Welcome to Penn State University

Counseling & Psychological Services (CAPS)

New Graduate Student Orientation
Fall 2017
Joys of Grad School

- You chose this next step of your life
- You get to focus in on the specific field/area of major interest to you
- You are fully recognized as an adult
- Opportunity to make close lifelong friends with common interests
- Varied mix of classes, work, collaborations
- Develop relationships and work closely with mentors
Challenges of Grad School

- Expectations for high academic performance
- Financial pressures
- Need to develop new friends/supports
- Might experience Imposter Syndrome
- Time management (classes/assistantship/job/partner/family)
- Possible limits of current coping skills/strategies
- Living on your own/new roommates
- Moving to new place/state/country
Who we are and how to reach us:

Center for Counseling and Psychological Services (CAPS)

Office: 501 Student Health Center
Hours: Mon–Fri 8am.–5pm.
Phone: 814–863–0395
http://studentaffairs.psu.edu/counseling/
What is CAPS?

- Counseling/mental health center
- For Penn State students (Undergrad to post-doc but *not* staff or faculty)
- Staffed by licensed professionals and advanced trainees under supervision
- We serve ALL students—inclusive and welcoming to everyone
What does CAPS do?

- Provide short-term individual counseling—up to 9 sessions (first 6 are free) for a variety of issues

- Provide ongoing semester-long process groups of all types

- Provide short 3–4 session clinics & one-time drop-in workshops

- Provide longer term individual therapy for some issues
What does CAPS do (cont’d)?

- Help connect you with campus & community resources
- Couples counseling
- Crisis intervention & planning
- Psychiatric services
- Outreach & Consultation (come to classes; consult around difficult student issues)
Guidelines

- Services are **Confidential** -- unless a student signs a specific release of information

- CAPS is a short term agency

- Students with long term needs are referred privately, to Psych Clinic, or to county services

- Crisis services during our *open* hours – crisis phone service for after hours & weekends
How CAPS works:

- Call 863–0395 to schedule a screening call
- Next step if need/want more:
  Schedule first Appt. w/in 2 weeks or
  Urgent session if needed ➔ ➔

- Individual Short Term Counseling
- Group Therapy
- Psychiatric Services (Medication Evals)
- Outreach Services—Workshops
- Referral & resources
CAPS Groups & Clinics

- General Interpersonal Therapy groups (grad only)
- Women’s and Men’s Therapy groups
- Depression Group
- Stress Management Group
- Anxiety Group
- Eating disorder recovery group
- Discussion/Support Groups

- Short-term clinics: Anxiety, stress mgmt, perfectionism, mindfulness, battling the blues
Discussion/Support Groups

- LGBTQA
- Students of Color Empowerment
- International Student
- Women’s empowerment
- Students on the Spectrum
- Loss/grief
Other resources:

- **CAPS CHATS** — set up for 2 hours in different dorms and in law school for non-urgent drop-in consultation
  - (fall schedule TBD)

- **LIFE HACKS** — 1 hour drop-in workshops on range of helpful topics
  - Mondays and Tuesdays 4–5pm in room 204/5 SHC
CAPS online resources

- Our website:
  - http://studentaffairs.psu.edu/counseling/

- Videos—on coping skills, assertiveness, healthy relationships, test anxiety...
  - http://studentaffairs.psu.edu/counseling/services/videos.shtml

- Welltrack—
  - http://studentaffairs.psu.edu/counseling/well-track.shtml
CRISIS RESOURCES

- CAPS— for walk/call-ins open Mon–Fri 8–5pm located at Student Health Ctr on 5th floor

- After hours & weekend crisis:
  - Penn State call–in Crisis Line: 1(877)–229–6400
  - Crisis Textline—text LIONS to 741741

- 863–1111 Police Services on Campus
- 911– emergency police/fire/ambulance
The End