

# Counseling

Some students may experience adjustment problems or personal crisis during their four years at SUA. To assist students in coping with various problems, the counselor provides direct personal and group counseling on many important issues, such as establishing and maintaining relationships, coping with anxiety and depression, working on changing relationships with parents and other family members, dealing with losses, and handling new academic demands. In addition, international students are able to find that the counselor can also help them in adjusting to life in the U.S.