



## Student Services Counseling Center

*Where students are assisted with academic, career, and personal needs.*

**Greetings from the NTC Counseling Center. The counselors at NTC are available to help guide, support, and assist students with academic, personal, and career needs. Throughout the year, we will be sharing information on a variety of topics. Student support is our priority. We look forward to helping you.**

## Myths About Counseling

Counseling is something that is misunderstood by many people. These are some common myths about counseling:

**Myth 1:** Counseling is only for people who have serious emotional problems.

**Fact:** Only a very small percentage of our clients have serious emotional problems. While counseling does deal with people who have emotional problems, it can also help the following:

- Individuals who have difficulty with self-esteem, communication, or assertion.
- Individuals having academic problems, difficulty in test-taking and/or test anxiety.
- Students having difficulty juggling school, work, and other responsibilities.
- Students trying to adjust to their new surroundings.

Most students work through some areas of concern that are disrupting their lives in some way. It is *smart* to utilize the resources available to you.

**Myth 2:** Seeking counseling is a sign of weakness.

**Fact:** There is nothing weak about a person who seeks counseling. In fact, it takes strength, insight, and courage to confront problem areas, or areas you would like to improve. The individuals who enter counseling are taking the first step in resolving their difficulties. They are taking responsibility for their lives.

**Myth 3:** The counselor will “fix” your problems.

**Fact:** Counseling is not a “quick fix” cure to your problems. The counselor is there to help you explore your feelings, thoughts, and concerns; to examine your options, and to assist you in achieving the goals you have set.

**Myth 4:** Counseling is too expensive for me, and it goes on forever.

**Fact:** Counseling rates vary. Our Counseling Center will work with you on assessing your mental health needs, and will assist you in finding an affordable counseling service if you decide that you need a referral to a private practice.

Myths About Counseling  
Northcentral Technical College Counseling Center  
715.675.3331, Ext. 4850  
Hours: M-F, 8am-5pm  
After hours by appointment

**Myth 5:** The counselor cannot understand you unless he/she has had similar experiences or is of the same background.

**Fact:** Counselors are trained to listen carefully and respect individual differences and life experiences including the specific concerns of students with regard to the following:

- gender
- racial/ethnic or cultural diversity
- disability
- religion
- age
- sexual preference/orientation
- socioeconomic issues

**Myth 6:** “No one is going to tell me what to do!”

**Fact:** The task of the counselor is definitely *not* to tell you what to do. Instead, your counselor will help you explore solutions to your concerns. Once you have chosen your goal, your counselor can help you get there.

**Myth 7:** If I go for counseling, all my professors will know my problems.

**Fact:** Your counselor will keep all information you share with him/her confidential. This means even the fact that they have met with you will not be told to anyone (including parents, professors, and family) without your permission. Your counselor will discuss the limits of confidentiality as you begin the first meeting.

**Myth 8:** The fact that I’ve gone for counseling will become part of my academic record.

**Fact:** Counseling records are kept separately from academic records and are protected by law. Release of any information is permitted only after a student provides written consent, or there is a subpoena or court order. You can discuss any concerns about this at your first visit.

**Myth 9:** Counseling doesn’t work. I’ve tried it already.

**Fact:** The counseling process looks different with each counselor, for each problem, so always try again.

**Myth 10:** Change is simple.

**Fact:** Important changes often take time and energy in order to occur. Counseling may not provide a “quick fix” to your problems, but it can be a useful part of working toward meaningful and successful life change.

Deb Carli Graff, Erica Maleski, Dan Nowak, and Barb Weyenberg are proud to serve as NTC counselors. If you would like to see one of them, please contact the Student Services Counseling Center by calling 675.3331, Ext. 4850.