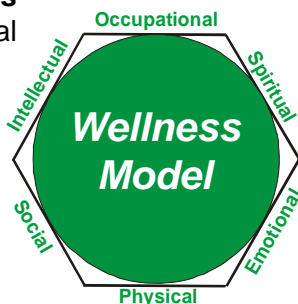


Wellness 6 Dimensions

Intellectual Wellness

- Developing of critical thinking.
- Understanding issues from different perspectives.
- The more we exercise our brain, the stronger our intellect becomes.



Emotional Wellness

- Includes thoughts, feelings and behaviors.
- What we think effects how we feel and how we behave.
- How we feel effects how we think and behave.

Social Wellness

- Developing assertiveness
- Developing healthy relationships
- Being able to interact with others.

Physical Wellness

- Participating in regular exercise.
- Making healthy choices with food, alcohol, and tobacco use.
- Physical activity energizes us and provides a sense of accomplishment.

Spiritual Wellness

- Seeking meaning and purpose in human existence.
- Developing a deep appreciation for the depth and expanse of life and natural forces that exist in the universe. and how that integrates with our career goals.

Occupational or Vocational Wellness

- Understanding our strengths, interests, and personality need to be taken into account when making a career choice.
- Understanding how our occupational or vocational goals effect our choices in school and in work.
- Understanding how our primary job as a student is STUDYING

Christian Ministry Offers Pastoral Counseling

The Center for Christian Ministry Studies offers pastoral counseling in support of Lindenwood's four-fold student development philosophy and its desire to assist students to be whole persons. The goal of the CCMS staff is to help connect the student with the spiritual resources of his or her faith tradition, and when requested, offer new spiritual skills and perspectives to find and develop spiritual wellness. Dedicated to the principle of Christian unity across denominational boundaries, Dr. Steve House has over 23 years pastoral counseling experience in the local church setting. The loving, forgiving God is always closer than we may feel or think. Please feel free to call even if you just want to talk. **Call 636-949-4889 to make an appointment or for more information**

Confidentiality

The Student Counseling and Resource Center respects and protects the individual student's right to privacy and believe that a commitment to confidentiality is indispensable to effective, successful counseling.

Lindenwood University Professional and School Counseling Program

Helping students succeed at Lindenwood University



The Student Counseling and Resource Center's purpose is to provide support for the University's academic goals by assisting in decreasing student stress, aiding the effort to provide an emotional healthy environment, helping students focus on personal and career goals, thereby contributing to students' motivation, performance and satisfaction with the University and greater retention.

The Student Counseling and Resource Center

Professor Marsha Andreoff, MA, LPC
Counseling Coordinator
Office: 636-949-4528
E-mail: mandroff@lindenwood.edu

Welcome to the Student Counseling and Resource Center (SCRC) at Lindenwood University. We are dedicated to helping students achieve the kinds of academic success, personal growth, and balance that lead to rich, full and healthy lives. College can be very challenging – filled with stress, anxiety, and deadlines. Along with life stressors like working on your relationships with parents, siblings, romantic partners and friends, coping with setbacks, keeping physically healthy, dealing with losses, and managing finances, it's easy to become overwhelmed. With this additional stress, old hurts and suffering can come back to bother you, and new problems can arise – just when you don't need more to worry about.

The SCRC provides a variety of **free, confidential services** to help you, including:

- Individual Counseling
- Group Counseling
- Career Testing
- Consultation

What Can I Expect

Meeting with a counselor:

The first interview will be with an intake counselor who will talk with you about your needs and the ways in which the Counseling Center might be able to help. Options may include: individual or group counseling, career testing and counseling, or referral to another office or service provider better suited to your needs.

How Do I Know If I Need Counseling?

The following is a list of problems commonly reported by college students. While some students may resolve these issues themselves, counseling may be helpful if you have ongoing concerns about any of the following:

Academics

- Poor study skills/time management
- Difficulty adjusting to college
- Problems with test-taking
- Listening/communication
- Test anxiety

Feelings

- Feeling sad/depressed most of the time
- Thoughts of suicide
- Loneliness/isolation
- Angry/grouchy/irritable

Relationship Problems

- Family problems
- Uncomfortable in social situations
- Conflict with others
- Coping with a relationship breakup

Personal Habits and Problems

- Abusing alcohol or drugs
- Sexual abuse or assault
- Eating disorders
- Sleeping too much or too little
- Coping with stress or anxiety

Identity and Self-Esteem

- Sexuality issues
- Values clarification
- Negative thinking or low self-esteem
- Need to assertiveness

If you feel that any of these are of significant concern to you, you may find it helpful to speak with a counselor.

Q & A

Q: Who Can Benefit from Counseling?

A: Counseling is not just for those who suffer from serious psychological problems. All of us have times in our lives when we could benefit from talking with a caring, professional listener. It is also common that during adjustment to university life, self-doubts may arise, or stress may temporarily get the best of you. This is where our counselors can be of assistance to you.

Q: What is counseling?

A: Counseling is a voluntary relationship in which a professionally trained counselor who meets with the student to discuss some issue or conflict. Counseling is a process by which change is sought through the expression of thoughts and emotions in a safe, supportive, non-judgmental forum. Professionally trained Lindenwood graduate students in their final term will provide these services.

Q: How does counseling work?

A: During the first meeting at SCRC, you will meet with Professors Andreoff or Munro who will do the initial intake. The purpose of this first meeting is to provide a good fit for continued services. You will also be asked to fill out some paperwork. Subsequently, you will meet with a counselor, who will help you reach your goals.