



Counseling Services

Supportive Counseling

College students are faced with many choices and challenging situations. Counselors are available on campus to help with concerns which may arise such as:

- Coping with personal issues that are interfering with academic success
- Setting goals and priorities
- Establishing strategies and patterns that lead to success
- Transferring to a four year college
- Accessing resources to help strengthen academic and life skills

SUNY Adirondack Counselors present workshops throughout the academic year in areas such as time management, study skills, note taking, transferring, conflict management, stress management, healthy relationships, and substance abuse and addiction. They facilitate groups each semester which may include Mindfulness/Meditation, Empowering Relationships, Students in Recovery, and Lifelong Learner Support. The Counseling Staff also addresses student retention, reaching out to work individually with students who live on campus and are struggling academically.

Counselors can assist students in their attempt to reduce symptoms of distress and increase positive coping strategies. Short-term, supportive counseling is available as well as referral to community services.

All students are eligible for services and can find our office on the upper floor of Washington Hall. Appointments can be made by calling the office at 518-743-2278 or by stopping in to see our receptionist between 8am and 4pm. Evening hours are available weekly and should be scheduled by appointment.

Source URL: <https://catalog.sunyacc.edu/student-services/counseling>