

# University Counseling Services



“Something is bothering me and I think it may be getting in the way of my success at USM.”



**College students will face  
several different challenges during  
their academic careers**

Some of these challenges may even  
impact their ability to be successful  
in the classroom

Can you find a slide that fits what  
may be bothering you?

“I can’t focus on my studying...”



“...My mind keeps bouncing around to all my worries”

*Studying is an essential part of college life. When other worries get in your way, you may find it difficult to keep up in classes.*

**“I just want to give up...”**

“...I don’t think I can pull myself together. I have too much going on.”

*Managing feelings of frustration may feel overwhelming. Learning how to manage time and priorities can help reduce frustration.*

**“I’m stressed about my family...”**

**“...I’m experiencing family problems and I feel like I need to be with them.”**

*There are times when other concerns need to be addressed while also managing course work. This may result in missed classes or assignments.*

“I’m feeling lonely here...”



“...My friends are all at home or at other colleges, and I haven’t connected with anyone here.”

*Feelings of loneliness may lead to feeling more depressed. This may reduce your interest in meeting new people and getting involved on campus.*

**“I can’t sleep...”**

**“...I’m so worried about my grades and I failed my last exam.”**

*Concerns about academic performance may lead to future test anxiety.*

# “How can I be successful?”



“...I can’t balance my work, my family and my studies! I’m so overwhelmed!”

*When these feelings are not addressed, it may seem that the only way to feel better is to withdraw from classes.*



# Counseling Services

We are here to help you be successful during your time at USM. We can assist you in learning ways to sort out concerns and find solutions to manage life's challenges.



# Counseling Services

- Counseling at USM is designed to help you develop new ways to manage obstacles, such as anxiety, depression, and grief.
- Your health fee provides 12 free visits to counseling. These can be used at any point during the year.



# We Can Help!

We are trained to listen to you and provide a safe place to talk about your concerns.

We've worked with many students who have had concerns similar to yours.

# Please Contact Us

For details about our services and locations, please visit our website:

[usm.maine.edu/ucs](https://usm.maine.edu/ucs)

To make an appointment on any campus, please call:  
207-780-4050  
or email  
[ucs@usm.maine.edu](mailto:ucs@usm.maine.edu)

