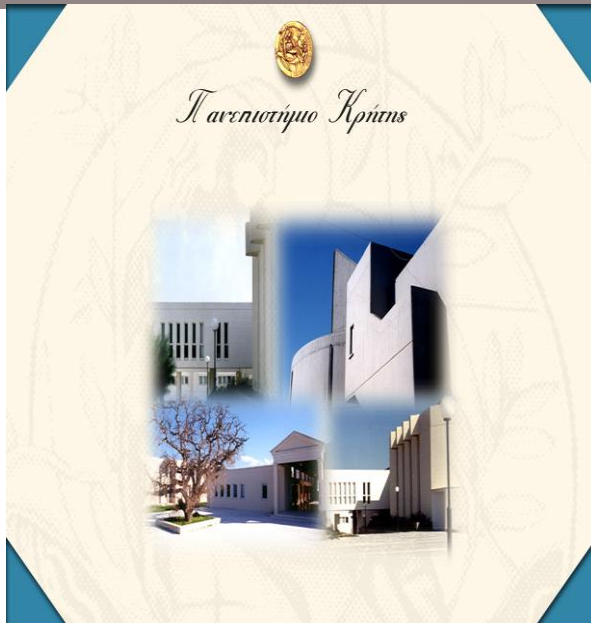


Activities of the Counselling Centre (C.C.) of University of Crete: Challenges of the Past and the Future



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Student distribution in the Univ. of Crete

RETHYMNON CAMPUS

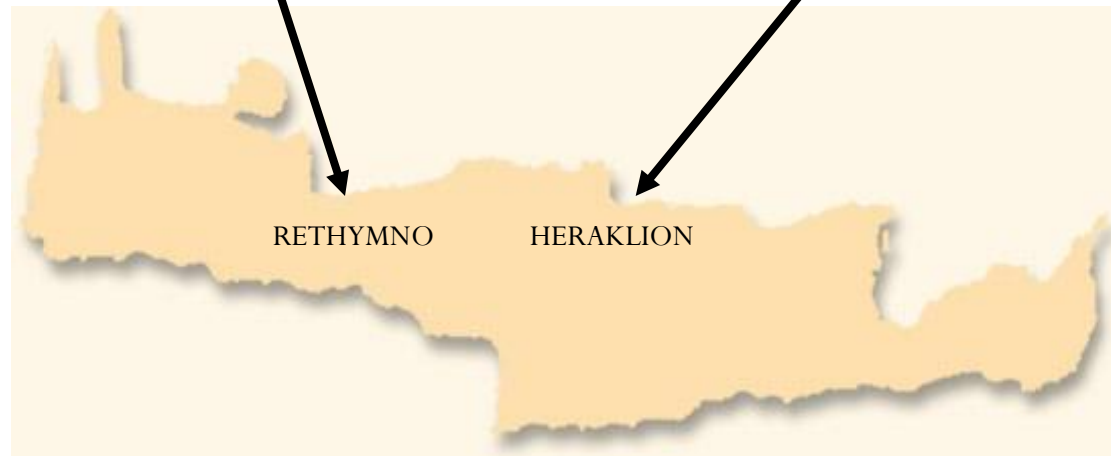
- ✓ Faculty of Philosophy
- ✓ Faculty of Social Sciences
- ✓ Faculty of Education

* 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.

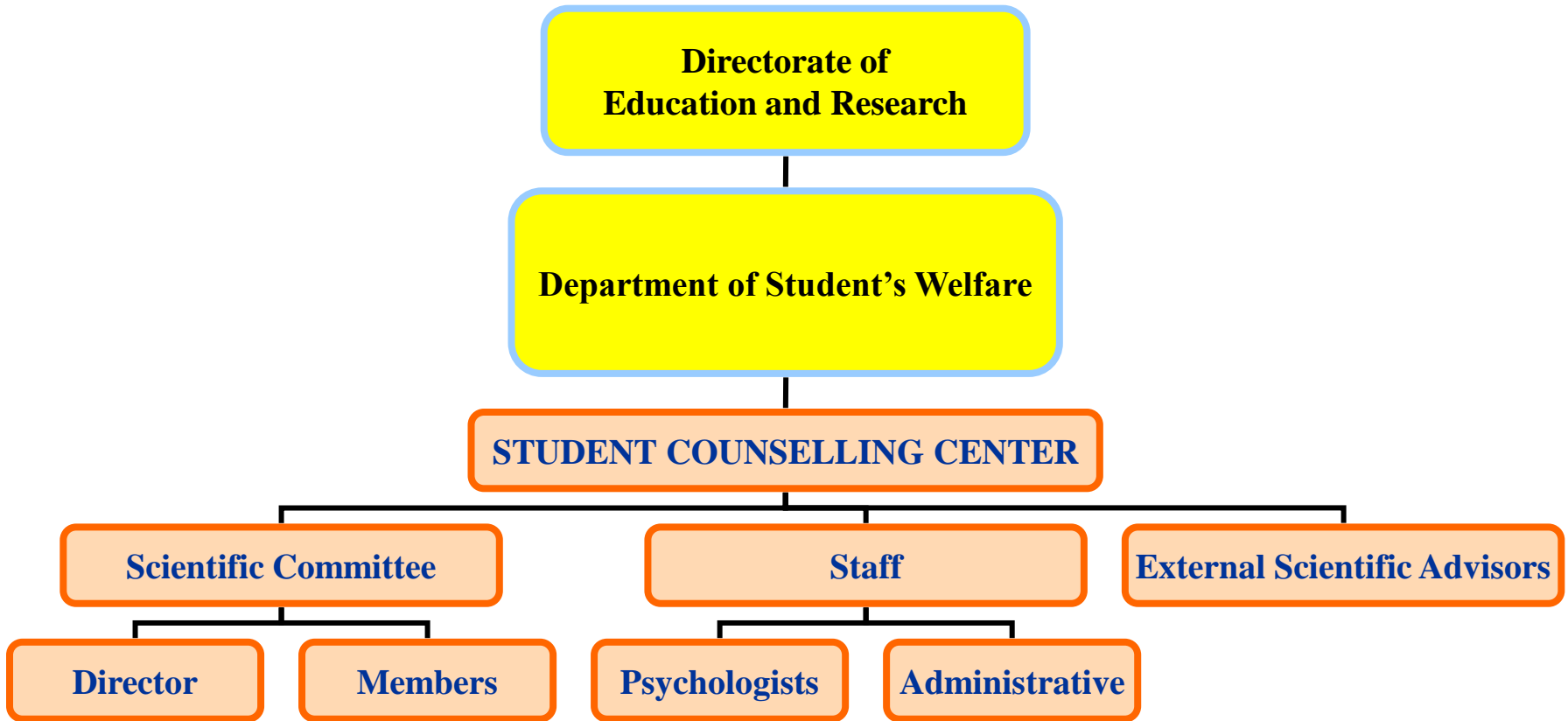
Supportive Services for the Students at the University of Crete - 2

- **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



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

YEARS	2003-2010
WOMEN	233
MEN	90
TOTAL	323

RETHYMNON CAMPUS

YEARS	2003-2007
WOMEN	105
MEN	20
TOTAL	125

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!!!