

# STUDENT COUNSELLING SERVICES

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*"Counselling is a special kind of conversation in which the counsellor **listens to your concerns**, and **helps you to clarify issues** which may be unclear and **assists you to find your own solutions** to problems in a confidential and non-judgmental environment."*

AAPoly's counselling service aims to support students with the various challenges they may experience living and studying in a new environment. Our Student Counsellors are experienced and professional and are available for confidential face-to-face, email or phone counselling and support.

**There is no cost for this service, and it is confidential.**

## **Confidentiality**

Whatever you and the counsellor discuss will be treated with professional confidence. Even the fact that you have attended the counselling service is treated confidentially. Your contact with the counselling service is not recorded on your academic records.

For many international students Counselling Services may not be common in your home country. However, student services in Australian Institutes usually include a Counselling Service.

The experience of living away from home and studying overseas can be very stressful. Many international students attend the Counselling Service while studying here.

## **Difficult Circumstances**

In addition to the normal problems you may face, difficult circumstances sometimes occur such as:

- Feeling lonely, isolated or homesick
- An upsetting event or personal difficulty (for example, an accident or family issues)
- Difficult life decisions
- Cultural differences
- Pressure to achieve high marks
- Sleep disturbance

Students are able to arrange face-to-face interviews: Monday - Friday, 9:00am - 5:00pm. Feel free to make an appointment in the following ways:

**Melbourne:** AAPoly Reception at 628 Bourke St, Level 7, or call +61 3 8610 4100

**Sydney:** AAPoly Reception at 333 Kent St, Level 7, room 7.02, or call +61 2 92245593

**Email:** [studentcounsellor@aapoly.edu.au](mailto:studentcounsellor@aapoly.edu.au)