

THE OFFICE OF COUNSELING SERVICES

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The Office of Counseling Services provides a wide range of free professional services to help students succeed at the University by creating a safe, confidential and supportive environment in which personal development can occur. Counseling services assist students with self-knowledge, facing challenges, confronting short-term personal issues, and through crisis intervention. All of our services contribute to helping students learn new skills, enhance personal success, set and achieve goals and get the very best out of life. Additionally, the office supports CNU faculty, staff, clubs and organizations parents and the community through consulting and educational outreach services.

Students are referred to resources outside the University when long-term counseling or other professional support is needed. Students are ultimately responsible for their decisions and actions and must assume responsibility for their personal choices. Using Counseling Services wisely will assist student's adjustment to the University and can help develop skills they will need to meet the various challenges a student may encounter. Listed below are many of the services offered through the Office of Counseling Services.

Counseling Services:

Individual Counseling
Crisis Intervention
Relationship Counseling
Support Groups
Group Seminars and Workshops
Self-help Pamphlets
Referral Services

Consulting Services:

Life/Personal Coaching
Participation in the Faculty Early Alert System
Myers-Briggs Type Indicator Presentations
Faculty/Staff Training

Educational Outreach:

Classroom presentations suitable to faculty needs
Residence Life presentations
Programming for clubs and organizations
Awareness Weeks
Community talks and workshops

OFFICE OF CAREER DEVELOPMENT

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The Office of Career Development provides services which assists students and alumni to achieve their career goals. The office provides career counseling for those concerned about choosing a major and/or career direction. Helpful online assessments and evaluations of assessments by a career counselor are provided along with additional information and resources for further career exploration. Students are assisted with internship and employment searches and can utilize an online resume referral service along with on campus recruitment opportunities to become connected with employers. The office also coordinates an annual spring career fair on campus where students learn about employment and internship opportunities and provide resumes to employers. This event is an excellent way to develop knowledge about careers and companies and increase networking resources. The OCD staff also assist students who are considering or planning to apply for graduate school to explore options and help prepare students for the application process. Please visit our office or schedule an appointment. We are happy to assist you.

Career Counseling Services:

Career and Majors Counseling/Exploration
Interest and Personality Type Assessment
Computer-Assisted Career Guidance Services (FOCUS)
Printed materials providing career information
Various career related web site links through ocd.cnu.edu

Employment and Internship Support Services:

Job and internship vacancy information on database
Volunteer Opportunities
Job search skills development
Internet job search resources
Annual Spring Career Fair
Resume and cover letter writing assistance
Interview skills assistance
On-Campus Recruitment-information tables, information sessions and on campus interviews
Resume Referral Service

Graduate School Planning:

Graduate school related resources
Graduate school examination preparation courses
Annual fall Graduate School Fair

Assistance for CNU Alumni:

Career related assistance provided at no cost
Appointments provided on campus or via phone
Access to employer database, resume referral service and recruitment events