The mission of the Student Counseling Center is to enhance human development and maximize students’ problem-solving and decision-making capabilities so that they can make more effective and satisfying life choices. In accordance with this mission, the Student Counseling Center acts to support and enhance the personal, social, and intellectual functioning of Oklahoma State University students. Resources include a broad spectrum of developmental, remedial, and preventive services.

www.okstate.edu/ucs/CounselingService

001 Cordell North
Stillwater, OK 74078
405-744-5472 phone

M-F 8:00 am – 12:00 noon & 1:00 pm – 5:00 pm

If you are in crisis, an on-call counselor is available during business hours (405-744-5472) and after hours through the OSU Police (405-744-6523).

Groups will start a few weeks into fall semester. Call 744-5472 for more information.

missions statement

Groups for Fall 2010

Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Affirmative Action with Respect to Handicapped Act of 1973, and other Federal laws and regulations, does not discriminate on the basis of race, color, national origin, sex, age, religion, disability, or status as a veteran in any of its policies, practices or procedures. This includes but is not limited to admissions, employment, financial aid, and educational services. Title IX of the Education Amendments and Oklahoma State University policy prohibit discrimination in the provision of services or benefits offered by the University based on gender. Any person (student, faculty or staff) who believes that discriminatory practices have been engaged in based upon gender may discuss their concerns and file informal or formal complaints of possible violations of Title IX with the OSU Title IX Coordinator, Director of Affirmative Action, 408 Whitehurst, Oklahoma State University, Stillwater, OK 74078, (405) 744-5371 or (405) 744-5576 (fax).
FAMILY STRESS GROUP
For students with a family background that includes any of the following: alcohol/substance use, divorce/separation, poor communication, rigid rules, abuse, or neglect.
This group will help individuals provide and receive support, identify family patterns of dysfunction and effects of dysfunction, learn better coping skills and boundaries, and improve current relationships.

SOCIAL RELATIONSHIPS GROUP
For students dealing with social anxiety or social adjustment issues and wanting to improve their social skills.

PATHS OUT OF ANGER GROUP
A supportive group that will provide a place for members to explore the dynamics of anger and learn healthy coping skills.

BIOFEEDBACK TRAINING/STRESS MANAGEMENT GROUP
The purpose of this group is to provide biofeedback training that will assist in regulating each individual's level of stress. Biofeedback is the use of various technologies to provide insight into physical cues our bodies provide us regarding the level of stress we are experiencing.

W.I.S.E. (WOMEN, IMAGE, AND SELF-ESTEEM)
Would you like to feel better about yourself and your appearance? Do you wish you weren't such a perfectionist? Does the number on the scale determine your self-worth? Is it never enough no matter how much you do?
W.I.S.E is a four-week psycho-educational program for any woman interested in changing how she values herself. If you'd like to feel less controlled by your appearance or what others think, then this group may be for you.

SELF-ESTEEM GROUP
Do you lack self-confidence and have difficulty with self-acceptance? Are you socially needy?
If you answered “yes” to these questions, your self-esteem may need a boost. You could benefit from participating in the Self-Esteem Group.
This group offers a supportive environment where you can interact and share with other students who have similar concerns.
The group is designed to be interactive and will focus on how self-esteem impacts various aspects of one's life, some behaviors of persons with low self-esteem, and techniques and strategies that are effective in improving self-confidence, self-acceptance, and self-worth.

SOLDIERS TO STUDENTS GROUP
For current and former military service members focusing on transitions and adjustment to student and civilian life.
The group is intended to provide mutual support, learn improved coping and stress management strategies, and process military experiences.

ALL GROUPS ARE FREE AND CONFIDENTIAL.
AVAILABLE TO CURRENTLY ENROLLED STUDENTS OF OSU AND NOC.
Please contact the SCC by September 30th to schedule an initial appointment.