

COUNSELLING AND DEVELOPMENT CENTRE

SERVICES FOR THE YORK UNIVERSITY COMMUNITY

Personal Counselling

For individuals, couples, or families. Discuss your personal concerns with a counsellor.

Learning Skills

Seminars, workshops, and individual consultation on:

- Effective Reading
- Notetaking and Listening
- Time Management
- Memory and Exams
- Essay Writing

Learning Disabilities Programme

Specialized services for students with learning disabilities:

- Diagnosis and Assessment
- Advising and Orientation
- Academic and Career Counselling
- Advocacy and Peer Support

University Skills Series

Lectures and Discussions on:

- Time Management
- Stress Management
- Reading a Textbook
- Preparing for Exams

Groups and Workshops

Themes include, among others:

- Communication Skills
- Avoiding Procrastination
- Motivational Strategies
- Women Managing Dual Careers
- Assertiveness Training
- Relaxation Training
- Stress Management

Self-Change and Management Programme (SCAMP)

Structured formats to alter behaviours, thoughts, and feelings that are interfering with one's life.

Possible concerns include:

- Exam Anxiety
- Thesis Completion
- Procrastination
- Sleeping or Eating Disorders

Self-Help Centre

Books, audiotapes, and videotapes on many topics, including:

- Academic/Learning Skills
- Mental Health
- Fitness and Health
- Alcohol and Drugs

Our offices are open from 9 a.m. to 5 p.m., Monday to Friday.

CDC

145 Behavioural Sciences Building

736-5297

COUNSELLING

EDUCATION

RESEARCH

CLINICAL TRAINING