

BANDIRMA ONYEDI EYLUL UNIVERSITY
PSYCHOLOGICAL COUNSELING AND GUIDANCE UNIT
INFORMATION BROCHURE

- The Psychological Counseling and Guidance Unit provides counseling and guidance to students in resolving emotional, social, educational, or career-related problems they encounter.
- In this regard, the main areas where students can receive assistance from our unit are as follows:
 - ✓ Adaptation to University Life
 - ✓ Educational Counseling
 - ✓ Mental Health Conditions
 - ✓ Trauma & Past Experiences
 - ✓ Life Transitions & Stress
 - ✓ Relationships & Family
 - ✓ Self-Esteem & Identity
 - ✓ Behavioral Challenges
- Psychological counseling is a support process provided by experts to help individuals resolve existing problems in personal, social, academic, and professional matters, and to improve themselves.
- During this process, advice should not be expected from a psychological counselor. You know the details of your life best, and you can make the best decisions about the difficulties you face. The psychological counselor accompanies you and sheds light on the process.
- A psychological counselor is not someone with a magic wand to solve clients' problems. Active participation from clients, willingness to work, completion of assigned tasks, and effort are all necessary.
- Clients need to attend sessions regularly; otherwise, no results can be achieved.
- Clients need to have open and honest communication with their psychological counselor.
- When a psychological counselor realizes they cannot help a client due to personal or professional shortcomings, they refer the client to the appropriate individuals or institutions. In such a case, the responsibility for contacting these individuals or institutions rests with the client.

- Who can benefit from the Psychological Counseling and Guidance Unit?

All students enrolled at Bandırma Onyedi Eylül University can benefit from it.

- Are the consultations free of charge?

The consultations are free.

- What happens in the first session?

Every student goes through a standard procedure called a "preliminary interview" during their first meeting. After completing a preliminary interview form, you discuss your problem and what you expect from the unit with the specialist. At the end of this interview, you are referred to psychological counseling or guidance sessions, or to an external resource.

- How long do the sessions last, and how often are they held?

Sessions are generally held once a week, and each session lasts an average of 45 minutes. However, the duration may be shorter if necessary. The duration and frequency of the sessions will vary depending on the nature and intensity of the problem.

- Will the information shared during the consultations remain confidential?

Confidentiality is paramount in consultations; what is discussed is kept strictly between the student and the specialist. If there is a risk of the student harming themselves or others, this information will be shared with their family for protection. The student will be informed of the situation beforehand.

- What happens if an appointment is missed, and what should be done if an appointment needs to be cancelled?

If an appointment is missed twice without prior notice, the student's file will be closed, assuming they no longer wish to utilize the services. Cancellations must be made at least one day in advance by contacting the specialist via email or phone.