Your local **TAFE Counselling**

Contact Details are:

Phone: (02) 9217 3238

Location:
Building D, Level 4
Harris & Thomas Street
ULTIMO 2007

Email: si.contactultimocounsellors@tafensw.edu.au

**TALK WITH A COUNSELLOR**

- You can drop in or make an appointment by phone or email
- Counselling units are generally open from Monday to Friday
- Day and evening appointments are available
- Check times at your local college

Counsellors understand the things that affect students. Some counsellors are bilingual - please check with your college’s Counselling and Career Development Unit.

Counsellors offer a range of group workshops such as study skills, career options, stress management, healthy lifestyle, pathways to university and work.

You are welcome to contact us if you are a TAFE student OR you want to discuss how enrolling in TAFE can help you achieve your work and study goals.

**HELPING STUDENTS BUILD STRENGTHS, IMPROVE WELLBEING AND SUCCESSFULLY COMPLETE THEIR STUDIES**

**VISIT US FOR MORE INFORMATION AND RESOURCES ON SUCCEEDING IN STUDY AND ENHANCING YOUR PERSONAL WELLBEING.**

CONNECT WITH US!
CAREER DEVELOPMENT AND COURSE PLANNING

Success in learning is greatly aided by good course planning and TAFE Counsellors can help prospective and enrolled students to choose course options suited to them and their current situation.

- Making career plans and decisions
- Choosing the best course to meet your needs
- Career development and re-entering the workforce
- Providing information about using your overseas qualifications
- How to get recognition (RPL) for your skills, qualifications and experience
- How to use your TAFE qualifications for further study including university
- Balancing work pressures and study

SUCCEEDING AT STUDY

- Staying motivated and focused
- Improving your time management, organising your study
- Balancing study, work and relationships
- Improving concentration and memory
- Accessing educational support for your individual learning needs
- Preparing for exams and assessments
- Managing worries about dropping out
- Information and access to scholarships

WELLBEING

Personal problems affect many students during their time at TAFE, making it harder to settle down to study. We suggest you see a counsellor who can help with:

- managing relationships, conflict and family matters
- managing worries, stress or depression
- solving problems and making decisions
- coping with loss or grief
- alcohol, drugs, gambling or other addiction problems
- feeling like dropping out or changing direction
- overcoming personal challenges to complete your training/course.

WHAT CAN I EXPECT FROM COUNSELLING?

TAFE Counsellors are Psychologists who will listen carefully and work with you to:

- understand your concerns
- identify your options and goals
- find the best plan of action to help you achieve your work, study and personal goals
- help you develop skills and resilience to cope with life's challenges
- refer you to other services where necessary.

Counselling is free and confidential. This means that your counsellor will not tell other people about the things you discuss, unless with your permission or if required by law in order to protect you or other people from harm.