

CONFIDENTIALITY

The Centre while remaining committed to offering a discreet and confidential service is aware of the vulnerabilities and sensibilities of its clients at all times and abides by personal, social and professional norms. Counseling records at C³A do not form a part of or affect a student's academic profile.

Fee Structure

Officially referred cases will not be charged any fee; however, individuals desirous of getting tested will be charged a nominal amount.

Making an appointment

NUST students and members can make an appointment in person or by telephone

- Call (051) 90851571 and ask to set up an appointment.
- Consult your problems with counselors/psychologists at:
051-90851573, 051-90851575
- Email us: c3a@nust.edu.pk
- Visit Us: Student Centre, NUST H-12 Sector, Islamabad.
- **Centre Timings:** 0900 hours to 1700 hours (Mon-Fri)



The Counseling and Career Advisory provided by C³A is part of Student Services and offers a confidential, professional service to all members of the NUST community. People come to Counseling with a range of concerns varying from short term personal, social, family or academic worries to longer term, often more complex, psychological problems.

A **Counselor's aim** in C³A is to accept individual differences, listen empathetically and try to help individuals pursue their own understanding of what is to be done to lead a healthy and prosperous life. The Counseling Service provides a welcoming and friendly environment where a counselor seeks to help individuals focus and understand more clearly on the issues that concern or trouble them. The counselor's role is to offer support, understanding and respond in a non-judgmental and non-critical way. At C³A, we respect values, choices, lifestyle and help people explore their feelings and interests by guiding them in making decisions, choices or changes that are right for them.

CORE OBJECTIVES

- To provide a high quality professional counseling service to students who experience educational, social, emotional, personal, psychological or adjustment problems which inhibit academic performance and personal development.
- To continually review and evaluate practice and pursue new initiatives which address the changing needs of the University community.
- To provide professional consultation to faculty, fostering awareness of the emotional and psychological aspects of learning.
- Using knowledge gained through counseling, help the University identify and address areas of stress.
- Help students determine their strengths and weaknesses and identify aptitudes thereby helping students make the right career choice.
- To help students in Occupational Exploration and Personal Life Planning.
- Develop C³A into an effective students/ faculty support organization.
- To help students develop into productive human beings.

TYPES OF ASSESSMENT OFFERED

Psychological testing has a profound and positive effect on an individual's life and also on career development decisions one needs to make from time to time. Our testing facilities assist you in having a clearer understanding of yourself, your strengths and also the problematic areas thus guiding you to make best possible choices and better adjustments in everyday life. The following testing facilities are available at C³A:

- ❖ Testing of Intelligence Quotient (I.Q)
- ❖ Testing of Emotional Quotient (E.Q)
- ❖ Achievement Testing
- ❖ Personality testing
- ❖ Aptitude Testing
- ❖ Ability Testing
- ❖ Measurement of career related issues
- ❖ Measurement of Interests, Values, Opinions and Attitudes
- ❖ Levels of anxiety and depression
- ❖ Examination stress, anger, leadership styles, psychological well-being and social skills.

CAREER CHOICES AND PLACEMENT

All cases requiring advice on careers and related issues are handled by the Office of Internship and Placement whose primary goal is to provide students and alumni with the tools and skills needed to launch successful job searches by providing:

- ◆ A comprehensive career service to students & alumni
- ◆ Building and maintaining dynamic relationships with a variety of multinational employers
- ◆ Conducting comprehensive career development research
- ◆ Compiling employment and salary data
- ◆ Designing Resumes for various jobs
- ◆ Advice as to how to choose an appropriate internship training company; and
- ◆ Opportunities for On-Campus Interviewing by conducting Job Fairs.