University of Illinois
The Counseling Center

International Student Outreach Team
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Introduction

• Parenting is a life time work.
Developmental Tasks for Parents and Students

- **Competence** – Trusting your student’s abilities
- **Identity** – Redefinition of yourself, role change from caretaker to mentor/advisor/refuge
- **Separation** – Anxiety for you!
- **Managing Emotions** – How to deal with your own anxiety
- **Intimacy** – How to stay close with your child without being overly involved
Mental Health on Campus

American College Health Assoc. Study 2016

- Felt so **depressed** that made it difficult to function: 37%
- Felt overwhelming **anxiety**: 58%
- Felt things were hopeless: 50%
- Treatment/counseling: 25%
- Seriously considered **suicide**: 4%
What is Counseling?

- Counseling is an interpersonal relationship between a trained counselor and a client, with the goal of helping clients with problems in living
  - Individual (one-on-one) or group
  - Counselors generally have a master’s degree or doctorate in psychology

- Talking about your problems in a safe, neutral environment can be helpful for a broad range of problems. It can help with:
  - Understanding the situation more clearly
  - Developing necessary skills (e.g., communication skills)
  - Increasing academic performance
  - Creating solutions to problems
Common barriers to academic success

- Stress
- Sleep difficulties
- Too much worrying
- Illness
- Poor time management
- Low motivation
- Drug and alcohol use
- Excessive internet/computer game use
- Relationship difficulties
Other Challenges
(especially for international students)

- Many of the challenges listed below may affect international students. These are just a few topics a counselor may be able to help you with.

  - Loneliness or homesickness
  - Making friends
  - Adjusting to U.S. culture and lifestyles
  - Academic pressure
  - Adjusting to new educational system
  - Procrastination
  - Time management
  - Career options or indecision
  - Relationship difficulties
  - Coping with discrimination

Counseling Center of Illinois

https://counselingcenter.illinois.edu
How will I know?

• Changes in behavior
  - Attendance record, task completion
  - Life-Circumstance Concerns
  - Mood changes (irritability, sadness, anger)
  - Major changes in appearance (hygiene, weight)
  - Decline in academic performance
  - References to suicide or homicide
  - Increased drug and alcohol use
Effective Ways to Provide Support

• Listen carefully
• Avoid judgment or criticism
• Hold realistic hope
• Affirm them for sharing with you
• Support student as problem-solver
• Remind student of campus resources
• Remember consultation is available
• Encourage them to reach out!
Our Services

- Individual Short-Term Therapy
- Group Therapy
  - International Student Support Group
  - Mandarin Process Group
- Workshop
- Outreach Programming
- Special Screenings and Assessments

Location: 206 Student Services Building
610 E John St.,
Champaign IL 61820

Contact: (217) 333-3704
Making the Initial Appointment

- To schedule an initial appointment at the Counseling Center, call (217) 333-3704 M-F from 7:50am onward
  - Same day initial appointments are available
  - Sessions are kept confidential
  - Evening hours will be offered on Wednesdays and Thursdays till 7pm
  - Walk-in are available for M-F 8am-5pm for students experiencing an emergency
  - Students may request to speak to a counselor for a consultation over the phone
  - After business hours and on weekends, please contact the Crisis Line at (217) 359-4141
Additional Resource

• Kognito  ui.kognito.com
KOGNITO AT-RISK SUICIDE PREVENTION TRAINING

Make a Difference: Take the Kognito At-Risk Training

Parents and campus partners: To access Kognito At-Risk, please create a new account here and enter Illinois for the enrolment key.

The University of Illinois community cares about the well-being of every student. To ensure that students who are distressed get the support they need, the University of Illinois Counseling Center has partnered with Kognito At-Risk to provide online training simulations. We hope that each faculty/staff member and each student will participate in this Kognito At-Risk training, which will help you to better identify, support, and connect distressed students with campus services. Kognito At-Risk has the feel of a video game as you make choices about what to say and do in conversations with students who may be distressed. It takes just 30-40 minutes to complete. Choose from faculty/staff or student modules. There are also specific modules for reaching out to students who are military veterans and those who identify as transgender.
Campus Resources: InterConnect Dinner Series

Every other Wednesdays, 6:00pm – 7:30pm

- 9/12  Explore A Hidden Treasure: We’re on the 3rd Floor! (Location: Illini Union, Southside 3rd Floor)
- 9/26  International Student Panel (Location: AACC)
- 10/10 Perfectly Real: Appreciating Your Body (Location: AACC)
- 10/24 C-U at the DMV (Location: AACC)
- 11/28 Self-Compassion: the healing power and strength within ourselves (Location: AACC)