

## Practical Tips for Making a Referral

1. Feel free to consult with the Counseling and Testing Center staff before and/or after you speak with the student.
2. Arrange a private time to talk with the student.
3. Discuss the specific things that you have seen that concern you.
4. Let the student respond to your concerns.
5. Re-emphasize your care and support, regardless of how he/she responds. Listen.
6. You may mention that other students may struggle with similar issues and that the multiple stressors associated with attending college can be overwhelming.
7. If appropriate, mention that there are people on campus or in the community who can help. Counseling services are free. Students do not have to struggle with their issues on their own. Seeing a counselor does not become part of their academic record.
8. Give the student the contact information for the Counseling and Testing Center.
9. Remember, you cannot make students get help. The best thing you can do for them is to be supportive, inform them of the available resources, and bring in others who can help.
10. Visit the webpage at <http://www.uakron.edu/counseling> for resources such as ULifeline and HalfOfUs.

## Counseling and Testing Center

The Counseling and Testing Center is a comprehensive psychological service center, that provides personal counseling, career counseling and testing services to University of Akron students. Counseling services are free and confidential for currently enrolled students. The counseling staff includes licensed psychologists, and doctoral level psychology trainees. The Center is accredited by the International Association of Counseling Services and the training program is accredited by the American Psychological Association.

### Consulting with the Staff

If you are concerned about a student please, feel free to give us a call and consult. We will be happy to talk with you about a possible course of action and how to best help your student. Just call 330-972-7082 and ask to consult with a staff member. In the case of an urgent situation where you might want to walk a student over to our office, please call ahead, if possible, so that we can make sure there will be someone to meet you when you arrive.

### Location

The Counseling and Testing Center is located in Simmons Hall - 306. Appointments may be scheduled by calling 330-972-7082. Visit the webpage <http://www.uakron.edu/counseling> for information.

The  
University  
of Akron

## Counseling and Testing Center



## When and How to Refer Students for Counseling

### A Guide for Faculty and Staff

**Simmons Hall  
Room 306  
The University of Akron  
Akron, Ohio 44325-4303  
330-972-7082  
Fax 330-972-5777**

<http://www.uakron.edu/counseling>

As a University of Akron faculty or staff member, you are in a unique position. Students may look to you as a role model and as a resource for help with their problems. You play a significant role in student retention and success.

Because of this unique position, you will often be the first one to recognize signs of distress in a student.

This guide is designed to introduce you to the services of the Counseling and Testing Center to help you identify some resources for the student, and to give you information on how to refer students for counseling.

## SIGNS OF STUDENT DISTRESS

Some common signs of student distress which warrant a referral to the Counseling and Testing Center include:

- \* Depression or references to suicide
- \* Significant life changes or crises
- \* Academic struggles
- \* Sudden changes in behavior patterns
- \* Additional significant issues

### I. DEPRESSION OR REFERENCES TO SUICIDE

Most of us have experienced brief episodes of depression in our lives. However, depression which lingers and interferes with normal patterns of functioning is likely to require professional intervention. Some common signs include:

- \* Persistent feelings of sadness
- \* Problems with eating or sleeping
- \* Social withdrawal

*Depression or references to suicide (continued)*

- \* Feelings of helplessness and worthlessness
- \* Chronic feelings of fatigue
- \* Difficulty concentrating and remembering
- \* Crying at unexpected times

### 2. SIGNIFICANT LIFE CHANGES AND CRISES

Life presents us all with sudden unexpected changes of crises and discussing them with a professional does help. Examples of such issues include:

- \* Death or illness of family member or friend
- \* Divorce of parents
- \* Breakup of significant relationship
- \* Inability to accomplish an important goal
- \* Other traumatic experiences

### 3. ACADEMIC STRUGGLES

Psychological conflicts and learning problems may impair a student's ability to learn. Examples include:

- \* Excessive fear of criticism and/or rejection
- \* Perfectionism
- \* Incapacitating test anxiety
- \* Distractibility or inability to focus
- \* Procrastination or loss of motivation
- \* Learning disabilities
- \* Under-developed study skills

### 4. SUDDEN CHANGES IN BEHAVIOR PATTERNS

Changes in a person's familiar patterns of functioning are often a sign that other problems exist. Behavior changes that may be concerning include:

- \* Withdrawal from campus community and other support systems
- \* Mood shifts
- \* Agitation and restlessness
- \* Unexplained absences from school or work
- \* Recurrent physical ailments
- \* Destructive use of alcohol or other drugs

### 5. ADDITIONAL SIGNIFICANT ISSUES

Students face many potential problems, all of which may not be covered in this brochure. These other issues include:

- \* Eating problems
- \* Sexual assault (see *Title IX resources for more information, <http://uakron.edu/title-ix/>*)
- \* Alcohol/drug abuse
- \* Family problems
- \* Discrimination or other forms of oppression

A word cloud containing the following terms: relationship difficulties, family issues, self-esteem, career anxiety, study skills, depression, stress, uncertainty, and sexuality.