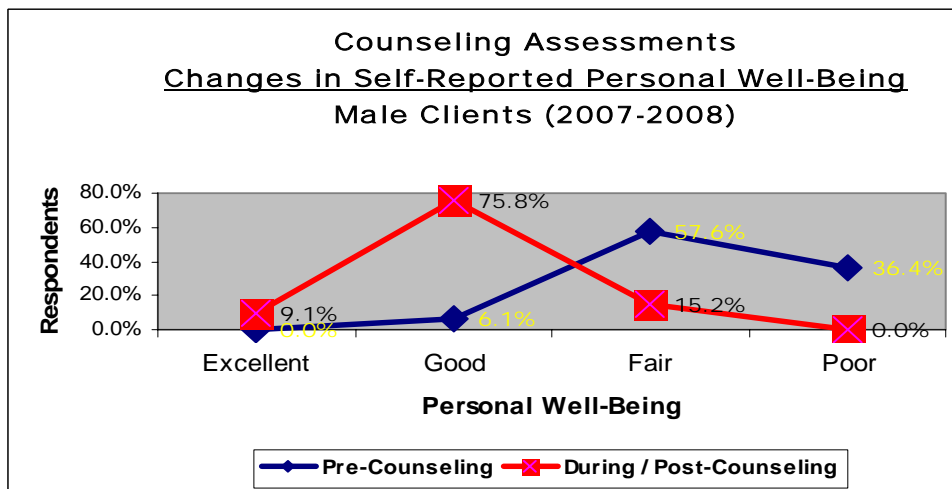
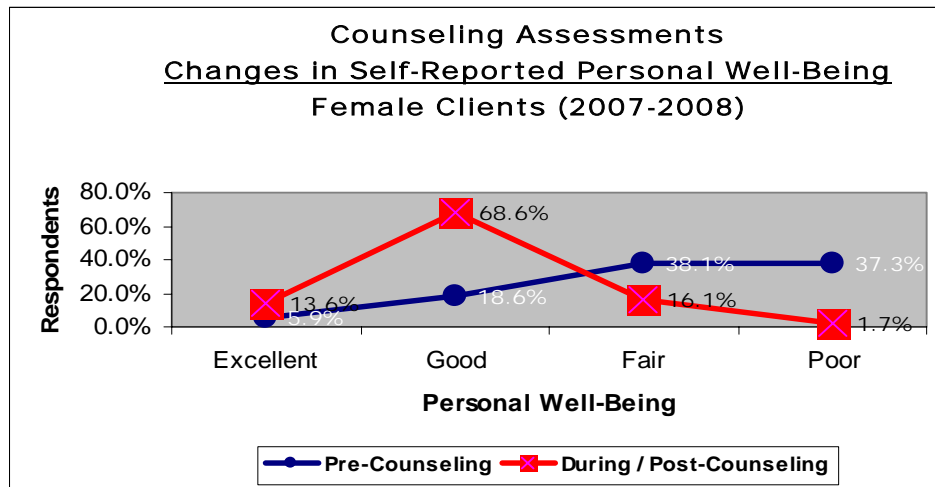
The foregoing charts support the universality of positive changes resulting from the counseling relationships established and maintained by this sample of clients. The data also reinforce both the immediacy and longer-term nature of those changes. In both subsets of the study group, at least seven out of ten clients reported a personal well-being of fair-to-poor. Yet, within a maximum of five sessions with a counselor, the percentage of students with negative or neutral self-ratings dropped from 71.9% to 17.2%. Conversely, their positive ratings at the outset of counseling increased from 28.1% to 82.8%, again within a period of only 2-to-5 sessions. For clients involved in longer-term counseling interventions, those numbers were even more telling: while 78.1% reported fair or poor self-ratings at the outset of counseling, only 9.4% reported similar self-assessments at the time they completed the survey. The table below indicates the same as the earlier charts, outlining the positive changes among survey respondents, whether in short-term or longer-term treatment: in both cases, the overall well-being of sub-groups in this study improved from being “fair” at the outset of their counseling relationships to “good” at the time they were surveyed.

The table below provides a six-year overview of self-assessments of students at the beginning of their counseling relationships, as well as at the time of completing the survey. Although a non-reliable artifact, it does provide an interesting longer-term perspective by clients

about personal change as the result of their counseling relationships. The data for the recently-completed study indicates that clients felt somewhat more “healthy” at the start of their counseling relationships than during the previous three studies and that they reported equally positive “well-being” at the time they were surveyed.

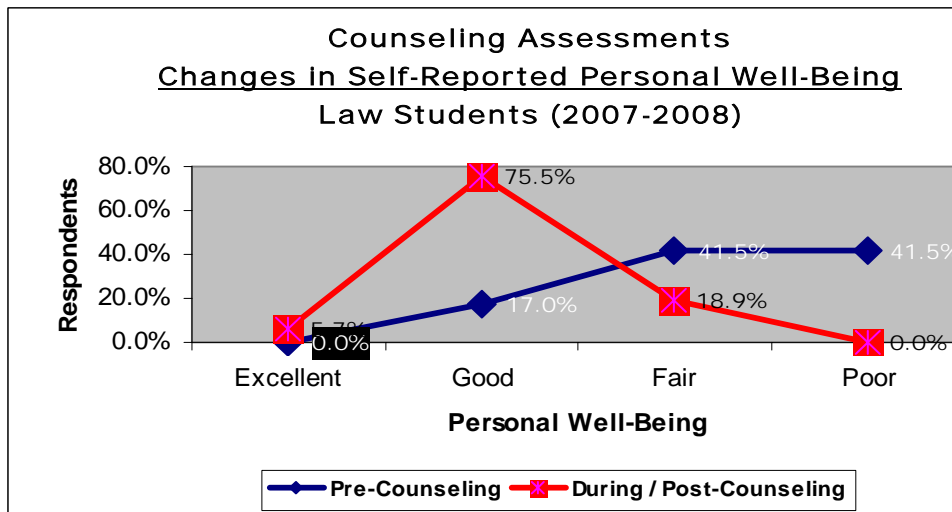
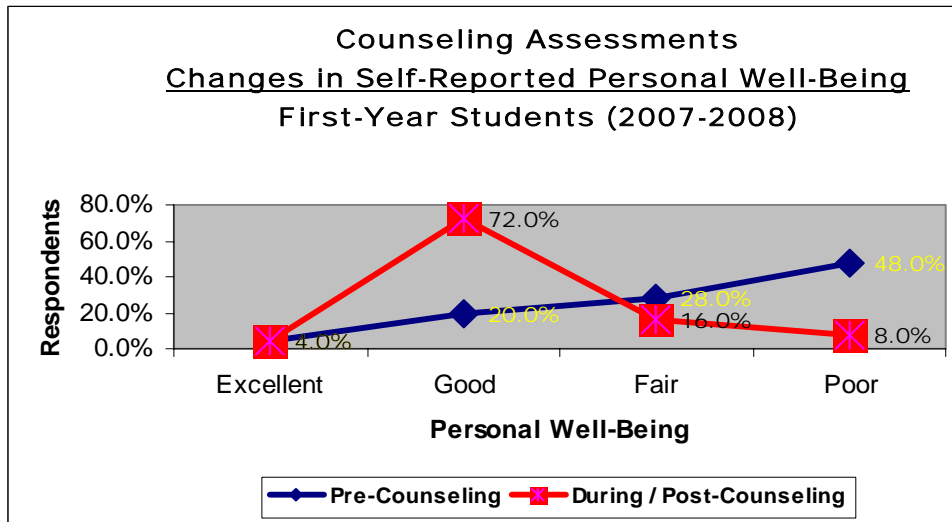
ITEM	Mean, 2008	Mean, 2005	Mean, 2003	Mean, 2002
Self-Rating, Start	1.881	1.858	1.730	1.642
Self-Rating, End	2.940	3.126	2.403	2.696

Given the magnitude of the positive changes in the overall data, it is not surprising that equally positive changes were reported by students from different demographic groupings. For purposes of this review, the responses of male and female students were compared, as were those of first-year students and law students. The two tables below provide an overview of data by gender of the study sample.



The reports by male and female respondents was remarkably consistent with the overall results: more than seven in ten indicated fair-to-poor well-being at the beginning of their counseling assistance, while significantly less than one in five reported the same at the time of completing the survey. One result that will bear further review is the relatively high negative self-assessments by male students (94% reported feeling fair or poor about their well-being) at the beginning of counseling relationships, coupled with a significant positive change in their self-reported well-being over a relatively brief amount of time. It speaks to the importance of more proactive and earlier referrals of male students, with expectations that in doing so, the “mental health turn-around” may be both effective and relatively quick.

Even in cases selected to highlight potential differences among and between survey respondents, such was not the case in this study. As the following tables indicate, first-year students and law students were remarkably similar in their self-assessments, as well as in their evaluations of their counseling outcomes. While law students reported somewhat “less healthy” well-being at the outset of their counseling interventions (83% v. 76%), less than one-in-four students in either group (18.9% v. 24%) reported “unhealthy” outcomes during the course of their treatment. Conversely, more than three-in-four students in both groups reported positive well-being at the time they completed the survey.



Conclusion

Beyond the fact that the results of this survey support earlier findings and reinforce that the University continues to be well-served by the Counseling Center and is reaping the benefits of its long-standing support for mental health services on campus, the data speak to the importance of being persistent in referring students to the Center and assuring that such “connections” are made and maintained. As this sample was twice as large as earlier ones, it provides an opportunity to make more reliable generalizations to the student population as a whole. Perhaps the most important result of this study is the consistent positive changes in perceived well-being, even among students who are the very beginning of their counseling relationships (in some cases, after having had a maximum of two sessions). It also speaks to the importance of being more proactive in identifying at-risk male students and being more “intrusive” in having them make connections with the Counseling Center. On the one hand, their self-perceptions appear to be “less healthy” than that of their female counterparts. On the other hand, the turn-around in their self-reported well-being appears to be as positive as, and even quicker than, that of female students.

INDIVIDUAL CLIENT RESPONSES
2007-2008 Client Satisfaction Survey
SUFFOLK UNIVERSITY COUNSELING CENTER

Please make any additional comments or suggestions below. Thank you.

I attribute most of my success to the things that I have done personally and not necessarily through the guidance of a counselor, although she has helped me in being able to speak about the various private issues. I personally have done the work to achieve a greater state of mind.

I have been to many counseling centers before, but nothing compares to the treatment and understanding I received from the Suffolk University Counseling Center. I have seen 3 different counselors here and I have nothing bad to say about any of them. The ladies at the front desk are very friendly and really care about my well being. The staff knows how to handle young adults like myself and they are very intelligent. Please keep up the good work!! I really appreciate the time everyone had taken to make sure I get the help I needed. God bless.

The only thing I would suggest changing is the location of the office. It is hard to find and seems shoved at the end of the hallway with only a little sign to guide you. Also, I don't think enough students know that the university offers counseling services and that the services are for anyone who wishes to speak with counselor. It would be good to get this information out in a more efficient way, such as flyers or open information sessions. It's too bad that you couldn't advertise on Facebook, then everyone would know!

The help I received here changed my life.

I could not have asked for more. Thank you.

Great experience. Free coffee would make it even greater.

Keep my counselor here at the Counseling Center.

It is good to talk over problems, grief, homesickness, etc. It helps to talk, for its own sake.

Thank you!

Great services. Thanks!

Everyone I encountered at the counseling center was very polite and helpful. They made my experience great. Thank you.

Being in counseling has had subtle long-term effects on my state of mind and being. I found myself unconsciously making better decisions. Most profoundly, I am more at ease socially. There are, of course, aspects of needed treatment that I am not willing or ready to address. I believe my counselor is easing into this. He is a stealthy (positively) practitioner who keeps me on my toes.

With the death of my father and my brother's deployment to Iraq, it has been a very difficult year at law school. Without the resources at the Counseling Center, I don't think I could have stayed in school or been healthy. I am hoping to do better on this semester's exams and know that I couldn't have done it without all your help, guidance, and support. Thank you!

Thank you for all your help!

The atmosphere at the Counseling Center is very comfortable and welcoming.

This program has really helped me overcome some issues going on in my life and has allowed me to feel a lot better and to perform better in school.

I have only had a few meetings thus far. It is too soon to tell the outcome of the counseling, but it is having a positive impact.

The psychiatrists and psychologists should work more closely together.

Everyone was really nice. However, my depression and anxiety has yet to change. I do think it is from myself, but it is something that is controlling my life.

Note: Only saying disagree, because I feel I need more counseling.

I love the center. It is a great resource for the students here.

Too much eye contact without blinking can make clients feel uncomfortable.

The Counseling Center is a very welcoming place. I love the two wonderful ladies in the front!

The Counseling Center really presents itself in a very friendly way. I sense that people here know their resources, how to use them and how to help students benefit. At my last school, there were few/poor counseling resources and not very skilled people working there. At the Suffolk University Counseling Center, I feel supported and feel that I can trust people to help me get what I need. I was impressed how sensitive people are to clients, students of different sexual orientations and gender identities.

I haven't had many sessions, but I feel like I'm on my way towards self-improvement with my counselor's help.

It is nice to have someone to talk to who does not judge!!

The office manager is amazing!

Although my well-being is not excellent yet, my counselor and I have made a great deal of progress towards my becoming excellent and healthy once again.

Thank you.

The Counseling Center and all of its staff have always had very positive, caring attitudes. When I first came for counseling, I was uncomfortable because I did not know what to expect, but I was greeted so nicely. Thank You!

My counselor is great!

My counselor has been incredibly helpful. My sessions with her are the highlight of my week. I wish the sessions were longer. I thank my counselor very much for listening to me and helping me out.

I am happy that Suffolk University offers counseling services.

Fifteen months ago I was a mess and almost left school. I'm graduating in a month and am really doing well.

I came to the Counseling Center as a freshman with every intention to transfer. The support I received during my time here is a primary reason I continued my college education at Suffolk. I know other colleges do not offer an environment such as the Counseling Center to help their students, so thank you!

Thank you. The help I received has been a real life-saver!

Coming to the Counseling Center has helped me a lot. I feel better now, even though I know that I will have to continue to work on my problems.

I seriously love the Counseling Center. Coming here has saved my life.

My clinician is excellent. She makes patients feel welcomed and incredibly comfortable. She knows when to push on an issue or topic but doesn't do so in a demanding manner. She has an inexplicable skill for relating to her patients and helping them grow and gain insight.

I have only been in counseling for a month or two. I am still working on particular issues, but moving forward, counseling has been positive.

I wish that I had started coming to the Counseling Center earlier in the year.

This facility has been great! I've made progress but not as much as I would have liked. But, I plan to continue counseling. As a result, hopefully, I will be able to improve and eliminate my problems.

Please feel free to add comments about your counselor below:

I loved her. She remembered everything I told her and was always caring. She helped me out a lot.

I have a very positive relationship with my counselor. After meeting her in the law student support group last spring, I felt comfortable this year coming back to meet with her when things got hard. I really value the relationship and know what a huge difference these regular appointments are making in my life.

Please feel free to add comments about your counselor below:

For the past three years, I have sought out counselors. My Counseling Center clinician is the fourth counselor I've met with. I must say that he's one of, if not the, counselor who has best understood my concerns.

She seems very smart and is very easy to talk to.

She was extremely nice and made me feel very comfortable. She listened intently and gave intelligent and helpful feedback. I would be in a worse situation if I had not spoken with her. I highly recommend her.

She's fantastic!

He's great. Receptionists are really nice and friendly too!

I have always been self-aware, and I have seen several counselors through college, etc. This counselor is superb, and the best I've ever seen by far. Keeping him at Suffolk would be a very wise choice. Many counselors have been unable to help me to get past self awareness and into challenging me to think and respond differently, and my counselor here is awesome at it.

Her manner makes me feel at ease. I am very comfortable about speaking freely, which has made our discussions very helpful and productive. Not only has trust been established, but I feel that I am being heard and receiving smart and thoughtful advice, reassurance and direction.

I am so grateful for the services here. Everyone is always kind. My counselor has been EXTREMELY flexible in fitting me into appointments during odds hours. This is a wonderful place to come - thank you!

Very welcoming and comfortable to work with.

He is a great listener. He has thought of good ways to help me deal with some of the problems I'm having. I would highly recommend him.

My counselor helped me navigate the areas of therapy that were foreign to me. This proved extremely helpful both in academics and quality of life.

Meeting with my counselor has been really helpful. I appreciate our relationship. He is awesome!

Very respectful and an overall good counselor.

She rocks!!!

My counselor has been great. She has been a huge help.

My counselor is very friendly and easy to talk to.

Please feel free to add comments about your counselor below:

I really like my counselor.

I look forward to these sessions every week.

Talked in inspiring, yet unhelpful circles.

She is so wonderful. I have been to many people before, but have never felt so comfortable sharing my feelings, thoughts, etc. I don't feel judged. For the first time, therapy is working.

I feel very comfortable with my counselor. I felt comfortable with her upon sitting down at the first meeting. She is knowledgeable and supportive while also being very constructive.

She is very sympathetic and understanding. I like how she responds with stories from her life. It makes me feel like she relates to me well.

My counselor has the most calming spirit and voice. Kindness and compassion are always present. She has always created the space where I feel comfortable, safe and loved.

My counselor is a very wise and great man who helped me through a difficult time. He continues to help and be an influence on my well-being.

My counselor is a really nice lady, who opened me up to the idea of receiving counseling which has helped.

I give my counselor an A+.

My counselor is great! He is very understanding and helpful.

My counselor has helped me so much with my outlook on college life.

I have only been for a few sessions but have found them relaxing and helpful.

My counselor has been wonderful and very kindly accepted me back as a client after a long hiatus. I have always felt that I was receiving a high quality of care.

My counselor sometimes plays devil's advocate and asks me tough questions which catch me off-guard. However, this shows me my thought process and helps me to identify problems within myself.

My counselor seems to be a very warm and intelligent woman. I like our sessions very much.

I really love how compassionate and concerned my counselor is. I feel very comfortable talking to her. She creates a safe space to address my issues, and that is important to me.

My counselor is absolutely wonderful. She helped me through some very difficult times, and taught me coping skills that I use almost daily.

Please feel free to add comments about your counselor below:

I feel that my counselor is an amazing clinician. I greatly enjoy working with her and plan to continue to work with her throughout the academic year.

My counselor is wonderful. It is very easy to talk with her.

My counselor is great! She's helped me a lot. I'm grateful that I was able to know her. She's been a blessing.

My counselor is amazing. She is understanding and easy to talk to. I don't know where I would be without her.

My counselor created a comfortable atmosphere where I felt at ease discussing my issues/concerns. He helped me gain perspective.

He's great!

I love, love, love my counselor. She is awesome!

