Individual Counseling

Individual Counseling takes place when a student self-refers for counseling services or is referred by faculty or staff and the student agrees to the service. The Student can request a one-time session or as many sessions as needed. Sessions are generally no more than 45 minutes and can focus on any issues that interfere with academic achievement. These issues can include:

- relationship matters
- parenting concerns
- financial problems
- housing needs
- communication challenges
- and more....

College Adjustment

Adjusting to college demands can be difficult. Students may experience discomfort related to:

- ASA’s adult focused environment
- a first time exposure to college
- classroom etiquette
- the course load
- faculty teaching styles
- peer relationships
- and more...

Referrals & Resources

Counselors can refer to mental health agencies, in the area or specific neighborhoods, if a student:

- is concerned about his or her mental health
- feels the need for long-term therapy
- wishes to be evaluated or re-evaluated for a specific condition
  ...or...
- if the staff recommends that a student secure any number of external services, including a mental health evaluation.

In an emergency, 911 will be called.

Workshops

Counselors are available to make or arrange for presentations on various topics, in classrooms workshops, for small or large groups. In the Fall 2010, Counselor Lopez delivered “Time Management” and “Test Anxiety” sessions. During Spring 2011, we plan to offer “Planning For Success” sessions and to engage an external speaker regarding Child Care Services in the NYC.

Diversity

Counselors are committed to providing culturally competent services (to students, staff, and faculty) and introducing a range of supportive management modalities, such as coaching, advocacy services, internal coordinating connections, behavioral consulting, crisis intervention, and disciplinary contracting. We are expanding ASA’s list of external resources/contacts and is in the process of developing an online coaching service, a group discussion vehicle, and peer mentoring & mediation programs.

Confidentiality

Counselors follow privacy and confidentiality guidelines set by the American Psychological Association, the American Counseling Association, the American College Counseling Association, the International Association of Counseling Services, and FERPA (Federal Educational Rights and Privacy Act). Generally, information about a student is not released without written permission from the student. Exceptions include, but are not limited to, instances of suspected child abuse or when students are in danger of harming themselves or others.
Mission Statement:
ASA’s new counseling services support ASA’s Mission Statement and ASA’s diverse student population. Our counseling services are designed to offer students the opportunity to continue to grow as individuals, to become increasingly independent, and to meet their educational, socialization, professional, and community goals.

Philosophy:
We believe that a positive and proactive approach encourages our students to self-reflect, to utilize self-awareness in their decision-making, and to succeed emotionally, academically, professionally.

Groups
Counselors currently offer students the opportunity to register for voluntary discussion group experiences (minimum = 10 participants) between 12n-1p and 5-6p. We have listed some possible ideas:

- College Adjustment
- Healthy Living
- Handling Relationships
- Parenting
- LGBT Support (Lesbian-Gay-Bisexual-Transgendered)
- Domestic Violence
- Saving for Retirement

Crisis Intervention
In case of a crisis on campus, students should contact a counselor immediately at 212-672-6450 EXT.1429. The following numbers are also provided for student convenience:

- Domestic Violence
  Sanctuary for Families: 212-349-6009
  Brooklyn Family Justice Center: 718-250-5116

- Substance Abuse Services
  New Directions: Alcohol and other drug treatment facility: 718-398-01800
  Bridge Back to Life Center: 212-679-4960

- Homeless Shelters
  The Gathering Place: Homeless Drop In Shelter
  2402 Atlantic Avenue > A to Broadway Junction
  Project Rescue Drop-In Center (24/7 services)
  315 Bowery Street, New York, NY

- LGBT Services
  LGBT Community Center: 212-620-7310
  Brooklyn Lesbian Youth Sisters: 718-622-2910