Counseling & Testing Center

Comprehensive psychological services to help you succeed in college.

- Personal counseling and psychotherapy
- Career counseling/career decision making
- Educational counseling
- Groups and workshops (study skills, wellness)
- Stress management/biofeedback
- National Tests (ACT, CLEP, LSAT, etc.)
- ADHD, LD, career, and personality testing
- On-campus and correspondence proctored exams

The Counseling and Testing Center is accredited by The International Association of Counseling Services (IACS).
Wellness
- Manage your stress better
- Adapt to life as a college student
- Understand yourself and your family
- Decrease anxiety and depression
- Deal with discrimination and oppression
- Recover from trauma
- Discuss your choices about alcohol/drugs (use website programs: E Chug and E Toke)

Career Counseling
- Decide on a college major and find the right career for you
- Use on-line career guidance software (SIGI-3 and O*NET)

Self & Relationships
- Build your confidence
- Communicate and relate effectively with others
- Improve romantic relationships
- Understand diversity issues

Academic Performance
- Earn better grades
- Learn new study techniques, manage your time better, and stop procrastinating
- Decrease your test anxiety

What Can The CTC Offer You?
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The Counseling & Testing Center offers free and confidential psychological services to currently enrolled students

A diverse staff of licensed psychologists and doctoral trainees provide counseling, assessments, outreach and consultation to the university community. Testing personnel administer a variety of national and on-campus tests.

www.uakron.edu/counseling