North Carolina Central University Counseling Center Education Outreach Programs

Counselors are available to host workshops in classrooms and residence halls. Some outreach activities include annual screening events for depression, anxiety, eating disorders, alcohol use and the Booze and Blues Festival.

Counseling Center staff members may be called upon to arrange a presentation, workshop or seminar suitable for your group's programming needs. Our seminars and experiential workshops may be used by faculty to apply toward partial course credit.

Student organizations, other campus-based groups and faculty may request a speaker/facilitator from the Counseling Center, ordinarily, at no additional cost. To get the full advantage of our expertise, however, it is advisable to contact us when you begin your planning.

We hope that the ideas here will stimulate your planing needs for programming and curriculum-based needs. The topic areas are suggestions around which planning can occur and are frequently requested.

Hours of Operation
Monday – Friday
8 a.m. – 5 p.m.

North Carolina Central University
Student Health & Counseling Services
Student Health Building, 2nd Floor
P.O. Box 19491
Durham, North Carolina 27707
Phone: 919-530-7646
Fax: 919-530-5270

Student Health & Counseling Services
a part of the Division of Student Affairs

TOPICS

Cultural Diversity/Multiculturalism
Appreciating Differences
Accepting Challenges in Abilities
Coping Effectively with Life Changes
Stress Management
Management of Loss and Change
Coping with College
Crisis Intervention and Management
Personal and Professional Growth Strategies
Values Clarification
Assertiveness Training
Time Management
Developing a Philosophy of Health and Wellness
Anger and Conflict Management
Problem Solving Techniques and Skills
Vocational Interest Assessment
Effective Study Skills
Developing a Positive Attitude
Relationships
Developing Healthy Relationships
Domestic Violence
Conflict Resolution
Negotiating Sex in Relationships
Male/Female Relationships
Clinical Issues
Alcohol and other Drugs Awareness and Abuse
Surviving Physical, Sexual or Emotional Trauma
Depression
Anxiety
Eating Habits and Body Image Issues
Rape and Sexual Assault
Helper and Leader Skills Training
Effective Communication
Mentoring
Team Building
Student Leadership Skills
Personality and Career Assessments
Vocational Decision Making
Interests Assessments

PRESENTATION REQUEST FORM

Topic Area(s):

1. _____
2. _____
3. _____

Presentation Date(s): *at least two weeks notice required.*

event date, start time and length of program

1. _____
2. _____
3. _____

Requested Presenter

1. _____
2. _____
3. _____

Group/Class/Dept.

_____

Audience Size: _____
phone #: _____
email: _____
Campus Address:

_____

Please return this request form to the Counseling Center, Student Health Building, 2nd Floor or via email to counseling@nccu.edu. For additional information, call 919-530-7646. A confirmation statement will be provided to reserve your presentation slot.