

## **CHU Counseling Center Services for International Faculty and Students**

### **Counseling**

The CHU Counseling Center provides culturally sensitive counseling service to international faculty and students. Counseling is confidential and aims to provide a safe place for people to express and process their difficult feelings. The goal is to assist individuals achieve emotional well-being necessary for success. College students often seek counseling for issues such as academic stress, relationship problems, and adjustment difficulties. Some students use counseling to gain control of their addictive behavior, improve self understanding, or make career planning. Counseling normally takes place on a weekly basis and each session lasts 50 minutes. This service is free of charge.

### **Location, Hours, and Appointments**

The CHU Counseling Center is located next to the campus post office, on the third floor of the L Building

Hours: 8:30 a.m. to 5:00 p.m.

Please call (03)518-6154 to schedule an appointment.



CHU Counseling Center



Counseling Room