

6.t. Student Counseling

Subject	Students	Effective From	Sep - 2011
Policy #	6.t.	Latest Revision	Feb - 2025
Title of The Policy	Student Counseling	Next Review	Dec - 2025
Responsible Entity	Student Affairs Deanship	Policy Pages	2
Definitions	AAU: Al Ain University <u>Student's Counseling</u> Student counseling refers to a confidential and professional service provided within AAU to support the mental, emotional, and social well-being of students. It involves the provision of guidance, support, and therapeutic interventions to help students address personal, academic, and social challenges, and develop skills necessary for their overall growth and success. <u>Academic Counseling</u> Academic counseling refers to a specialized form of counseling provided to students to support their educational and academic progress. It involves assisting students in identifying and achieving their academic goals, developing effective study habits, addressing academic challenges, and making informed decisions regarding their educational pathways. <u>Career Counseling</u> Student career counseling refers to a process of providing guidance, support, and resources to students in exploring and making informed decisions regarding their career paths and vocational aspirations. It involves assisting students in understanding their interests, strengths, values, and skills, and aligning them with potential career options. <u>Crisis Interventions</u> Student crisis interventions refer to immediate and targeted actions taken by professionals, such as counselors or educators, to address and mitigate acute and urgent situations that pose a significant risk to a student's well-being, safety, or mental health. Crisis interventions aim to provide immediate support, stabilize the situation, and ensure the student's safety and emotional well-being.		
Purpose	The purpose of this policy is to establish a framework that promotes the availability and accessibility of student counseling services. It aims to create a safe and supportive environment that fosters the personal and academic development of students, enhances their resilience, and assists them in overcoming barriers to learning. The policy also emphasizes the importance of collaboration between students, parents/guardians, faculty, and counseling professionals to ensure the holistic well-being of students.		
Scope	This policy applies to all AAU students.		
Statement	AAU Student Counseling Services are dedicated to fostering a supportive and inclusive environment that promotes the well-being and personal growth of every student. We offer confidential, professional support to help students navigate academic, emotional, and social challenges. Through individual and group counseling, workshops, and resources,		

	we aim to empower students to achieve their goals, maintain mental health, and thrive in their university experience.
Procedures	1. Students can schedule counseling appointments by contacting the counseling office. 2. Efforts should be made to accommodate urgent or immediate counseling needs promptly. 3. Upon the first counseling session, the counselor conducts an initial assessment to gather relevant information about the student's concerns, background, and goals. 4. Informed consent is obtained from the student, explaining the counseling process, confidentiality, and any limitations. 5. If the student is a minor, consent from the parent/guardian may be required, unless an exception applies (e.g., legal emancipation or mature minor status). 6. Counseling sessions are conducted in a private and confidential setting, allowing students to freely express their concerns. 7. The counselor helps students develop coping strategies, problem-solving skills, and self-awareness, promoting their resilience and growth. 8. If a student's counseling needs exceed the scope of on-campus services, appropriate external referrals are provided, considering the student's preferences and available resources. 9. Collaboration may include regular communication with parents/guardians to ensure a coordinated approach to student support. 10. Counselors maintain accurate and confidential records of each counseling session, adhering to legal and ethical guidelines. 11. Students' personal information and counseling records are securely stored, and accessible only to authorized personnel. 12. Information is shared with third parties only with the student's informed consent or when legally required for the student's safety or well-being.
Recent Changes	February 2025: Scope Section: Revised. Statment Section: Totally revised. Procedures: Totally revised.