You may share many of the same concerns as other students, such as study habits, class attendance, social conflicts, self-uncertainty and career decision-making. Personal problems, on or off campus, can affect your education. Counseling Services provides a confidential setting for you to discuss with a counselor any problems that affect your educational goals. The counselor can help you focus on realistic solutions to these and other potential problem areas so that you will experience personal and academic satisfaction and success.

Your Role as a Student
The success of counseling depends upon your willingness to help yourself. If you recognize a problem, do something about it by seeking an appointment at Counseling Services.

Services Available to You
The counseling staff is experienced in helping you in three main areas:

Academic
Counseling might help you to:
- identify and achieve appropriate academic goals.
- adjust to a new educational environment.
- develop appropriate study habits and time management skills.
- identify obstacles to learning and explore appropriate accommodations.

Personal/Social/Emotional
Counseling in these areas may help you with such common concerns as:
- developing healthy relationships.
- eating disorders.
- chemical dependency.
- coping with anxiety, depression and loneliness.
- stress management.
- family issues.

Career Development
In this category, counseling explores with you:
- realistic objectives in career choice.
- appropriateness of current major.
- effect of lifestyle on job satisfaction.

Counseling Services utilizes a number of assessment tools, such as occupational or personality tests, which may serve as a basis for gaining further insight and information within the counseling relationship.

A wide variety of brochures and CDs regarding issues of concern to you also are available through Counseling Services. You may select pamphlets from the racks in the Counseling Services Office at K-230.

Counseling Services is Not:
- a psychiatric outpatient clinic, nor is it an office for treating severe emotional disturbances. The counselors can, however, refer you to a more specialized professional if the particular problem necessitates that kind of attention.
- a disciplinary or rule-enforcing agency.
- an office that approves your class schedule. Counselors will, however, discuss possible alternatives with you. The registrar and/or your academic advisor will help you establish a class schedule and meet graduation requirements.

Health, Development and Wellness Programs
In addition to individual counseling, Counseling Services sponsors a variety of Health, Development and Wellness Programs that address personal, social and academic issues that affect your development. Our wellness philosophy emphasizes a positive approach to living, promotes self responsibility and strives to enable you to enhance and maximize the dimensions of your life. Programs such as study skills, stress management and communication within relationships are open to all students, faculty and staff.

Visit Our Website
Students, faculty and staff visit inside.msoe.edu/counseling
Off-campus community visit www.msoe.edu/counseling

- Confidential online screening for:
  - Depression
  - Anxiety
  - Alcohol Abuse
  - Bipolar disorder
  - Eating disorders
  - Milwaukee-area counseling and mental health resources
  - Mental health websites
  - MSOE counseling newsletters
  - Virtual pamphlets
  - Collection of more than 400 self-help pamphlets aimed at issues that college students encounter
  - Career websites

Confidentiality
Successful counseling depends upon a trusting relationship between you and a counselor. Everything said in a counseling interview is held in strict confidence. No information is released to any office or person within or outside the university community without your permission.

How to See a Counselor
An appointment can be arranged by stopping at the Counseling Services Office, K-230 (Kern Center), or by calling (414) 277-7590. Office hours are Monday and Friday, 8 a.m. to 4:30 p.m., and Tuesday, Wednesday and Thursday, 8 a.m. to 8 p.m.

Counseling Staff

Joseph P. Meloy, MS
Director of Counseling Services
Nationally Certified Counselor (NCC)
Wisconsin Licensed Professional Counselor (LPC)
E-mail: meloy@msoe.edu

Mary Jo Wellenstein, MS
Assistant Director of Counseling Services
Wisconsin Licensed Professional Counselor (LPC)
Wisconsin Licensed Clinical Social Worker (LCSW)
E-mail: wellenstein@msoe.edu

Jessica J. Suhr, MSW
Counselor
Wisconsin Licensed Clinical Social Worker (LCSW)
NASW Academy of Certified Social Workers (ACSW)
E-mail: suhr@msoe.edu
On-campus Resources

Counseling Services
Location: K-230, 277-7590
Services: Personal, academic and career counseling on an individual basis

Health Services
Location: K-250, 277-7590
Services: Treatment of minor illnesses, first aid, referrals and nurse practitioner for diagnosis and treatment

Learning Resource Center
Location: CC-02, ground floor, 277-7274
Services: Academic tutoring, support classes, disability services

Mentor Program
Location: CC-02, 277-7266
Services: Helping new students adjust to college life

Public Safety
Location: MLH, ground floor, 277-7169
Services: Campus security, parking, shuttle service

Servant-Leadership
Location: K-240, 277-2269
Services: Integrate servant leadership into the curriculum and extracurricular student programming, promote community service and volunteerism

Student Life
Location: CC-377, 277-7225
Services: Student organizations, activity programming, campus events, vans, room reservations for student organizations, game room, international student advisement

Student Support Services
Location: CC-27, 277-7264
Services: Academic/personal support to eligible non-traditional students as well as those with disabilities and learning disorders

University Disability Services
Location: CC-341, 277-2476
Services: Coordination of academic accommodations due to a documented disability

Vice President for Student Life/Dean of Students
Location: CC-377, 277-7226
Services: Conflict resolution, student grievance process, discipline and judicial procedures

(All phone numbers are (414) area code. "CC" rooms are located in the Student Life and Campus Center, 1025 N. Broadway. "K" rooms are located in the Kern Center, 1245 N. Broadway.)