Student Counseling Center

The center is open from 8:30 am to 4:30 pm.
To arrange to see a counselor or learn about the programs offered, visit us from 9:00 am to 3:30 pm.
Campus Center • Room P001
tel 20.2.2615.3902
scc@aucegypt.edu

www.aucegypt.edu
Sometimes we may feel lonely, depressed, unmotivated or just need someone to talk to. That is what the Student Counseling Center is for. From less complicated issues to serious problems, our staff members can provide the emotional support needed.

Mission Statement
The mission of the Student Counseling Center (SCC) is to provide quality, professional and effective behavioral care services to AUC students.

The SCC assists students in developing their intellectual, emotional and social abilities through improving self-awareness and learning abilities, defining personal goals, resolving challenges and applying effective skills in everyday interaction.

The SCC adheres to strict professional standards of confidentiality essential for the development of trust. No information is disclosed to any other party without the student's permission. Student records are kept in confidence at the center and are not included in the student's academic files.

Your privacy is always protected with us. Confidentiality is our top priority.

SCC Services
Individual Counseling
Life in our modern world has become very complicated. Not only has the demand on our time increased enormously, but so has the pressure placed upon each of us to perform and achieve in all spheres of life.

Individual counseling assists students in facing new challenges that naturally occur during university years. One-to-one counseling is provided to address the personal and social changes that can affect academic performance, career plans, personal lives or relationships. Since understanding and adjusting to those personal challenges and changes is not always easy, students may benefit from the help of individual counseling.

Consultation service
Private consultation is provided to students, as well as faculty and staff members, who wish to help another person during a difficult time.

A staff counselor offers confidential consultation and may provide ideas on how to help or make referrals to appropriate community resources.

Wellness Program
Wellness is a somewhat abstract term, but let us break it down into what it truly means: your emotions, relationships, intellectual curiosities, health, spirit and community. Wellness is about being honest with yourself and learning every day. Simply contemplating how you treat yourself and others begins the process known as wellness.

The Wellness Program is here to help guide you through this process. We can advise you on smart decision making or help you explore the options open to you. Maybe you are just not sure where or how to start improving or maintaining wellness. The SCC offers educational and preventive workshops that aim to educate AUC students about relevant topics to raise awareness, increase knowledge and improve skills.

Workshop topics include (but are not limited to):
- Stress management
- Eating disorders
- Cultural diversity
- Relationships/communication skills
- Time management
- Psychological and emotional wellness
- Body image
- Self-confidence/self-esteem
- Substance abuse

Pilates and yoga practices are also offered to help participants achieve the balance between psychological, spiritual and physical aspects. These practices help individuals tap into their inner energy in order to reach a state of harmony and calmness.

Cost and Eligibility
Resources at the SCC are available to all students enrolled at AUC. All services are provided free of charge.

Staff
The SCC staff consists of psychologists, psychiatrists, counselors and other professionals with relevant experience, interests and commitment in providing quality services to meet the individual needs of students.