Survive & Thrive on Your Island
University Counseling Center
University Health Center & Disability Services
welcome you to the Island!
Our Objectives Today

• To share information about services offered
• To highlight resources offered on our websites
• To help you understand how our resources and services can support you in your pursuit of good health, academic success, life balance, and personal growth.
Do you remember when...
...you would see college students and think that they were OLD?
Do you remember when...
...you couldn’t wait to graduate from high school?
Can you believe you are actually starting college???
Are you ready...
...to begin the journey of a lifetime
There will be...
...lots of new people
There will be...
There will probably also be...
some bumpy times ....
...and maybe the occasional bump in the road

THAT FACE

WHEN YOU SCRAPE OVER A SPEED BUMP
Ever been on a long road trip?
You pack up the car....
Load up on snacks...
Check your navigation system...
And hit the open road....
If it’s sunny and there’s not too much traffic.....
You can enjoy the scenery.....
Coast along on cruise control....
Sing along with your favorite tunes..
But you have to watch the signs because conditions can change....
It could get dark and start to rain....
visibility might get poor....
And you might hit a giant pot hole....
and end up with a flat tire....
WHAT CAN I DO?!!
College is sort of like a road trip
There will be lots of good stuff...
But you don’t always know what’s ahead....
Being in a new place with new people can be......
Most students will eventually experience a “bump” or two such as.....
feeling homesick
failing a quiz
eating too much junk food
not getting enough sleep
getting sick
a roommate disagreement
forgetting to turn in an assignment
oversleeping & missing a class
getting behind on doing laundry
being short on cash
And will probably at some point feel…

stressed
confused
uncertain
anxious
sad
heartbroken
overwhelmed
insecure
frustrated
misunderstood
You’ve been through some of this stuff before....
THIS AIN'T MY FIRST RODEO
COWBOY
Chances are that you will be able to ride out and recover from a lot of the little “bumps” but.....
What if you hit a really big bump?
Your girlfriend breaks up with you
Your car won’t start
You lose your cell phone
You get the flu & miss a week of classes
Your best friend stops talking to you
You go blank & panic during your first exam
Your face swells up after you’re bitten by a wasp
You trip & break your ankle
what do we do now?
Help is available....
Welcome to the University Counseling Center.

Driftwood 107 — next to the Health Center.
Welcome!
SERVICES ARE CONFIDENTIAL
(these are actors!)
Relaxation Room

Massage Chair
Biofeedback
Guided Imagery & Meditation
Yoga Mats
Self-Help Books

Call the Counseling Center or come by to schedule an orientation.

*You do NOT have to be a client at the UCC to use this room.*
TAO Therapist Assisted Online

TAO interactive self-help modules coach you in effective stress management, mindfulness skills, problem-solving, relationship skills and strategies to avoid dwelling on problems and develop more constructive thinking patterns.
MOOD CHECK
How's your mood?

Take an anonymous on-line screening @
http://counseling.tamucc.edu
University Counseling Center, TAMU-CC
(361)825-2703
Self Help Resources
http://counseling.tamucc.edu
Walk-in Services
Counselor on Duty (COD)
Monday- Friday
8:00-11:30am    1:00-4:00pm
Counselor on Duty

• Sees students who want just one session
• Sees students interested in scheduling an intake for on-going counseling
• Assists students with community referrals
Counselor on Duty

- Offers assistance for students in crisis
- Provides phone consults with parents, staff/faculty, or students who are concerned about another student
Group Counseling
Personal Counseling
After Hours Crisis Number
(361)825-2703

• SAVE THIS NUMBER IN YOUR PHONE NOW
• For Students Who Are In Crisis
• For Students Who Are Concerned About a Friend Who Is In Crisis
• For Parents Who Are Concerned About a Student Who Is In Crisis
• EMERGENCIES - ALWAYS CALL POLICE
Limited short term psychiatric services

* there is a small fee to see the psychiatrist

All other UCC services are included in student service fee.
TAMUCC Islanders Stand Together Against Bullying
Wonder where Dr. Phil is when you need him?
We don’t have Dr. Phil but we do have.....

An amazing and diverse group of talented licensed counselors and psychologists, and a part-time psychiatrist
University Counseling Center

Remember you have support !!!

Driftwood Building

361-825-2703
counseling.tamucc.edu

Just Walk In!
No Appointment Necessary

Monday through Friday
9 am to 11:30 am
1 pm to 4 pm

*exceptions as specified by law

CONFIDENTIAL
FOLLOW THE COUNSELING CENTER ON Instagram @TAMUCC_COUNSELING
TAMUCC Counseling Center Official Instagram account. University Counseling Center at Texas A&M-Corpus Christi. Please note, all contests are eligible to rules and restrictions.
counseling.tamucc.edu

Class of 2018 Congratulations!

Today you will Glow when you show what you know!

Boost your Brain for Finals Week

You're 50% more likely to remember something if you speak it out loud instead of simply reading it over and over.

Congratulations to our Selfie Contest Winner!

GOOD LUCK TODAY!

YOU GOT THIS!
Driftwood 107, next to the Health Center
Next Stop – The Health Center
The University Health Center Welcomes You to Your Island
We Are So Excited You Are Here!
Feeling Sick?

No Appointment Needed!
Walk-In Hours

Mon., Tues., Thurs., Fri. : 8AM and 1:30PM

Wed. : 9AM and 1:30PM
Get Here EARLY…

We Fill Up FAST!
Where Are We Located?

SANDPIPER BUILDING
Where’s the SANDPIPER BUILDING?

Next to the Palapas and Sam’s Place!

(2nd Entrance)
University Health Center

Your health is important to us!

University Health Center Survey - 2018

**New Health Alerts:**
Influenza - Please visit www.CDC.gov/flu for more information
Vibrio - Please visit www.CDC.gov/vibrio for more information.
How to Reach Us?

361-825-2601
Our Services
CareNet: After Hours Nurse Advice Line

361-825-2601
Option #2

Because
“Sick”
Happens
Preventative Medicine
Acute Care & Minor Procedures
Immunizations

TB Screening
Immunizations
TB Screening
In House Laboratory & Diagnostics
Over the Counter Medications Available
Health Promotion
Events & Campus Outreach
We Are Here to Help You on the Road to Your Future
Download Islander Mobile App NOW
Student Health 101 on Islander Mobile App
Student Health 101

Online Magazine

Specific to College Students
Student Health 101 on Facebook

Texas A&M Corpus Christi Student Health 101
@TAMUCC StudentHealth101

Want to earn $1000 in two minutes? Rate our articles for a chance to win this month! http://bit.ly/2vJkEh2

Enter to win!


ASK THE TRAINER

What are the best abdominal exercises to do at home?
Accommodating TAMU-CC Students with Disabilities
Disability Services

- Corpus Christi Hall Rm 116
- (361) 825-5816
- http://disabilityservices.tamucc.edu
Disability Services is the designated department for determining eligibility for disability related academic adjustments and accommodations for students with disabilities. (361) 825-5816
Types of Disabilities Include:

- Learning
- ADHD
- Physical
- Visual
- Mobility
Types of Disabilities Include:

- Mental Health Disorders
- Deaf/Hard of Hearing
- Traumatic Brain Injury (TBI)
- Health
- Autism Spectrum
Exam Services

- Extended Time
- Reduced Distraction Area
- Computers for essays
Exam Services

• Alternate Format
• Readers and/or scribes
• Assistive Technology
When one thinks about the differences between modern-day life in New Guinea, a number of cultural differences come to mind. For example, the presence of McDonald’s and automobiles are all illustrations of the material aspects of culture. Sociologists often discuss how things like automobiles and fast-food chains can be seen as making our lives easier. However, the idea of our lives being made easier by such things is a relative one. What we consider to be convenient is often based on our own values and experiences. Thus, the idea of what is convenient is relative and can be influenced by cultural differences.
Assistive Technology Lab

ZoomText
Assistive Technology Lab

JAWS for Windows
screen reading software

Freedom Scientific ®
Assistive Technology Lab
Assistive Technology Lab
Equipment and Aids

• Assistive listening devices
• Digital recorders
• CCTVs and other magnification devices
• Adjustable computer workstations and chairs
• Alternative computer input devices
Academic Adjustments

- Notetaking Services
- Adaptive Furniture
- Special / Preferential Seating
- ASL / CART
Registering for Services

Please visit our website at http://disabilityservices.tamucc.edu or stop by our office at 116 Corpus Christi Hall
Trivia Time
Your Healthy Road Trip Checklist
PERSEVERANCE...

EVEN WHEN YOU ARE GOING THROUGH A DIFFICULT TIME, KEEP GOING BECAUSE IT WILL ALL BE WORTH IT IN THE END.
Talk to someone... a friend/parent/mentor...
Exercise
FOOD is the ENERGY of your BODY

HEALTHY EATING

THE COLLEGE FOOD PYRAMID
GOT 8 HOURS OF SLEEP
Set goals & crush em
your speed doesn't matter,
forward is forward.
I still have a long way to go.

But I'm already so far from where I used to be.

And I'm proud of that.
If you need a little help…
Ask for directions

NEXT EXIT
WHO YOU GONNA CALL?
TALK TO US
If things are getting too hard!
University Counseling Center

Remember you have support !!!

Driftwood Building

361-825-2703

counseling.tamucc.edu

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Disability Services

- Corpus Christi Hall Rm 116
- (361) 825-5816
- http://disabilityservices.tamucc.edu
Remember we are your “bump support” & “bump recovery” team to help you survive and thrive on your island!
Questions?