INTERNATIONAL STUDENT GUIDE

HEALTH
Student health services and health insurance.

WELLNESS
Psychological counseling center and mental health resources.

PROTECTIONS
Student protections, bias reporting, and emergency phrases.
TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>HEALTH. WELLNESS. PROTECTIONS.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Health Center</td>
</tr>
<tr>
<td>Psychological Counseling Center</td>
</tr>
<tr>
<td>International Student Health Insurance</td>
</tr>
<tr>
<td>Title IX Support</td>
</tr>
<tr>
<td>Bias Reporting</td>
</tr>
<tr>
<td>Emergency Phrases</td>
</tr>
<tr>
<td>Chinese (Simplified)</td>
</tr>
<tr>
<td>German</td>
</tr>
<tr>
<td>Gujarati</td>
</tr>
<tr>
<td>Hindi</td>
</tr>
<tr>
<td>Italian</td>
</tr>
<tr>
<td>Japanese</td>
</tr>
<tr>
<td>Korean</td>
</tr>
<tr>
<td>Portuguese (Brazilian)</td>
</tr>
<tr>
<td>Spanish</td>
</tr>
<tr>
<td>Telugu</td>
</tr>
<tr>
<td>Turkish</td>
</tr>
</tbody>
</table>

Disclaimer: This guide is meant to serve as a general resource. It is recommended that you visit department websites or contact a department directly to ensure you are accessing the most up-to-date information.

VISIT NEWPALTZ.EDU AND NEWPALTZ.EDU/ISS OR MORE INFORMATION
MISSION STATEMENT
To provide quality medical care in a compassionate environment.

To interact with students in a manner that will teach them how to interact with the healthcare system in the future.

To begin a dialogue with students on how to make healthy choices in life with regard to diet, exercise, sleep, relaxation, interpersonal relationships, tobacco use, alcohol use, drug use, and receiving immunizations.

STUDENT SERVICE HOURS
MONDAY - FRIDAY
8:30 a.m. - 4:30 p.m.: Phone calls are welcome, doors are opened for scheduled appointments only
4:30 p.m. to 5 p.m.:
Phone calls are forwarded to the answering service and staff are finishing the care of those who contacted Student Health Service prior to 4:30 p.m.

INTER-SESSION AND SUMMER HOURS
MONDAY - FRIDAY
8 a.m. - 4:00 p.m.: Phone calls welcome and doors are opened for scheduled appointments only

PHONE (WORK HOURS)
CALL: 845-257-3400

AFTER HOURS & WEEKENDS (NON- EMERGENCIES)
CALL: 845-257-3400, a number to Fonemed (a 24 hour nurse advice line) will be provided

EMERGENCIES
On-campus, CALL: 845-257-2222
Off-campus, CALL: 911

EMAIL
healthservice@newpaltz.edu

WEBSITE
newpaltz.edu/healthcenter
MISSION STATEMENT
The Psychological Counseling Center (PCC) provides preventative and clinical services to the diverse SUNY New Paltz community.

The PCC promotes retention of students through interventions designed to enhance their psychological, emotional, social, and intellectual well-being.

OFFICE HOURS
MONDAY-FRIDAY
8:30 am - 5:00 pm

DROP-IN SERVICES
WEDNESDAY
1:00 - 3:00 pm: The PCC is offering live drop-in services in the form of “Let's Talk.” No reservation required.

The sessions are held in SUB 416.

PHONE (WORK HOURS)
CALL: 845-257-2920

AFTER HOURS & WEEKENDS
CALL: 845-257-2222

You will be connected with the University Police Department (UPD) who will then connect you to the PCC Emergency Contact for Student Consult (ECSC)

WEBSITE
newpaltz.edu/counseling

Confidentiality Policy

Discussions between a student and counselor are confidential. Click the banner to learn more about the confidentiality policy.
International Student Health Insurance

International students are automatically enrolled in the UnitedHealthcare plan upon registration. We do not accept applications for waivers of the insurance requirement from those students who are under the immigration sponsorship of SUNY New Paltz.

The United States system of medical care may be different from that of your home country. In the U.S., you must pay for medical services yourself.

There is no national health insurance and you cannot afford to be without medical insurance. For this reason, the College requires all full-time students and strongly urges all dependents to purchase the SUNY student health insurance in order to provide you with adequate medical insurance.

DEPENDENT INFORMATION

F-2 & J-2 Dependents are required to enroll in the SUNY Health Insurance plan for each semester the F-1 or J-1 student is enrolled at SUNY New Paltz.

The University Health Insurance policy must be purchased within 30 days of your dependent(s) arrival in the U.S.

Please contact international@newpaltz.edu for more information.

United Healthcare Student Resources

Click the banner above to learn more about your health insurance policy and create your account.
Title IX Support

What is Title IX? Title IX is 37 powerful words.

No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance.

Title IX protects all members of our campus community from:

- gender discrimination
- sexual violence
- sexual harassment
- interpersonal violence
- sexual assault
- stalking

Gender discrimination, sexual harassment, sexual assault, sexual violence, and stalking are strictly prohibited within the SUNY New Paltz community. All members of the SUNY New Paltz community have the right to be free from any form of interpersonal violence and discrimination.

We encourage any member of the campus community to report, confidentially discuss, or raise questions and concerns regarding any instance of gender discrimination, sexual harassment, sexual assault, sexual violence, interpersonal violence, and stalking.

TITLE XI COORDINATOR
Tanhena Pacheco Dunn

PHONE (845) 257-3172
EMAIL pachecot@newpaltz.edu

WEBSITE newpaltz.edu/titleix
Bias Reporting

What is "Bias?"

The term ‘bias related’ refers to language and/or behaviors which demonstrate bias against persons because of, but not limited to others’ actual or perceived:

- race
- ethnicity
- national origin
- creed
- age
- gender
- gender identity
- body size
- disability
- gender expression
- sexual orientation
- marital status
- predisposing genetic characteristics
- veteran status
- ex-offender status
- socioeconomic status

Reporting or Seeking Support

If you experience an incident of bias on or off campus, you can notify the bias response network using our Bias Reporting Form.

BIAS REPORTING & SUPPORT TEAM

Click the banner above to learn more about the Bias Reporting & Support Team initiative.
Emergency Phrases

The following pages contain phrases translated into multiple languages should you ever need help expressing your problems or concerns in English.

If you are able to contribute translations into a language not listed here to help future students, please contact us at international@newpaltz.edu.

Languages currently included:

- Chinese (Simplified)
- German
- Gujarati
- Hindi
- Italian
- Japanese
- Korean
- Spanish
- Telugu
- Turkish
Emergency Phrases

Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/ loss of a relationship
Communicating with professor/ authorities
Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/ study skill problems
Suicidal feelings/ thoughts
Time management
Uncertain about future
Weight problems/ body image

学术问题
对学校的适应
对美国文化的适应
滥用酒精和药物
恐惧，害怕，焦虑，紧张
自我肯定
失恋/失去一段关系
与教授或权威人士沟通
注意力集中
信仰/价值观混淆
精神压力的处理
约会问题
对你重要的人去世或将要面临死亡
决定事业方向/主修科目
忧郁
厌食或暴食倾向
英语表达能力
种族歧视
经济问题
使用交通工具
想家
暴怒，愤怒，敌对情绪
交友
健康问题
拖延/缺乏动力
被强奸/性侵犯/强迫性行为
回国所面对的问题
与家人/父母/兄弟姐妹的关系
与朋友/室友/同辈的关系
与恋人/配偶的关系
自尊/自信
性方面的关注
性病
害羞，社交不安
睡眠问题
学习模式/学习技巧问题
自杀情绪/思想
时间管理
对未来不确定
体重/仪容/身形问题
Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/ loss of a relationship
Communicating with professor/ authorities

Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/ study skill problems
Suicidal feelings/ thoughts
Time management
Uncertain about future
Weight problems/ body image

Leistungsprobleme
Anpassung an das Universitätsleben
Anpassung an die amerikanische Kultur
Alkohol/Drogen
Unsicherheit, Angst, Sorgen, Nervosität
Selbstbewußtes Handeln
Ende einer Beziehung
Verständigung und Kommunikation mit ProfessorInnen/Authoritätspersonen
Konzentration
Fragen zu Wertvorstellungen
Umgehen mit Stress
Fragen zum Ausgehen oder Anfang einer Beziehung
Tod oder bevorstehender Tod einer nahestehenden Person
Berufsscheidung/Studienfach
Depressionen
Eßstörungen
Englische Sprachfähigkeit
Ethnische/rassische Diskriminierung
Finanzielle Problem
Gewöhnung an oder Benutzung der Transportmittel
Heimweh
Reizbarkeit, Zorn, Feindseligkeit
Freundschaften schließen
Gesundheitliche Probleme
Eigenmotivation
Vergewaltigung/sexuelle Belästigung
Wieder-Einreisse nach Deutschland
Beziehung zu Familie, Eltern, Geschwistern
Beziehung zu Freunden, Mitbewohnern, Gleichaltrigen
Beziehung zu Freund/Freundin, Ehegatten
Selbstsicherheit/Selbstbewußtsein
Fragen zur Sexualität
Geschlechtskrankheiten
Schüchternheit
Schlafstörungen
Lerngewohnheiten/Lemprobleme
Selbstmordgedanken
Zeiteinteilung
Unsicherheit, was die Zukunft betrifft
Gewichtsprobleme, Körperbewußtstein
Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/loss of a relationship
Communicating with professor/authorities
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse
Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/study skill problems
Suicidal feelings/thoughts
Time management
Uncertain about future
Weight problems/body image
Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/loss of a relationship
Communicating with professor/authorities
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/study skill problems
Suicidal feelings/thoughts
Time management
Uncertain about future
Weight problems/body image
Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/loss of a relationship
Communicating with professor/authorities
Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/study skill problems
Suicidal feelings/thoughts
Time management
Uncertain about future
Weight problems/body image

Problemi accademici
Adeguamento all'Università
Adattamento alla cultura Usa
Alcool / droga
Ansia, paura, preoccupazioni, nervosismo
Assertività
Rilassamento / perdita di una relazione
Comunicare con i professori / autorità
Concentrazione
Confusione circa credenze / valori
Copiando con stress
Preoccupazioni di incontri
Morte o morte imminente di persona significativa
Decisione sulla carriera / maggiore
Depressione
Problemi Mangiare
Abilità nella lingua inglese
Discriminazione etnica / razziale
Dei problemi finanza
Ottenere o utilizzare il trasporto
Nostalgia
Irritabilità / rabbia / ostilità
Fare amicizia
Problemi di salute fisica
Procrastinazione / motivazione
Rapimento / assalto sessuale / sesso indesiderato
Ritorno al paese di origine
Relazione con la famiglia / genitori / fratelli
Relazione con amici / compagni di stanza / coetanei
Relazione con il partner romantico / coniuge
Autostima / fiducia in se stessi
Preoccupazioni sessuali
Malattie trasmesse sessualmente
Timidezza, disagio sociale
Problemi di sonno
Abitudini di studio / problemi di abilità di studio
Sentimenti / pensieri suicidi
Gestione del tempo
Incerto circa il futuro
Problemi di peso / immagine del corpo
Emergency Phrases

Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/loss of a relationship
Communicating with professor/authorities
Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse
Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/study skill problems
Suicidal feelings/thoughts
Time management
Uncertain about future
Weight problems/body image

JAPANESE

学業面の問題
大学生活への適応
アメリカ文化への適応
酒類・薬物などへの依存
不安・恐怖感・心配・神経質
自己主張の不足
恋人との別れ
教授・目上の人のコミュニケーション
集中力の欠如
信念・価値観の揺らぎ
ストレス管理
デートに関する悩み
自分にとって大切な人の死あるいは生命の危機
就職・専攻の選択に関する悩み
うつ病
拒食・過食
英語力の悩み
人種差別の体験
金銭に関する悩み
交通手段の有無または利用法
ホームシック
短気・怒り・敵意
友人作りに関する悩み
健康に関する悩み
怒り癖・やる気の欠如
レイプ・性暴力・性行為教養による被害の経験
帰国後の心配
家族・両親・兄弟姊妹との関係
友人・ルームメイト・仲間同士との関係
配偶者・恋人ととの関係
自尊心・自信
性に関する悩み
性病
社交性の欠如
睡眠障害
学習週間・学習能力に関する悩み
自殺願望
自分の計画通りに行動する自己管理能力
将来に対する不安
体重・体型に関する悩み
Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/ loss of a relationship
Communicating with professor/ authorities
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/ study skill problems
Suicidal feelings/ thoughts
Time management
Uncertain about future
Weight problems/ body image

학업 문제
대학교 적응문제
미국문화 적응문제
술/마약 남용 문제
불안, 공포, 걱정, 조바심
자기주장성 부족 문제
실연
교수나 학교관계자와의 의사소통 문제
집중력의 문제
가치관/信念 상의 혼란
스트레스 대처(대응)
애정관계의 문제
가까운 이의 사망 혹은 임박한 죽음 직업 전공에 대한 결정 문제
우울증
심정장애(기분증, 비만 문제) 언어(영어) 문제
외국인/인종 차별
재정 문제
교통 수단을 이용하는 문제 항수병(고국에 대한)
과민성, 화(노여움), 적개심
사교성 문제
신체 건강 문제
꾸물거리는 버릇 및 동기 부족 강간/성폭행/성강요
귀국문제
부모, 형제, 자매와의 관계
친구, 동료와의 관계
애인, 배우자와의 관계
자신감/자신감 문제
성관련 문제
성병
소심, 사회성 결함,
수면 문제
공부 습관 및 공부 방법 상의 문제
자살 충동 및 생각
시간관리
미래에 대한 불확실성 체증문제/체형 이민자
Emergency Phrases

Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/ loss of a relationship
Communicating with professor/ authorities
Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility

Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/ study skill problems

Suicidal feelings/ thoughts
Time management
Uncertain about future
Weight problems/ body image

PROBLEMS ACADEMICOS
Adaptação a vida universitária
Adaptação a cultura dos Estados Unidos
Álcool/drogas
Ansiedade, medos, preocupações, nervosismos
Assertividade/autoconfiança
Término de relacionamento amoroso ou pessoal
Comunicação com professores/ autoridades
Concentração
Confusão relacionadas a crenças e valores
Lidando com estresse
Problemas com namoro
Morte ou possível morte de um ente querido
Decisões sobre carreira ou decisões sobre que curso estudar na faculdade
Depressão
Problemas alimentares
Habilidade em inglês
Discriminação étnica/racial
Problemas financeiros
Problemas relacionados à saúde física
Procrastinar/ falta de motivação
Estupro/agressão sexual/ sexo forçado
Reingressar ao país de origem
Relacionamento com família/ pais/ irmãos
Relacionamento com amigos/ colegas de quarto/ pares
Relacionamento com namorado (a)/ esposo (a)
Autoestima/autoconfiança
Problemas relacionados ao sexo
Doenças sexualmente transmissíveis
Timidez, desconforto social
Insônia/ problemas para dormir
Hábitos de estudar/ problemas na habilidade de estudar
Pensamentos suicida
Organização do tempo
Incerteza sobre o futuro
Problemas com peso e autoimagem
Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness

Assertiveness
Breakup/ loss of a relationship
Communicating with professor/ authorities
Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major

Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness

Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex

Re-entry to home country
Relationship with family/parents/siblings

Relationship with friends/roommates/peers
Relationship with romantic partner/spouse
Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/ study skill problems
Suicidal feelings/ thoughts
Time management
Uncertain about future
Weight problems/ body image

Los problemas académicos
La adaptación a la vida universitaria
La adaptación a la cultura de los Estados Unidos
El alcohol o las drogas
La ansiedad, los miedos (temores), las preocupaciones, la nerviosidad
La confianza en sí mismo
El fin de una relación personal
El comunicar con profesores/autoridades
La concentración
La confusión en cuanto a creencias y valores
El Manejo del estrés
Las preocupaciones relativas a la pareja
La muerte o muerte posible de un ser querido
Las decisiones relativas a la carrera o la especialización
La depresión
Los problemas alimentarios
La habilidad en ingles
La discriminación racial o étnica
Los problemas económicos
El conseguir o usar transporte
El extrañar la casa y la familia

La irritabilidad/la ira/la hostilidad
El establecer amistades
Los problemas relativos a la salud fisica
La postergación de obligaciones/la falta de motivación
La violación/el asalto sexual/las relaciones sexuales forzadas
El reingreso a la patria
Las relaciones con la familia/los padres/los hermanos/as

Las relaciones con amigos/compañeros de cuarto/pares
Las relaciones con la pareja o el esposo/a
La auto-estimación/la confianza en sí mismo
Los problemas de índole sexual
Las enfermedades de transmisión sexual (venéreas)
La timidez, los problemas en la interacción social
La falta del sueño, del insomnio
Los hábitos de estudio
Los Pensamientos de suicidio
El manejo del tiempo
La incertidumbre con respecto al futuro
Los problemas con el peso y la auto-imagen
Emergency Phrases

Telugu

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Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/ loss of a relationship
Communicating with professor/ authorities
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/ study skill problems
Suicidal feelings/ thoughts
Time management
Uncertain about future
Weight problems/ body image
Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/ loss of a relationship
Communicating with professor/ authorities
Confusion about beliefs/values
Concentration
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
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Relationship with family/parents/siblings
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Relationship with romantic partner/spouse Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/ study skill problems
Suicidal feelings/ thoughts
Time management
Uncertain about future
Weight problems/ body image

Akademik Problem
Universiteye uyum sağlamak
Amerika Kulturune uyum sağlamak
Alkol/Uyusturucu
Kaygi,Korku, Endise, Sinirlilik
Guven
Birinden Ayrilma/Birini Kaybetme
Profesor veya Yetkli biri ile iletisim kurmak
Konsantrasyon
Degerler/inanclar konusunda kararsizlik
Stress ile basa cikma
Biri ile cikma konusundaki kararsizlik
Ölüm veya önemli kişinin yaklasmakta olan ölmü
Kariyer/Bolum konusundaki kararlar
Depresyon
Yeme Problemi
Ingilizce dil yeteneği
Etnik/Irksal Ayrimcilik
Finansal Problemler
Ulasim Alma ve Kullanma
Evini ozlemek
Sinirlilik/Ofke/Dusmanlik
Arkadas Edinmek
Fiziksel Saglik Problemleri
Oyalanma/Motive Olma
Tecavuz/Taciz/istenmeyen Sex
Kendiulkene tekrardan giriş yapma
Aile / ebeveyn / kardeslerle ilişki
Arkadaslarla / oda arkadaşlarıyla / arkadaşlarıyla
ilişki Romantik ortak / eş ile ilişkisi
Kendine inanma/Kendine guvenme
Cinsel Kaygilar
Cinsel Yolla Bulasan Hastalik(lar)
Utangaclik,sosyal ortamdaki rahatsız olma
Uyku Problemi
Ders Calisma Aliskanligi/ Ders Calisma Problemi
Intihara Egilim/Intihari Dusunme
Zaman Yonetimi
Gelecek Kaygisi
Kilo/Vucut Problemi