



1. What is counseling?

Counseling is a chance to talk over what is in one's mind with a trained professional who can assist & guide a person with the problematic areas of his/her life by teaching new skills, handling situations and helping people solve problems on their own.

2. How do I know if I need counseling?

If you feel that you are not functioning well emotionally, socially or academically there is no harm in seeking help & making an appointment.

One of our friendly counselors will do an assessment and offer you their professional recommendation on what you actually need.

3. How would I say my problem?

It doesn't really matter how you present your problems. You can say whatever you like. Sometimes there is silence; sometimes you might find yourself saying things you had not expected to say. The counselor will help you explore the matter and will keep referring to you to clarify his/her understanding.

4. What is the difference between a psychologist and a psychiatrist?

Psychiatrists are medical doctors who have specialized training and they most commonly use psychiatric medication to treat clients whereas psychologists study the physical, cognitive, emotional and social aspects of behavior and help clients understand and deal with a wide variety of issues and problems.

5. How much will I have to pay for counseling services?

All consultations and counseling services are free of charge for the NUST community

6. Does seeing a psychologist mean I am weak?

It is not a sign of weakness but a sign of strength indicating that you are taking steps to address problems rather than ignoring and neglecting them.

7. What about confidentiality?

In a manner consistent with our ethical standards and laws of Counseling, no client information is released on or off campus. This also means that C³A will not give information shared in a counseling session to anyone including friends, parents, teachers, deans etc.

8. How many counseling sessions will I need?

It depends on the nature and type of problem you are having. We may suggest meeting weekly at first and then perhaps less frequently as time progresses. Even after the formal conclusion of the sessions, we may agree that a follow-up would be useful in two or four month's time.

9. Do I always have to be physically present for counseling or can I have online counseling sessions?

Although we always welcome emails and net linkages but in order to make the counseling sessions effective we always appreciate and value personal presence of clients.



CENTRE FOR COUNSELING AND CAREER ADVISORY



To make an appointment:
Call 051-90851571 - 1573 - 1575 - 1577
Mon to Fri 9:00a.m 5:00p.m

Visit C3A, Student Centre,
NUST Campus H-12 Sector, Islamabad.

*"It's never too late to
start afresh"*



The NUST Centre for Counseling and Career Advisory (C3A) was established in October 2008 as part of student services and commenced providing professional services to all members of NUST community. NUST is the only university in Pakistan having a dedicated team of trained psychologists and counselors conducting aptitude and psychological testing coupled with counseling and undertaking research projects at the same time. The centre also functions as a student/faculty support organization and strives to develop NUST students into wholesome and productive human beings.

FACTS ABOUT COUNSELLING

- Seeing a psychologist does not mean one is mentally ill or insane
- The person who consults a counselor/psychologist will not be labeled as a "psycho"
- Psychologists do not have magical powers to read faces of people without any communication
- Going to a psychologist will not affect a student's relationship with the faculty or become a part of the academic record
- Normal people might also need and benefit from counseling.
- Counseling is not just for the students but for all members of NUST community
- One can see a psychologist/counselor even if one is not sure of one's problem

THE COUNSELING EXPERIENCE AT C3A

- Some students who benefited from the counseling services provided by C3A have this to say:

"I am one of those lucky students of NUST who gained from this remarkable facility provided by the university. The professionals at C3A treat students in a respectful and caring way. I have seen marked improvement in the quality of my academic and personal life after the experience at C3A."

"My experience with C3A has been awesome. I never thought that my life would become so positive and hopeful. I have started valuing myself & it's just because of your proper guidance. I want to request you to stay in NUST forever since a number of students like me need you."

"C3A is a very good counseling centre. I am grateful to the team of C3A for helping me overcome the weaknesses of my personality and improve my attitude"

NUST Student Centre,
NUST Campus
H-12 Sector, Islamabad
c3a@nust.edu.pk