

4

Now that you become a college student, you're a step closer to adulthood. You're the captain of your own independent ship, but freedom comes with great responsibility.

5

The more books you read the better. If you could pass your former exams in high school with guidance from a sole textbook in hand, expect no such thing in college. Most of your tasks in college require you to get as many references as you possibly can.

6

Your friends may be more extensively varied, be it age-wise or cultural background-wise rather than those you had in high school. than those you had in high school.

"Being a college student is equivalent to being responsible for everything I do."
(Sarah Nur Afifah Shabrina, junior year)

However, lock your worries away!

The Counselling Team of the Faculty comes to the rescue!

Consisting of adequate psychologists and counsellors, the team is here to ensure and invigorate your psychological health so that you can study both effectively and efficiently, achieve all learning goals and bring the best out of yourself.

The future is full of challenge and what's better than using the time we have in present to prepare ourselves?

Background

"The hardest part about undergoing a transition from high school to college is its adjustment. Brand new place, new people, new environment."

(Putri Ayu Diah A., junior year)

It's been a title in every developmental text book, an all too familiar theme in teenage novels. In all likelihood, it is only to be expected for freshmen to find numerous differences between high school and college. Here are some of them :

1

Unlike those in high school, classes in college may be bigger, and much more complicated. The air of individuality is also hard to miss—well, you're practically on your own.

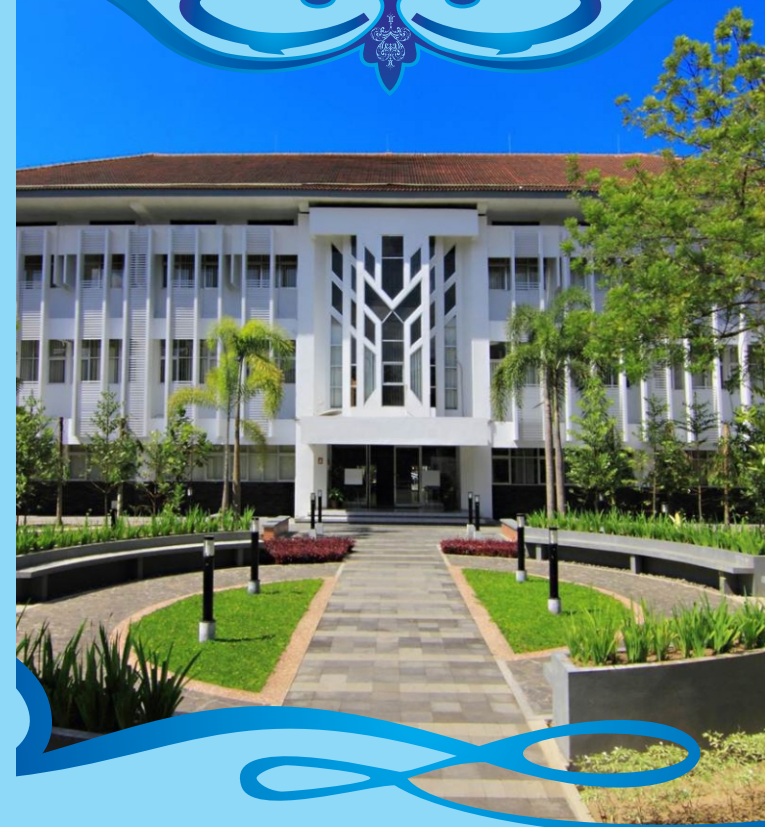
2

Your high school teachers might have known almost every bit of information about you, back and beyond: your best to worst marks, your cellphone numbers, or even your family members. College lecturers could sometimes be unfamiliar to your name or how you look.

3

Frequently attend your classes or skip some at times? That's all for you to decide. No more chasing teachers. The loss of information within your absence is also yours alone to bear.

Student Counselling



Faculty of **Psychology**
Universitas Gadjah Mada



What

Aside from curative activities (counseling), early mental health promotion is also encouraged in the form of outdoor activities, role plays, and also training.

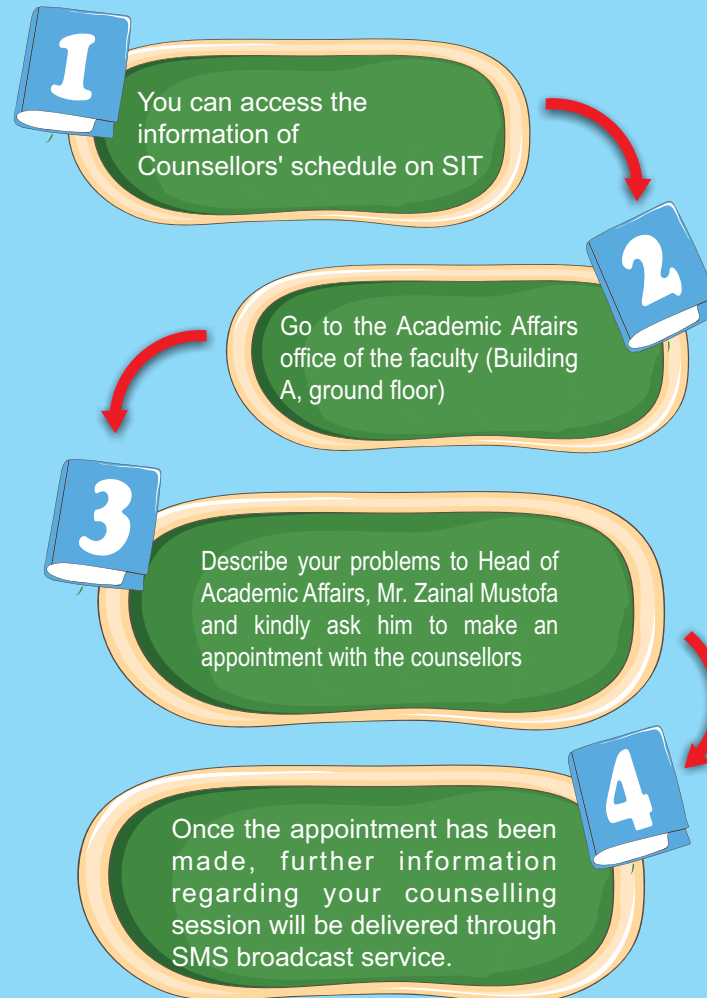
Who

All students are most welcome to join; freshmen, sophomores, juniors, seniors, also students belonged to specific categories below :

- Freshmen
- Bidik Misi awardees,
- Students with learning problems, and
- Students who're having problems in doing their final assignment/mini thesis

How

Some agendas like training, group counselling, and outdoor activities will be promoted publicly, while individual counselling is available through this procedure:



Easy peasy, no?

Peer Counselor as a mental health promotion agents

Several students are selected and trained by Counseling Team to do peer counseling. They are well-trained to be facilitator and peer tutor for their friends as universal intervention in promoting mental health at college.

If Peer Counselor find out problems among students, they can consult to Counseling Team so the problem can be handled immediately.

