

Frequently Asked Questions

COUNSELING SERVICES

Is counseling confidential?

Yes, counseling is absolutely confidential except in the case of certain life-threatening situations or with your written authorization to disclose.

What will counseling cost?

Counseling is free. The counseling center does not engage in any billing or participate with any insurance.

Do I have to have a diagnosis to take advantage of counseling services?

No, you do not. All students can benefit from the services provided by the counseling center. We also enjoy offering proactive self-discovery and career assessment services.

Would I be taking a counseling spot from another who really has a problem?

No, any problem or struggle in life can lead to significant academic and personal consequences if not attended to, so there is no problem "too small" to consider working on at the counseling center.

If I go to the counseling center, isn't that kind of a sign of failure?

Beginning counseling is a sign of a commitment to your own growth and success in life.

If I go, won't the whole campus will see it?

The Counseling Center has a discreet location and entrance. We do not share a building with any other service.

I thought that good students would not need counseling.

In recent years, over 75% of students who have received honors in their disciplines have been seen in counseling during their tenure as H-SC students.