FSU Staff_Zoya: opened the chat 10 days ago
FSU Staff_Zoya: closed the chat 10 days ago
FSU Staff_Zoya: opened the chat 73 minutes ago
NSFP_Zoya: entered for the first time 71 minutes ago
Tracey: joined the chat 70 minutes ago
NSFP_Zoya: Hi Tracey, we’ll get started in a couple of minutes here!
UCC_DrYvonne: entered for the first time 65 minutes ago
FSU Staff_Alison: entered for the first time 63 minutes ago
FSU Staff_Alison: joined the chat 62 minutes ago
Tracey: My son is a freshman and I wanted to hear the advice of others who have already gone through it.
mshrode: entered for the first time 54 minutes ago
FSU Staff_Alison: Any particular subject @Tracey?
Tracey: Advice on helping my son finish strong.
UCC_DrYvonne: joined the chat 51 minutes ago
FSU Staff_Alison: Ok. Well, many of our Family Connection Council members suggest a care package or something to provide a boost for the end of the semester.
FSU Staff_Alison: I would suggest checking in with your student during the break and seeing how they feel about the next month at FSU. Ask them what they need from you.
UCC_DrYvonne: Also making use of the counseling center in times of stress and distress is really helpful.
Tracey: good idea.
FSU Staff_Alison: @Dr. Yvonne, will you highlight some of the programs and services the Counseling Center offers?
UCC_DrYvonne: We have a walk-in system that is available Monday to Friday from 8:00 - 4:00 pm.
UCC_DrYvonne: This is how students first connect with services.
Tracey: Is it one on one counseling?
UCC_DrYvonne: We provide short term therapy, group counseling, couples counseling, and crisis intervention services.
UCC_DrYvonne: Students can participate in individual therapy or group therapy.
Tracey: Is it difficult to make an appointment? Where is the center?
Tracey: Is there a fee or is it included with tuition?
UCC_DrYvonne: All first appointments are walk-ins and at the time that best fits the student.
mshrode: I’ve heard that it takes a long time to get appointment?
UCC_DrYvonne: Services are paid for by the student fees.
UCC_DrYvonne: We are located in the Askew Student Life Center
UCC_DrYvonne: One a walk-in has been completed the clinician will develop an individualized plan to meet the student’s needs.
mshrode: left the chat 43 minutes ago
UCC_DrYvonne: Walk-ins are on a first come first serve basis, but the the average wait time is 30 minutes.
Tracey: I assume it’s all kept confidential, right?
Jared: entered for the first time 39 minutes ago
UCC_DrYvonne: Students are required to sign a release of information for anyone that they would like their information disclosed to.
FSU Staff_Zoya: joined the chat 32 minutes ago
FSU Staff_Alison: Anyone else have any questions?
UCC_DrYvonne: Students typically come to the UCC to address concerns with anxiety, depression, suicidal thoughts, academic distress, motivation difficulties, eating disorders, trauma, substance abuse, and family of origin concerns.

FSU Staff_Zoya: Students can also get involved with UCC through RENEW. RENEW (Realizing Everyone’s Need for Emotional Wellness) is an undergraduate mental health advocacy and peer-education program sponsored by the University Counseling Center. RENEW provides outreach, presentations, and individual instructional sessions on emotional wellness topics.

UCC_DrYvonne: We have a staff of psychologists, social workers, mental health counselors, and trainees.

Tracey: Thanks for the info. I will let my son know about the services offered.

FSU Staff_Zoya: Any other questions? Otherwise, we can end the chat a little early!

Tracey: I think that's it. Thank you!

FSU Staff_Zoya: Thank you everyone for joining us tonight! And special thank you to Dr. Yvonne!!

UCC_DrYvonne: Happy to assist.

FSU Staff_Zoya closed the chat 8 minutes ago

Tracey left the chat 6 minutes ago