



كلية الموسى للعلوم الصحية
AL MOOSA COLLEGE OF HEALTH SCIENCE

Counseling Services Unit Handbook

Almoosa College of Health Sciences

Introduction

The Counselling Services Unit is committed to providing an opportunity for all students to facilitate their college experience and prepare them for life and work environment.

Our purpose is to improve the educational experience and success of students by providing humanistic counselling services addressing personal and academic needs. The Counselling Services Unit promotes the welfare of students and collaborates with them to develop an action plan for success.

Vision Statement

Leadership in providing integrated services of guidance, counseling, psychological, educational, professional, and social programs.

Mission Statement

Our mission is to teach and model for all students the life-long skills of self-regulation, self-management, and effective social engagement.

Ethos

The Counseling Services Unit is adhered to by the rules, regulations, and ethical standards of the college. The counselor must advocate, support, collaborate and ensure that the mission and the vision of the college are met in all the tasks and responsibilities assigned to the unit.

The counselor abides by the laws and regulation of the college ensuring that each student:

- Is treated with respect and dignity.
- Has access to the counselling services.
- Receives support needed to move towards self-motivation and self- development.
- The right to privacy and thereby the right to expect the counsellor/ student relationship to comply with all laws, policies and ethical standards pertaining to confidentiality.
- Has the right to feel safe in the college's environment that the counsellor helps create, free from abuse, bullying, neglect, or other forms of violence.

Access to the Counseling Services

The Counseling Services Unit is introduced to all students during their orientation program as a welcome and support initiation to all students. Students are also visited during their class time for ancillary promotion. Students are encouraged to book an appointment with the counselor in case they are self-driven to initiate and ask for help. Appointments are required to ensure the privacy and confidentiality of the matter discussed.

Walk-in students are welcomed in case of urgency.

Students can also be referred to the counseling unit by the instructors and or the academic advisor stating what the issue is all about for further support.

Confidentiality

The counselor ensures privacy and confidentiality of students. Students have the right to provide the counselor with whatever personal or family information they desire that may help in understanding the problem.

All information students disclose to the counselor remains confidential, and no one else has the right to know it without the students' consent.

Referrals

The Counselling Services Unit makes referrals when necessary or appropriate to outside resources for diagnosis, treatment and follow-up to ensure students' well-being.

Services Offered

a. Academic Skills Development

The Counselling Services Unit provides guidance to students so that they can achieve educational success. Highlighting certain skills needed in students can make their academic life more enjoyable and flourishing. The Counseling Services Unit can assist students in developing skills in time-management, effective learning strategies, forming study plans, test-taking methods, and other skills. This can be done individually or as workshops given to all students.

b. Personal and Social Development

The Counselling Services Unit extends the hand to all students to gain self-awareness and recognition. The impact of this is directly reflected on their lives and community. It is essential for students to have a better understanding of their own feelings and thoughts, so they become more self-confident making influential decisions and plans in their lives.

c. Career Development

The Counselling Services Unit emphasizes on getting students ready to be in the work environment by aiding them in fully understanding the meaning of responsibility, dependability, punctuality, integrity, self-management and effort, and by providing workshops and sessions to sharpen their skills such as:

- Interview Success
- How to write a professional resume
- Development Interpersonal skills
- Developing Soft skills

Counseling

Counseling is recommended for those seeking to:

- Fully integrate into university life
- Enhance their personal abilities
- Improve communication skills
- Learn the tips for success and excellence
- Build self-confidence
- Acquire better time-management skills
- Overcome feelings of fear and anxiety

a. One -to -one Counseling

Individual counseling provides an opportunity to talk with an objective, caring professional person about students' concerns or problems. Concerns discussed range widely, but might include feelings of low self-esteem, anxiety, depression, academic concerns, issues with friends and family, or relationship concerns.

b. Group Counseling

Group counseling provides a way to share difficulties, learn new strategies, practice new behaviors, and get feedback in a safe, supportive environment.

Skill Development Sessions

Students' college experience is challenging since they are shifting from school life to college life. The aim of these sessions is to bridge the gap and support students to get a smooth transition.

The sessions include comprehensive campus Orientation, courses & workshops such as:

1. Developing Soft Skills through games
2. How to overcome College Difficulties and Challenges
3. Time Management Success Guide
4. Mind Mapping and How to Study smarter not Harder.
5. Stress Management
6. Note Taking Skills
7. Winning Attitudes
8. Critical Thinking Skills
9. Communication Skills

Students Role and Responsibilities

Students play a crucial role in achieving the aims of the Counseling Services Unit.

It is their responsibility to respond and attend the scheduled meetings with the counselor upon request in order to fully benefit from the counseling sessions and achieve the aim, which is success and wellbeing.

Contact us

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