University Counseling Center (UCC)
Who Am I?

• Sangmoon Kim
• Counselor at UCC
• Ph.D. in Clinical Psychology, Syracuse University
• International student from Korea
University Counseling Center (UCC)

- Counseling?
- “the provision of assistance in resolving personal, social, or psychological problems, especially by a professional”
- Services include individual, group counseling, and consultation
• Can’t fall asleep at night
• Feeling too nervous about presentation
• No motivation for school
• Feeling unhappy
• No direction for life
• Life is good!
Where & When?

Room 264, Old O’Connor

9am – 5pm, Monday-Friday
Call 777-2772
Or
Come in person

Urgent same day appointment
2-4pm, Mon-Fri
• Confidential & Free Services
• Information you provide/share in counseling/psychotherapy is protected by law so that it is not released to anybody without your permission
• Some limitations, including danger to oneself or others
Q 1

What are **top 3** challenges international students commonly experience while attending college in the U.S?
Q 2
• You are invited for informal party (e.g., holiday dinner) by your professor. Your professor says that party will start at 6pm. When would you arrive for the party?
1) 5-15 minutes early
2) Exactly 6pm
3) 5-15 minutes late
4) Never show up
Q 3

• What is Super Bowl?
Together

- International Students Support Group
- international students get together to help and support each other
- Tuesdays, 3:30-5pm, UU 121
- First meeting on 1/23!!