

First Counseling Appointment

We understand that there may be a level of discomfort in seeking counseling at the Center for the first time, so we want to put your mind at ease with the process of your first appointment. We have outlined what you can expect when establishing services, but please feel free to reach out via phone or email with additional questions.

1. Schedule Your First Appointment

- a. There are two different ways to schedule your initial appointment, through our online scheduling platform (recommended) or come to our office during walk in hours. You will be assigned a counselor based on your availability.
 - i. **Details for Online Scheduling**
 1. Visit our website-follow instructions provided to VPN if you are not at an on-campus computer.
 2. You will be required to read over and sign the consent for services form prior to viewing available times. If you do not sign the consent form, you are unable to proceed to scheduling (the consent form must be signed regardless of scheduling online or walking in).
 3. We provided limited online scheduling slots, so if you do not see an appointment, you can stop in during walk-in hours to check availability for an initial appointment.
 4. On the day of your appointment, you will still need to arrive 5-10 minutes before your appointment start time to complete the remaining initial appointment paperwork.
 - ii. **Details for Walking in**
 1. Appointments during walk-in hours are on a first-come, first-serve basis.
 2. Appointments slots are held at the top-of-the-hour and half-past the hour (ex: 2:00pm and 2:30pm).
 3. Students typically need 15-20 minutes to complete all the required paperwork, so that should be taken into consideration when selecting a time; for example, if you show up at 2:30pm for an appointment, your appointment would be at 3pm, if available, to allow time to complete the paperwork.

2. Initial Appointment Details

- a. Your assigned counselor will come to the waiting room, call your name, introduce themselves, and bring you to their office.
- b. Your counselor will review confidentiality and share what you can expect to discuss at this appointment, which may include:
 - i. The concern or concerns that prompted you to schedule
 - ii. How your life is currently or has been impacted by these concern(s)
 - iii. Options for treatment and goals
 - iv. Next steps
 - v. Questions you have
- c. **Note:** Your initial appointment is not a therapy session, meaning work toward your goal(s) does not occur at that appointment.
- d. After all questions are answered, your appointment will end, and you will take the next step discussed.