

Counseling

Kwantlen's professional counsellors assist registered students in three major areas: career, personal and academic. With a few, very rare exceptions, all information discussed with a Kwantlen counsellor is considered private and is held in strict confidence.

For more information on our services, please visit our website at www.kwantlen.ca/counselling

CAREER COUNSELING

Counsellors help students clarify their career and/or educational goals, either through Career Cycles and Career Exploration programs, career coaching or individual appointments. In addition, counsellors assist students in addressing career management and employability issues.

PERSONAL COUNSELING

Counsellors help students with a wide range of personal issues that affect their academic performance and/or general wellbeing. Examples of common concerns:

Adjustment to post-secondary studies
Anxiety, depression and stress
Relationship and family problems
Perfectionism and procrastination
Eating disorders
Drug and alcohol use
Assault or abuse
Sexual identity
Grief
Trauma

In addition, counsellors assist students in crisis and make referrals for specialized help.

ACADEMIC COUNSELING

Counsellors help students to develop the skills necessary for academic success through seminars, provided in partnership with Kwantlen's Learning Centres, and through individual appointments. Examples of study skills topics include stress management, procrastination, memory, anxiety and depression, dealing with exam anxiety, and conflict management. In addition, counsellors assist students with the appeal and complaint processes.

APPOINTMENTS

To make an appointment with a counsellor, please contact the Counselling Assistance at the phone number indicated below:

Clverdale

604-598-6044

Room 1120

Langley

604-599-3213

Room 1077

Richmond

604-599-2600

Room 1640

Surrey

604-599-2044

Room C160

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