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Special Release

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CAREER DEVELOPMENT AND COUNSELING SERVICE

The Counseling Unit of the University has recently been upgraded to a Directorate. With this elevation, the Centre now has an expanded mandate to deliver career development and counseling services to the entire university community.

The Centre is adequately staffed and equipped to deliver the following services:

- Study skill counseling
- Anxiety/panic phobias reduction programme
- Anger management
- STI/HIV/AIDS prevention counseling
- Career decision-making training
- Career choice anxiety
- Career assessment and interpretation
- Job search strategies
- Marital decision-making
- Grief/loss
- Relationship building
- Parent-child conflict
- Family issues
- Ethnic/cultural issues
- Techniques of interview/work assessment
- Alcohol and drug use
- Retirement related issues
- Time management

- Interpersonal/relationship difficulties/loneliness
- Emotional intelligence programming.
- Self-concept grooming
- Interpersonal relationship at work
- Cigarette smoking cessation programme
- Stress management
- Job analysis and evaluation
- Resiliency and competency promotion programmes
- Sexuality issues
- Parenting and adolescent management
- Eating disorder/body image
- Trauma/assault
- Career placement
- Room-mate conflict
- Work-family conflict
- Communication skill
- Life adjustment issues/transitional challenges/home-sickness
- Abuse
- Personality profiling
- Academic success tips
- Suicidal ideation
- Pregnancy adjustment and management
- Quality of life improvement
- Leadership training
- Entrepreneurial development

Each of the above services can be rendered on individual and group basis. The Centre also provides workshop, assessment, evaluation and referral services. The Centre currently, accommodated under the Students' Affairs Unit of the University.

The Centre has confidentially policy. Whatever information is given to your counselor is treated with utmost confidentiality; and such information can only be divulged to a third party with the express permission of the client. Students can access career

development and counseling services between 9.00 am and 4.00 pm during the week days except Saturdays.

Thank you.

O. I. Olukoya, MNIM, FPA
Registrar