"Simple Boosters"

THE RIGHT CARE AT THE RIGHT TIME

Can't I just talk to a friend instead of a counsellor?

You can do both-

Friends can be a great support in times of need. But friends cannot do what counsellors do.

Counsellors are skilled at helping people change the way they think, act, and feel.

What Simple Boosters do?

- The simple booster is here to help you gain understanding and insight into any difficulties you may be experiencing, to develop emotional strength and put into effect real change, enabling you to fulfil your academic and personal potential.
- In the areas of academic achievement, personal/social development and career development, ensuring today's students become the productive, well-adjusted adults of tomorrow.

WHAT DO 7 WE OFFER



Individual Counselling

It is a one-onone counselling between
a client and a trained
therapist, in a safe,
caring, and confidential
environment.

BENEFITS INCLUDE



PRIVACY



DEDICATED TIME AND ATTENTION



TRANSPARENCY



ENHANCED PARTICIPATION



Group Counselling

It is a counselling in a small group setting which helps you feel less alone. It connects you with other students who are going through similar struggles, creating an environment of social support and encouragement.

BENEFITS INCLUDE

INTERACTION > EMPATHY



SUPPORT •









Parental Counseling

The Counselling Service may be contacted by parents who are aware that their child is struggling at university and are unsure how best to help them.

Benefits for Parents

Understand their children's progress

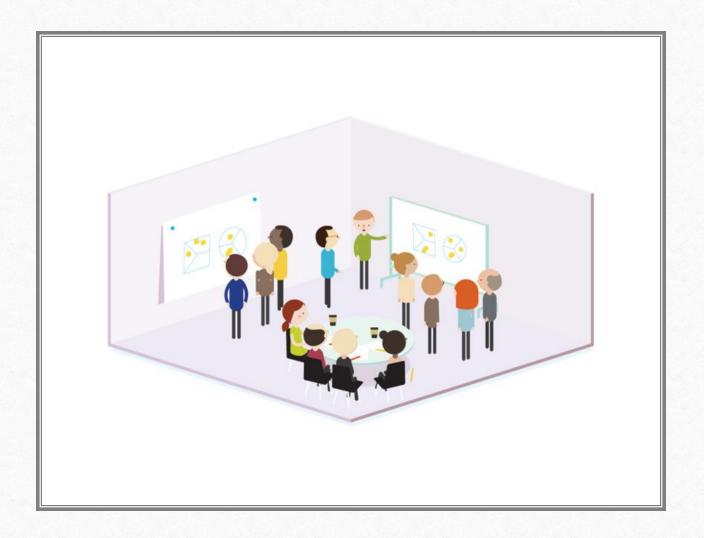
Select strategies to motivate their children

Develop realistic goals with their children

Become actively involved in their children's life

Parent education and discussion groups for child-related issues

To identify students with special needs and abilities

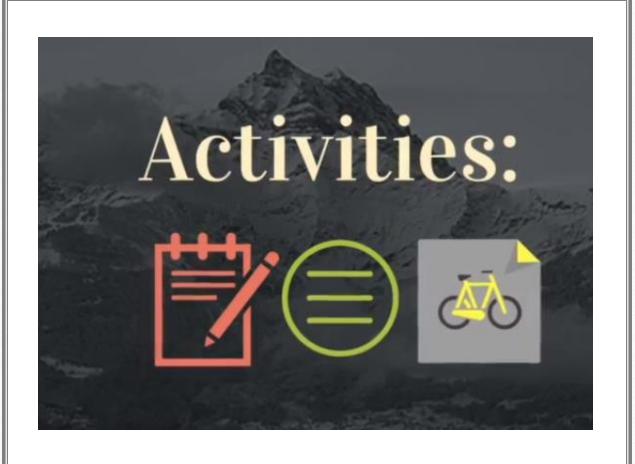


Workshops

A range of
 workshops are
 available to help you
 build skills to
 respond to the
 demands of life at
 university.

Benefits of workshops

- Raise awareness
- Create time for reflection
- Provide frameworks
- Create momentum
- Help sustain focus and motivation
- Opportunities for peer check and feedback
- Manage stress!
- Complementary to one-to-one coaching



- Assessed students personality by using 16 PF test.
- Conducted one day training program on "Role of a Faculty as a Counsellor" in collaboration with ASC.
- Conducted various counselling awareness programs.
- Delivered guest lecture to Nonteaching staff about "Implications of Human Values in day to day life".