

# Center for Student Well-Being

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The Center for Student Well-Being (CSW) strives to instill an institutional culture of support and awareness by providing services that encourage personal growth and a sense of belonging for every student by providing holistic services that promote the wellness and success of the student body. Counselors partner with students to identify goals and skills that will help them become successful both inside and outside of the classroom.

When meeting with a counselor, students will have the opportunity to grow and develop an individualized education plan to achieve academic success. Services available to students are:

- Academic Skill Building (e.g., study strategies, time management, test anxiety)
- Events and Presentations on Current Topics
- Personal Skill Building (e.g., stress reduction)
- Resource Connection (access to on campus and off-campus resources, e.g., food, housing)
- Support for Students on Academic Probation or Returning from Academic Dismissal