

TAMS COUNSELING SERVICES

Your partners in student well-being and success



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(he/him)

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



PH.D EXTERN - TAMS COUNSELORS



Nishita Raut



Anna Straughan

OUR MISSION

A photograph of four students standing in a modern school hallway. From left to right: a male student in a grey hoodie, a male student in a grey hoodie, a male student in a green polo shirt and khaki pants giving a thumbs up, and a female student in a grey hoodie and black shorts holding a basketball. The hallway has large pillars and a staircase in the background. The image is partially covered by a green overlay on the left side.

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**

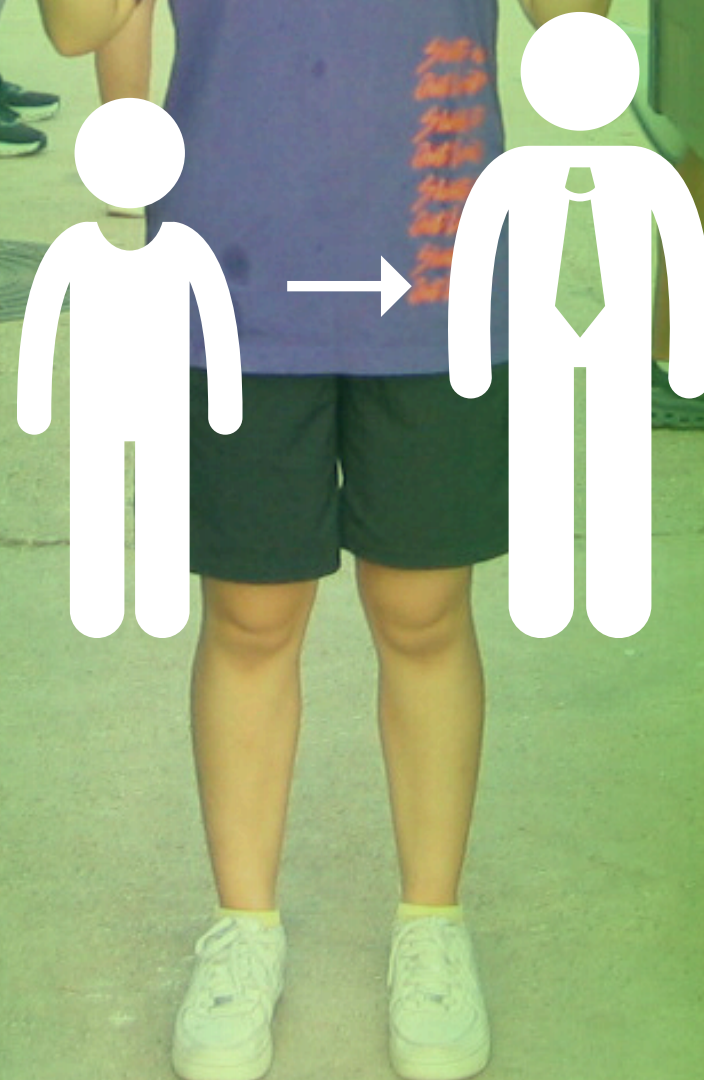
- Adjusting to College Life
- Academic pressure
- Perfectionism
- Homesickness and relationships
- Mental health and self-care

COMMON SOURCES OF STRESS

TRANSITIONING



ADULTING



LIFE CRISES



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

2) PSYCHOEDUCATION

Seminars and workshops to Promote growth and wellness

- Stress Management
- Time Management
- Performance Optimization
- Healthy Relationships
- Self-Care

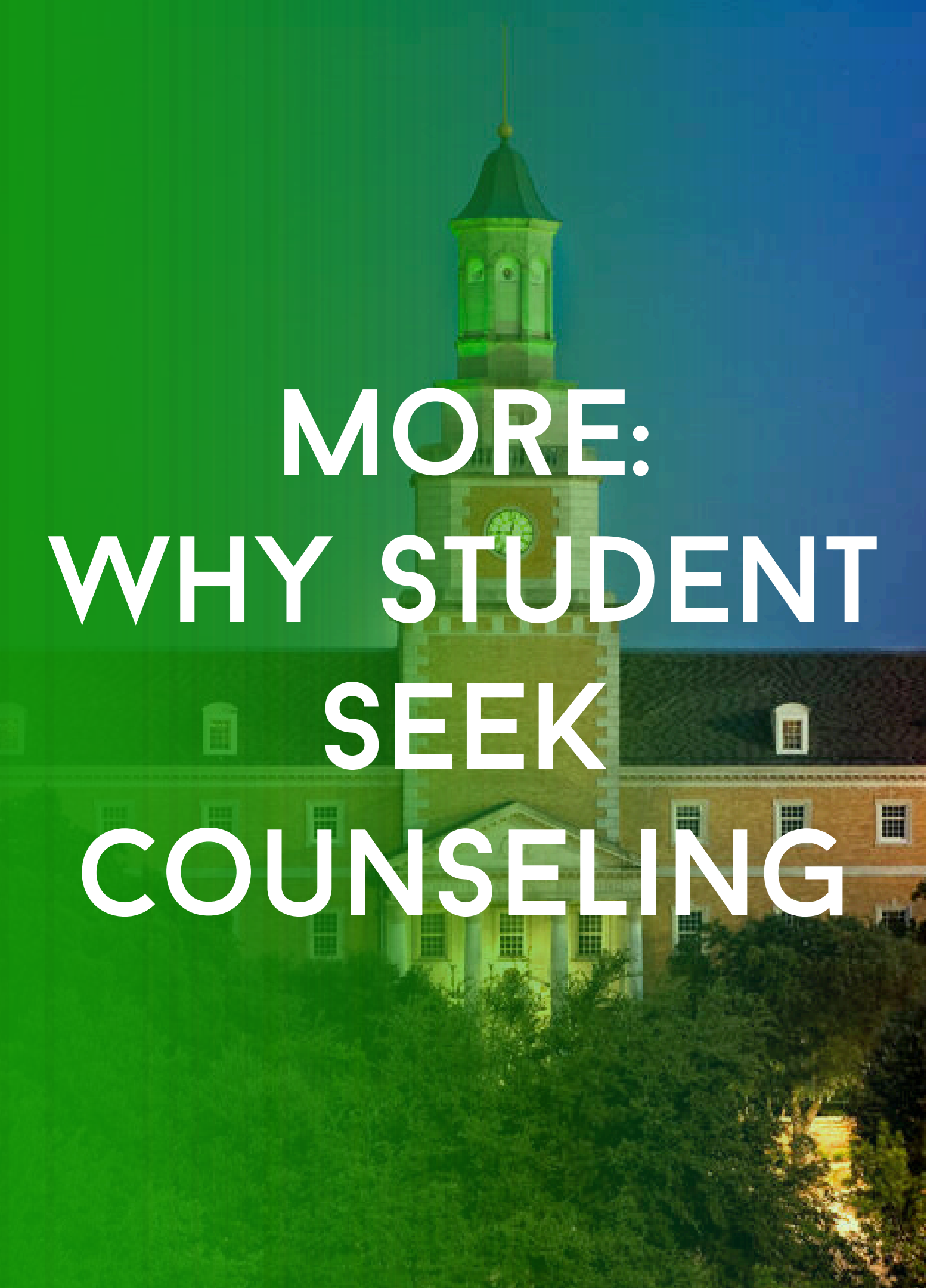
A woman with dark hair in a grey cardigan is holding a pen to her chin and a clipboard, looking thoughtfully at the camera. The image is partially covered by a green overlay on the left side.

3) ASSESSMENT SERVICES

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

The background of the slide is a photograph of a large, multi-story university building at night. The building has a prominent central clock tower with a dark, conical roof. The windows are illuminated from within, and the building's facade is lit up. The entire image is covered with a semi-transparent green filter. Overlaid on this background is the text "MORE: WHY STUDENT SEEK COUNSELING" in a large, white, sans-serif font. The text is arranged in three lines: "MORE:" on the first line, "WHY STUDENT SEEK" on the second line, and "COUNSELING" on the third line.

MORE: WHY STUDENT SEEK COUNSELING



MORE: WHY STUDENT SEEK COUNSELING

- **Adjustment to College**
- **Stress Management**
- **Identity Exploration**
- **Concerns Surrounding Friends**
- **Emotion Regulation**
- **Decision-making**
- **Perfectionism**
- **Trauma**
- **Depression**
- **Anxiety (general/social)**

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 AN APPOINTMENT

3 DIFFERENT WAYS

1

Online (via Navigate)

2

Email request (TAMS.Counseling@unt.edu)

3

TAMS staff

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



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 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.

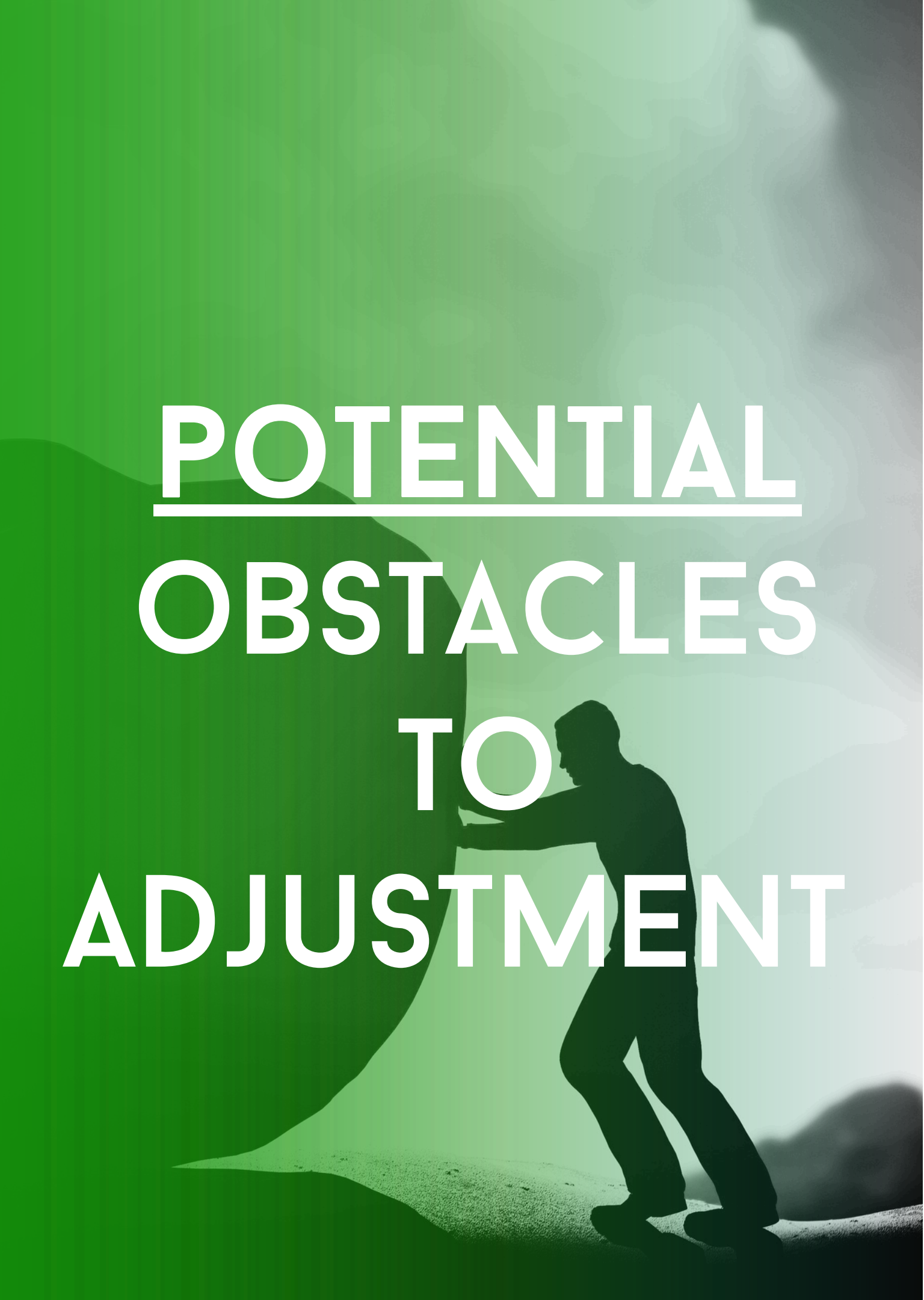
"I'm not going to be
able to manage the
academics/studying/
time management."

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 decisions

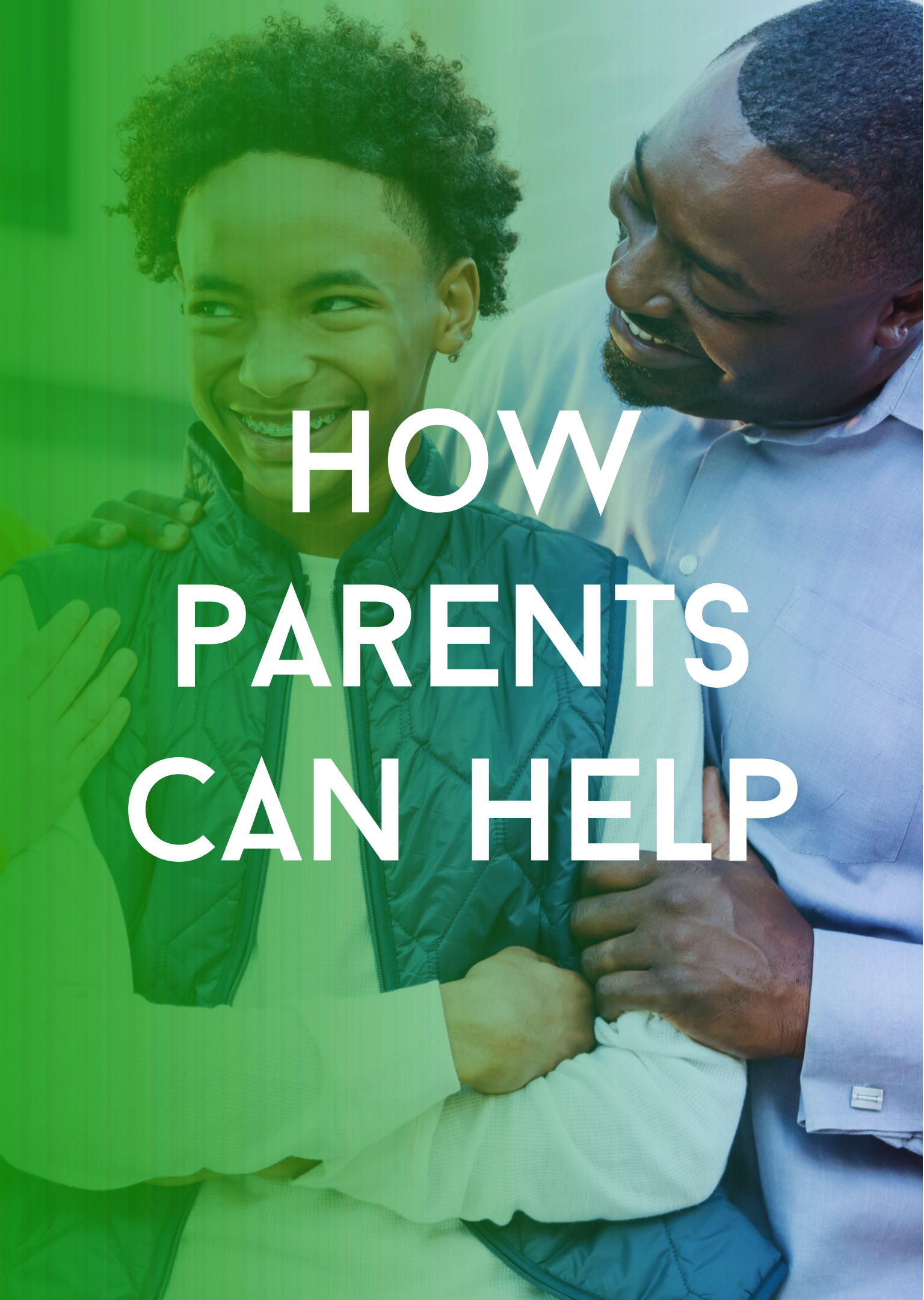
- **Allow time to adjust**
- **Openness to and engagement in learning needed skills**
 - **Academic**
 - **Social**
 - **Life**
- **Pursue balance**
- **Adopt a growth mindset**
- **Own your education!**

KEY TO SUCCESS AT TAMS

A hand holding a glowing key, symbolizing the key to success.



HOW PARENTS CAN HELP

A photograph of a smiling man and woman hugging a young man in a blue jacket. The image is overlaid with a green gradient. The text "HOW PARENTS CAN HELP" is written in large, white, bold, sans-serif capital letters across the center of the image.

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 16	17 Class Begins	18	19	20	21	22
24	25	26	27	28	29	30
31	Sep 1	2	3	4	5	6

A photograph of five students jumping joyfully in front of a large black sign that says 'COFFEEHOUSE' in white capital letters. The students are wearing various casual clothing like t-shirts, sweaters, and jeans. The background is a green wall with a large orange and red circular graphic. The entire image has a green overlay.

WELCOME TO TAMS

lets hear from some TAMS students!

Two giant pandas are sitting side-by-side in a lush green field. The image is overlaid with a semi-transparent green filter. The text 'WELCOME PROJECT SMILE' is centered over the pandas in a large, white, sans-serif font.

WELCOME PROJECT SMILE



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.

- 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.

TIPS FROM PSMILE

THANK YOU

