

Counselling

KPU'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 KPU counsellor is considered private and is held in strict confidence.

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

CAREER COUNSELLING

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 COUNSELLING

Counsellors help students with a wide range of personal issues that affect their academic performance and/or general well-being. 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 COUNSELLING

Counsellors help students to develop the skills necessary for academic success through seminars, provided in partnership with KPU'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:

Cloverdale:	604.598.6044	Room 1120
Langley:	604.599.3213	Room 1077
Richmond:	604.599.2600	Room 1640
Surrey:	604.599.2044	Room C160

For more information on Counselling Services, please visit our website at kpu.ca/counselling.