Welcome

Division of Student Engagement & Success
University Counseling Center Staff

Carla Berkich
Theresa Sharpe
Claudia Ayala
Debby Hammond
Alison Marks
Suzanne Bonds
University Counseling Center Staff

Karen Pressley
Jane Pituch
Norma Jean Morales
Amy Perry

Dr. Robert McClung
Kristin Wilcox
Tiffany Rodriguez
Tammy Robertson
Counselor on Duty

- Monday through Friday 9:00 am to 4 pm
- Available to meet with students interested in scheduling an appointment and helping students decide if their needs match our services
- Available to consult with faculty and staff about concerns regarding a student
- After hours & weekends: (361) 825-2703
Areas of Assistance

- Depression
- Anxiety
- Relationships
- Veteran's Issues
- Stress Management
- Anger Management
- Learning Strategies/Study Skills
- Test Taking/Test Anxiety
- Attention & Memory Skills
- Time Management
- Goal Setting
- Assertive Communication Skills
Other Services

Group Counseling
- Survival Tools for the Overwhelmed
- A Month of Mindful Eating

Alcohol & Other Drug Services
- Education & Prevention
- Assessment, Counseling & Referrals

Psychiatric Services

Relaxation Room & Lactation Room
Outreach

• 10/16: LGBT Spirit Day - Take a Stand Against Bullying
• 10/27: Clothesline Project Workshop
• 11/4: HIV/AIDS Awareness Day
• 12/2: PAWS on the Island
• Depression OutReach Alliance College Program Facilitator Training
• Suicide Prevention: QPR Gatekeeper Training
• Kognito
What's Happening on the Island?

Humans vs. Zombies - October 16 - 23
Fall Carnival - October 18
Dig Pink - October 21
Islander Revue - October 24
Islander Lights - November 21
Have a Spooky October!

We'll see you on November 20 for November's SEAS Staff Development "Dating Violence"
Presented by: Dr. Theresa Sharp & Claudia Ayala
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