

## Counseling & Wellness Center

Students can receive Counseling, as well as Career, and Academic services.

The CWC also provides an educational, health related resource for students who want to learn about diverse lifestyle topics and health related issues.

Students may seek self-help resource materials on display near the CWC as well.

Student appointments can be scheduled Monday-Friday (9:00am-4:00pm) throughout the academic year with the exception of school vacations, and holidays for which the University is closed. In addition, the CWC is closed during counseling sessions, and scheduled meetings.



## Student Wellness Advocacy Program

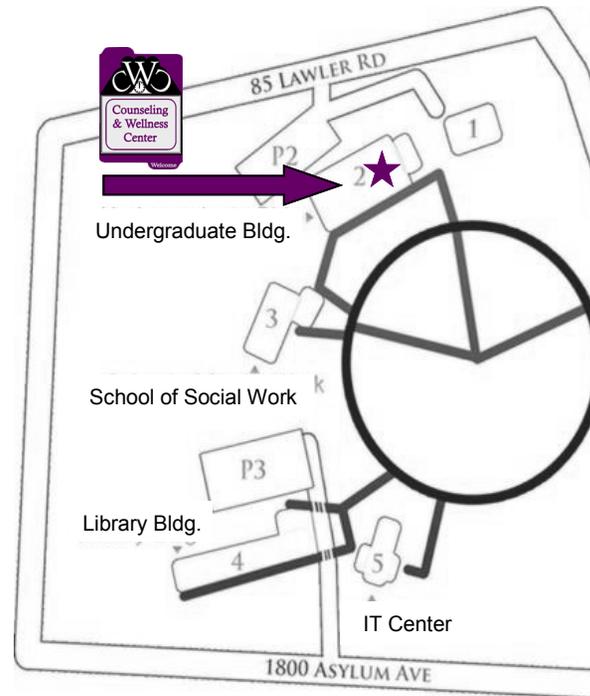
Students who are interested in health and wellness issues are welcome to join the S.W.A.P. Team.

S.W.A.P. Team members are wellness advocates who promote healthy lifestyle choices and represent the Counseling & Wellness Center during University events.

UConn Hartford Campus  
<http://cwc.hartford.uconn.edu/>

## CWC Directions

The CWC is located in the Undergraduate Building (2nd floor) in room #210 (near the Academic Advisor offices).



**For More Information Contact:**  
**Counseling & Wellness Center**  
UConn Hartford Campus  
Undergraduate Bldg. –rm. 210  
85 Lawler Road  
West Hartford, CT 06117  
[hartford.cwc@uconn.edu](mailto:hartford.cwc@uconn.edu)  
860-570-9288

Undergraduate Building, rm. 210  
West Hartford, CT 06117



**Counseling  
& Wellness  
Center**

*CWC promotes a holistic, preventative, and solution focused approach through its Counseling, Career, and Academic services, in an effort to support students in achieving their personal, academic, and career goals.*

**UConn**  
UNIVERSITY OF CONNECTICUT

# COUNSELING & WELLNESS CENTER (CWC)

## C COUNSELING SERVICES

*The CWC provides students with the following personal counseling services:*

- ◆ Individual counseling
- ◆ Support groups
- ◆ Community referrals
- ◆ Health & wellness resources

Students who would like to schedule counseling appointments are asked to complete (2) forms: 'Informed Consent Form', and 'Student Information Form' prior to the initial counseling session. The forms can be printed off the CWC website.

It is highly recommended that students schedule counseling appointments by contacting the CWC via phone, email or in person. Should an emergency situation arise that is life-threatening, students should call 911.

All verbal and written communication derived from the counseling office is kept confidential, except for the (4) 'limits of confidentiality' clauses below:

- \* If you are a danger to yourself or others.
- \* If you are so gravely disabled that you are unable to care for yourself.
- \* If you report the abuse or neglect of a minor child or dependent elderly person.
- \* If a court mandates the release of your record.

## A CADEMIC SERVICES

*The CWC provides students with the following academic services:*

- ◆ Note-taking methods
- ◆ Study tips
- ◆ Test-taking strategies
- ◆ Stress/time management techniques

Students who would like additional academic support during the semester may contact the CWC for assistance.

In addition, to individual sessions, the CWC coordinates an 'Academic Skills Workshop Series' during the semester to aid students who are struggling with academic challenges.

The CWC recommends that students discuss their academic issues with their professors, as well as utilize the campus Writing Center and Q Center.

## C CAREER SERVICES

*The CWC provides students with the following career services:*

- ◆ Career exploration process
- ◆ Program major selection
- ◆ Interest & values testing
- ◆ Campus resources & references

Students who are undecided about their majors or career goals may contact the CWC for assistance. The CWC refers students to appropriate career resources to address career issues including internships and employment opportunities.

Students may call, email or stop by the CWC to schedule appointments. Group workshops may be available as well.

Also, the CWC recommends that students visit the campus library to utilize their diverse collection of career books and references (located directly opposite of library entrance). There are reference books available to use in the library, and many career books may be signed-out to read at your leisure.

In addition, the Center for Career Development (Storrs campus) is available to all Greater Hartford students. Please check out their website at [www.career.uconn.edu/](http://www.career.uconn.edu/) for information about their comprehensive career resources and services.

Welcome



Robin Shefts LPC  
Associate Director

*"Life is not merely to be alive, but to be well."  
-Marcus Valerius Martialis*

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