Activities of the Counselling Centre (C.C.) of University of Crete: Challenges of the Past and the Future

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Student distribution in the Univ. of Crete

RETHYMNON CAMPUS
✓ Faculty of Philosophy
✓ Faculty of Social Sciences
✓ Faculty of Education

* Total number of students: app. 6500

HERAKLION CAMPUS
✓ Faculty of Sciences and Engineering
✓ Faculty of Health Sciences

* Total number of students: app. 4500
Supportive Services for the Students at the University of Crete

- **THE CAREERS SERVICE**
  Brings together the students of the University of Crete with industry and commerce and helps them develop their career prospects.

- **THE OFFICE OF INTERNATIONAL RELATIONS AND EUROPEAN PROGRAMS**
  Provides information and support on exchange programmes.
Supportive Services for the Students at the University of Crete - 2

- **STUDENT WELFARE OFFICE**
  Deals with board and lodging, transportation problems of the students, and supports the medical center and the students’ cultural activities.

- **STUDENT COUNSELLING CENTER**
Structure of Student Counselling Center

- Directorate of Education and Research
- Department of Student’s Welfare

STUDENT COUNSELLING CENTER
- Scientific Committee
  - Director
  - Members
- Staff
  - Psychologists
  - Administrative
- External Scientific Advisors
Goals of the Student Counselling Center

- To offer counselling services on an individual or group basis for students who are experiencing emotional or psychological difficulties.
- To contact or take part in research that provide information on the needs of the student population.
- To promote prevention measures through lectures, seminars, publications.
- To support the student involvement in the community through volunteer work.
- To take initiative for the better adjustment of students with disabilities.
## Number of Students visiting the CC for Counselling

### HERAKLION CAMPUS

<table>
<thead>
<tr>
<th>YEARS</th>
<th>2003-2010</th>
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<tbody>
<tr>
<td>WOMEN</td>
<td>233</td>
</tr>
<tr>
<td>MEN</td>
<td>90</td>
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<tr>
<td>TOTAL</td>
<td>323</td>
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### RETHYMNON CAMPUS

<table>
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<th>YEARS</th>
<th>2003-2007</th>
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</thead>
<tbody>
<tr>
<td>WOMEN</td>
<td>105</td>
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<tr>
<td>MEN</td>
<td>20</td>
</tr>
<tr>
<td>TOTAL</td>
<td>125</td>
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Most Common Areas of Students’ Psychological
(in order)

**HERAKLION**
- Anxiety problems
  (with or without panic)
- Interpersonal relationships
- Depression
- Adjustment problems
  (being away from the family)
- Gender identity
- Poor academic performance
- Low self-esteem

**RETHYMNON**
- Interpersonal relationships
- Anxiety problems
  (with or without panic)
- Mild depression
- Low self-esteem
- Adjustment problems
  (being away from the family)
- Preparing for the exams
- Gender identity
More Serious Psychological Problems Encountered by Students

**HERAKLION**
- Sexual abuse
- Borderline personality
- Pre-psychotic condition
- Eating disorders
- Substance abuse

**RETHYMNON**
- Eating disorders
- Sexual abuse
- Borderline personality
Activities of the C.C. - Volunteerism
(local organisations)

The Initiative offers students…:

- An opportunity for improving their social skills.
- A feeling of effectiveness, which in turn, can raise their self-esteem.
- An opportunity for doing something they wanted to do and not something they had to do.
The Procedure for Volunteerism

1. We advertise about the volunteer positions.
2. Students arrange an appointment with us and go through an interview process.
3. We explain to them:
   - The concept of volunteerism
   - The needs of children and adults in the care of the organizations
The Procedure for Volunteerism - 2

4. They contact an official from the organization they wish to visit, and finally…

5. They decide whether or not to volunteer.

✓ Throughout the year, we maintain an ongoing contact with the organizations as well as with the students.
Other Initiatives Launched by the Center

- Group therapy for stress management
  - **RETHYMNON**: 11 students
  - **HERAKLION**: Small number of students

- Recording the needs of foreign students.

- Recording students with disabilities by department and by disability, in order to find ways of helping them.

- Smoking Cessation Program (in co-operation with University of Athens Counselling Centre)
Problems Faced by the C.C

There is a great need for:

- A psychologist post in Rethymnon.
- A secretary to handle the growing overload of administrative activities.
- Additional financial support.
- Additional space in Knossos campus.
Future Planning

- Publication / dissemination of further specialized leaflets
- Organise/arrange educational seminars - lectures
- Re-approach foreign students
- Implementation of a central policy on mental health issues
- Collaboration with the Psychiatric Mental Health Unit of the General Hospital of Rethymnon
- Collaboration with other Counselling Centers in Greece (and abroad) in an effort to establish C.C. under law legislation.
• Thank you for your attention!!!