

## For information on SAD:

Norman E. Rosenthal, M.D.

*Winter Blues: Seasonal Affective Disorder—What It Is and How to Overcome It*  
1/800-FIX-BLUES or Guilford Press at 1/800-365-7006

Society for Light Treatment  
& Biological Rhythms (SLTBR)  
PO Box 478  
Wilsonville, OR 97070  
503/694-2404

The SunBox Company  
19217 Orbit Drive  
Gaithersburg, MD 20879  
800/548-3968

## Someone to talk to

### Free student counseling service can help

Stress and depression are no strangers to college students. But unfortunately, help often is a stranger. Students who need someone to talk to—about practically anything—might think they have nowhere to turn.

But they do. Iowa State's Student Counseling Services offers free and confidential counseling to students in a wide range of areas, including relationship problems, stress, emotional problems, career decisions and substance abuse.

It is common to think of counseling as "only for people with serious problems." But any problem is serious enough for the professional staff. Here are some facts students should know about SCS:

- Student counseling services are free to students.
- The staff at SCS is professionally trained. Most hold a doctorate, master's or other degree in counseling. Other staff positions are held by graduate students and trained community members.
- Students can seek one-on-one, individual counseling or group counseling; some seek both. A center official said that most students make about four one-on-one visits to tackle a problem.
- Group sessions meet regularly throughout the semester. There are groups that discuss substance abuse, eating disorders, sexual abuse and stress/relaxation, among others. Sessions are usually headed by two psychologists.
- Nonstudents can join in on sessions if they are related to a student's problem. For example, a couple that is having relationship difficulties can attend counseling together.
- To set up an appointment, students can call the center at 294-5056. The center is on the third floor of the Student Services Building. The initial visit takes about 25 minutes. It consists of a screening interview which helps the staff make sure patients are referred to the proper place.
- SCS offers a two-hour career-planning seminar called Career Awareness Through Self-assessment (CATS). It also offers a career-counseling computer program called "Discover" that matches values and skills to occupations. Individual career counseling is also available.
- The center also administers several tests, including the TOEFL (Test of English as a Foreign Language), GRE, CLEP and ELSAT. There is a fee for some tests, but the maximum fee for one semester is \$10.

- Ahnalee Luchtel