Why do I have to fill out an intake form?
On your initial appointment at the office of counseling and wellness, you will be asked to fill out a brief intake form. This form will ask background information that will be helpful in starting the counseling process. All information is confidential and private and cannot be accessed without your permission.

How does counseling work?
Counseling is a process you that allows you to learn about yourself and address various concerns or problems you may need help with. There are different forms of counseling modalities used to best help you work through your concerns. In order for counseling to work, you must be committed and put effort into the process.

Are sessions private and confidential?
Your visits to office of counseling and wellness are confidential. The information you share in session is confidential and private. Visits are not a part of your official college record. Information can be disclosed to a third party only with your consent and by filling out an authorization for release of confidential information.

What if I have to cancel an appointment?
Please call the office in advance to cancel your appointment. This will allow us to use the time for another student who may need services. Also please arrive on time for your appointment. If you are running late, please call the office at 718-429-6600, ext. 350.

How long are the sessions?
Individual and couples sessions typically run 45-50 minutes. Group sessions run from 60-70 minutes.

How often will I be seen?
Sessions are usually scheduled once a week, but this varies depending on the need.

How much does counseling cost?
Counseling services are free to all Vaughn College students.

How long will I be in counseling?
OCW provides short-term counseling, which typically doesn’t exceed 8 sessions. If a student requires more sessions, a referral to an off-campus provider will be made.

Suppose I have a psychological crisis?
If you have an emergency, please come to office of counseling and wellness: main building room 106, ext. 350. If there is an emergency after 5 p.m. weekdays or on weekends, call 718-429-6600, ext. 130 (main campus) or ext. 300 (residence hall).
What are the benefits of counseling?

- Identify your stressors.
- Obtain support and guidance.
- Feel empowered and discover your strengths.
- Become more aware about destructive and self-defeating behaviors.
- Work through your problems with a skilled, compassionate professional.
- Identify and work on goals (academic, personal, career, relationships).
- Discover one’s strengths and purpose in life.
- Develop improved coping skills and strategies.
- Improve your self-esteem and develop self-acceptance.
- Understand your responses to different situations and learn to make choices that improve your life.