



# Just for Students

## A little advice for a successful career at UC Berkeley

Your first year at UC Berkeley is an exciting time. Whether you are a new freshman or a transfer student, it is normal to experience feelings about what is to come and how you will deal with the changes.

### Some of the challenges that you may face include:

- the uncertainty of what is expected academically
- decision-making about courses, major and career
- academic issues such as test anxiety, procrastination, writer's block or disappointment with grades
- difficulties balancing academics, social and other activities
- relationships—making new friends, living with roommates, becoming independent from your family

Counseling and Psychological Services (CAPS) offers short term counseling for academic, career and personal issues. There is no charge to get started, and all registered students can access services regardless of insurance. For more information about services and fees, visit our website at [uhs.berkeley.edu/counseling](https://uhs.berkeley.edu/counseling).

### What is counseling?

Many students encounter problems that are not easily resolvable or, usual ways of handling problems aren't working well for some reason. They may have found, for example, that talking to friends or relatives about their concerns is impossible or unsatisfying. Counseling is a chance to talk over what is on your mind with an objective person. They can help you learn new skills and ways of looking at situations so that you will be more capable of solving problems on your own. It does not need to be a crisis to warrant your getting help. In fact, there is no problem or issue that is "too small" to discuss. If something is big enough to bother you, it's big enough to talk about with a counselor.

### Commonly shared reasons why a student might want to make use of CAPS:

- Counselors are non-judgmental, objective, professional, experienced helpers.
- Counselors try to make you comfortable — they understand and help with your initial anxiety.
- Counseling involves the concerns and problems of normal students.
- Lots of students are using Counseling and Psychological Services.
- Initiating counseling and remaining in counseling is voluntary.
- All counseling is confidential. No information is released to anyone without written consent.

### How do you access counseling at UC Berkeley?

If you would like to see a counselor, please feel free to call or stop by CAPS. If you are already in counseling or on psychiatric medication, please contact CAPS as soon as possible to discuss continuation of your care and how to best send copies of your mental health records. If you feel uncertain about whether counseling is for you, we hope you will make an appointment for an introductory meeting and discuss your reservations with a counselor. There is no obligation to continue. **We are here to support you!**

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**COUNSELING + PSYCHOLOGICAL SERVICES**  
2222 Bancroft Way, 3rd Floor, Berkeley, CA 94720  
[uhs.berkeley.edu/counseling](https://uhs.berkeley.edu/counseling)  
(510) 642-9494

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HEALTH SERVICES**  
Tang Center