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Common Student Concerns

It's nice to know you're not alone. These are some of students' most common concerns that we can help with.

- Career development and decision-making
- Academic and educational planning
- Adjustment to college
- Stress and time management
- Study and test-taking skills
- Anxiety
- Improving relationships
- Child and family issues
- Domestic violence
- Conflict resolution
- Depression
- Cultural/intercultural issues
- Alcohol and substance use
- Communication issues
- Eliminating self-defeating behaviors
- Grief and loss
- Sexual assault
- Concern for a friend
- Referrals to community resources

Category: Counseling