



TAMS Counseling Services

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DIRECTOR

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

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



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- ▶ Advanced Practice Ph.D. Extern
- ▶ TAMS Counselor
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McKenzie Watson (she/her)

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



What we do:

Counseling Services

- ▶ Provide individual and group counseling services to TAMS students for a wide array of presenting concerns
- ▶ Common concerns include:
 - ▶ Adjustment to College
 - ▶ Stress Management
 - ▶ Identity Exploration
 - ▶ Concerns Surrounding Friends
 - ▶ Emotion Regulation
 - ▶ Decision-making
 - ▶ Perfectionism
 - ▶ Trauma
 - ▶ Depression
 - ▶ Anxiety (general/social)



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- ▶ Promote growth and wellness across many areas such as:
 - ▶ Communication skills
 - ▶ Time management
 - ▶ Performance optimization
 - ▶ Adaptive coping strategies
 - ▶ Mind-mapping
 - ▶ Mindfulness
 - ▶ Grounding
 - ▶ Art therapy

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 other people in similar attire.

What we do: Assessment Services

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

Confidentiality



- ▶ Meetings with TAMS Counselors are confidential
 - ▶ No information shared or put on student's TAMS/UNT records
- ▶ TAMS Counselors do not report disciplinary issues to administration or “dock” students for points



Accessibility

- ▶ **24-hour/7 days a week coverage**
- ▶ Office Suite in Sage Hall 390 and McConnell Hall
- ▶ No fee for services
- ▶ Scheduling
 - Navigate
 - TAMSCounseling@unt.edu
 - Students can be referred by TAMS staff

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

Common Early Concerns

The admissions office
let me in by accident.

I don't know if I made the
right decision to come
here. Maybe I should have
stayed in high school.

"I'm not going to be
able to manage the
academics/studying/
time management."



Common Early Concerns

I don't know anyone here and I'll have problems meeting people and making friends.

Everyone else here is smarter than I am.

I'm really going to miss my family, friends, high school, partner.

My roommate and I might not get along.



Potential Obstacles to Adjustment

Struggling with new friendships, organizations, and activities at TAMS

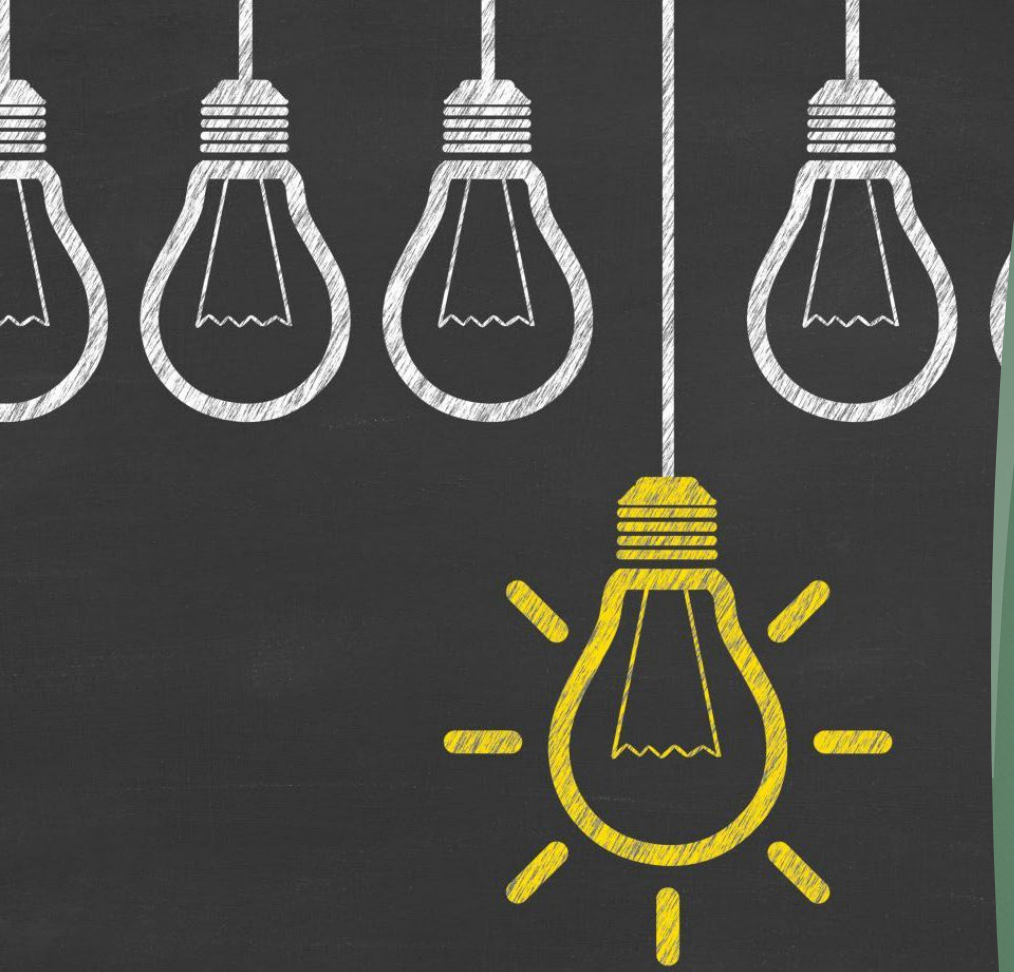
Maintaining only high school connections to the extent that TAMS connections are not made

Avoidant coping

Absolutely no idea about their future direction/goals

Difficulty bouncing back when faced with setbacks

Feeling like coming to TAMS was not the student's decision



Keys to Success at TAMS

- ▶ Allow time to adjust
- ▶ Openness to and engagement in learning needed skills
 - ▶ Academic
 - ▶ Social
 - ▶ Life
- ▶ Pursue balance
- ▶ Adopt a growth mindset
- ▶ Own your education!

How Parents Can Help

- ▶ **Keep TAMS staff informed**
- ▶ **Be aware of how your teen is doing**
- ▶ **Be available to listen to your teen's concerns**
- ▶ **Encourage your teen to seek a solution**
- ▶ **Encourage your teen to seek help and to use TAMS resources**
- ▶ **Encourage your teen to get involved on campus**
- ▶ **Help your teen pursue balance in their life**
- ▶ **Help vs. Enable**
- ▶ **Assess and teach skills over the summer**

The 2-week Principle

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Aug 18	19 Class Begins	20	21	22	23	24
	26	27	28	29	30	31
Sept 1	2 Labor Day	3	4	5	6	7

Welcome to TAMS!

Let's hear from some TAMS students!



ABOUT PROJECT SMILE

Project Smile is a club dedicated to boosting morale, reducing stress, and spreading positivity in the TAMS community. Our goals are to prevent stress during exam weeks, finals, and college application season in order to keep stress low and foster optimism. We often work with the TAMS counselors to create events in which students can destress through activities involving food, dogs, and games.

Our board, consisting of Rithika, Nandini, Nithila, and Trishitha, are passionate about mental health and fostering a positive community. If you have any questions or need advice, feel free to reach out to us on Messenger.



HELPFUL TIPS

FROM PROJECT SMILE

- TAKE BREAKS--don't burn yourself out
- Schedule weekly meetings with either hazy or kit--they will help orient you in academics
- Go to your professors office hours/tutoring sessions.
- Talk with everyone at the beginning of the year to find your people.
- Explore your options in clubs, elective classes, research opportunities, etc.
- Study in groups! hold each other accountable.
- Ask for help when you need it--no one can help if you don't reach out.
- Have fun! TAMS is a great experience if you make the most of it.