



DEPARTMENT OF COUNSELING

**HONORS COLLEGE
VOLUNTEERS
NEEDED!**

**WHY ENGAGE IN THIS
EXPERIENCE?**

- **It's FREE!**
- **Receive community service hours for participation!**
- **Opportunity for PERSONAL GROWTH!**



Get ready to talk AND be heard by a counselor in training who cares! Counselors in training from the IUP Department of Counseling are offering FREE individual and group counseling sessions to undergraduate students!

ABOUT THE EXPERIENCE:

Eligibility

- ❖ MUST be 18 years or older
- ❖ CANNOT be currently seeing a counselor
- ❖ MUST agree to attend all sessions

Zoom sessions

- ❖ Individual Counseling: 8 zoom sessions (50 mins)
- ❖ Group Counseling: 9 zoom sessions (1 hr & 15 mins)

What can you talk about?

- ❖ ANYTHING of a NON-CRISIS nature such as relationship issues, school stress, transitions, personal growth, etc.

HOW TO GET STARTED:

1. Watch the video to learn more about the experience

Video: <https://biteable.com/watch/practicum-volunteer-recruitment-spring-2021-2744601>

Complete the Student Information Sheet

Student Information Sheet: https://iup.co1.qualtrics.com/jfe/form/SV_9GOMVA28MjN82TH

HAVE QUESTIONS?
Email coun-prac@iup.edu