UNIVERSITY COUNSELING

University Counseling Services (UCS) is committed to providing a range of services intended to help currently enrolled DePaul students remove barriers to academic and personal success by addressing emotional, psychological, and interpersonal concerns.

UCS provides group counseling, personal growth-oriented workshops, time-limited individual psychological counseling, psychiatric evaluation, and crisis management services. Sometimes a skill-building workshop or small group counseling experience is the most effective intervention given a student’s presenting concerns.

UCS has a diverse, caring, and competent professional staff that works from a variety of theoretical perspectives. Some students find that talking to a counselor once is sufficient to resolve their immediate concern. Our counselors can help you in a variety of ways because they are excellent sounding boards, compassionate listeners, and skillful experts in the problems of living. If further services would be beneficial, these will be discussed and recommendations will be made by the counselor.

UCS offers primarily short-term counseling and provides referrals and linkages to community providers when students could benefit from longer term services.

Co-Curricular Learning Outcomes

As a result of participating in University Counseling programs and services, students will be able to:

- Develop skills for coping, communication, self-care, and responsible decision-making.
- Identify and make progress on their personal goals.
- Identify and navigate resources both within DePaul University and within the surrounding community in order to remove barriers to academic or personal success.
- Enhance their self-awareness, self-worth, and emotional health.