

# Student procedures for using the counseling information form

\*This form is only for students who have not used the counseling services before at Tunxis

1. You can access an information form either from the Tunxis Community College Counseling web-site or at counseling/advising office.

<http://tunxis.edu/offices-departments/academic-advising-and-counseling/>

2. You need to bring the completed form in a sealed envelope (one can be provided at the desk) to the counseling/advising office. Please put your name on the outside of the envelope.
3. Make an appointment with the counseling/advising secretary for an available counselor at the front desk.
4. The secretary will give the counselor your information before you appointment.
5. The sealed envelope will be kept in a drawer until it can be given to the appropriate counselor and locked in a drawer when the office is closed.



Below is a list of common concerns that individuals have. Please mark those that currently apply to you:

- Career decisions/change
- Work concerns
- Anger or irritability
- Fear, worry
- Loneliness
- Depressed mood
- Eating or weight concerns
- Victim of violence
- Suicidal thoughts or behavior
- Alcohol/other drugs
- Anxiety or panic
- Medical issues
- Abuse (emotional, sexual, physical)
- Gambling problem
- Sleeping problem
- Trouble concentrating
- Confusing, disturbing thoughts

- Rape/Assault
- Low self-esteem
- Gay/lesbian/bisexual concerns
- Financial concerns
- Relationship concerns
- Spiritual/Religious
- Time management
- Divorce, separation
- Sexual concerns
- Pregnancy
- Cultural, racial, ethnic concerns
- Self-injurious behavior
- Food or housing concerns
- Grieving/Loss
- Trouble balancing responsibilities
- Other concern not listed

Please briefly describe any concerns or issues that you would like to explore during your appointment:

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Please list what you do for relaxation:

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\*Confidentiality does have limitations and does not apply in the following circumstances: if a student discloses knowledge of child abuse; disabled person or elder abuse; you are assessed to be a danger to yourself or someone else; ordered by law; and if directed by the student to disclose information.

Please initial after reading \_\_\_\_\_

**Please return this form in a sealed envelope to the counseling/advising center prior to your appointment.**