

STUDENT COUNSELLING SERVICES

"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."

There is no cost for this service and it is strictly 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 at AAPoly.

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

If you are experiencing any of these, feel free to visit us on Level 7 at the Bourke Street campus.

You can also email your enquiry or request an appointment at Reception at Bourke Street campus.

Our counselor is:

Angela RIVERA

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