



Welcome to TAMS Counseling Services

YOUR PARTNERS IN STUDENT WELL-BEING AND SUCCESS

Patrick Turnock, Ph.D. (he/him)

- ▶ Licensed Psychologist
- ▶ Full-Time TAMS Counselor
- ▶ Office: Sage Hall 390A



Cassandre Jean-Ceide (she/her)

- ▶ Advanced Practice Ph.D. Extern
- ▶ TAMS Counselor
- ▶ Office: Sage Hall 390C



McKenzie Watson (she/her)

- ▶ Advanced Practice Ph.D. Extern
- ▶ TAMS Counselor
- ▶ Office: Sage Hall 390B



Our Mission

- ▶ Support the whole student: academically, emotionally, socially
- ▶ Foster resilience, growth, and lifelong skills



What we offer:

1) Individual Counseling

► Confidential, one-on-one support for any concern

- Adjusting to College Life
- Academic pressure and perfectionism
- Homesickness and relationships
- Mental health and self-care



Common Sources of Stress

Transitioning to TAMS

- Roommates
- Studying
- Time management
- Food

Adulting

- Juggling responsibility
- Freedom

Life crises/unexpected circumstances

Anxiety

- Worrying about grades, exams, achievement
- Family pressure to succeed

Life decisions

- College major
- College selection
- Career interests
- Life direction

Adjustment issues

- Loneliness
- Not fitting in
- Making friends
- Missing friends, family, high school

Concerns about personal wellness

- Study habits
- Sleeping habits
- Eating habits
- Emotion regulation
- Work-life balance

Frequent Reasons for Attending TAMS Counseling

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- ▶ Seminars and workshops to Promote growth and wellness:
 - ▶ Stress Management
 - ▶ Time Management
 - ▶ Performance Optimization
 - ▶ Healthy Relationships
 - ▶ Self-Care

A close-up photograph of a person's hand, wearing a light blue shirt, placing a white wooden block with a red diagonal stripe onto a dark wooden table. Several other similar blocks are already on the table, some standing upright and some lying flat. The background is blurred, showing more of the person and the table.

What we offer:

3) Assessment Services

- Provide clinical, cognitive/achievement, personality, and/or vocational assessment services to TAMS students to best address their needs

Our Approach



- ▶ Confidential, nonjudgemental, student-centered
- ▶ (TAMS Counselors do not report disciplinary issues to administration) or “dock” students for points)
- ▶ Strength-based and proactive
- ▶ Collaboration with staff, family

How to Schedule

Online (via Navigate)

Email request (TAMS.Counseling@unt.edu)

TAMS staff

TAMS students will be fully informed about counseling services and procedures during the fall orientation