

Do you need help to face the stress of going back to school?

by Gloria Welton

Post-Secondary Resources

If you are thinking about going back to school but hesitate because of life stresses, the **Career & Advanced Learning Centre** might just be the help you need to take your next step. Or if you are in adult education and challenged with balancing life and work, the counselling services available at the centre might help you to stay on track.

Going back to school as an adult has its rewards and challenges. Fear of failure is common among us all and can stop you from getting into a new or better career. This centre may help you sort out the confusion you may be feeling.

“Many things can get in the way of your education plans,” says **Dr. Laura Campbell**. “Anxiety, depression, family and self-esteem issues can hold a person back. The Career & Advanced Learning Centre can help sort through the maze and make a plan. Services are available until studies are complete.”



Clinical Psychologist Dr. Laura Campbell provides services to help achieve your education goals.

Why is this centre needed?

Counselling or psychological services are not available or accessible to many adults enrolled in adult education or post secondary studies. Adults often find themselves going to their family doctor. But the wait may be long to get the required counselling or psychological service they need to help them resolve issues that may be affecting their education and personal lives.

Katherine McQuaid, Director of **Academy of Learning**, says she has seen a rise in the number of students requiring help to balance school and their personal lives. “For many adults returning to school, it is a big adjustment. Depending on their situation, they can use the help of a professional to develop strategies to succeed and move into their career. Having this service in place for students will certainly fill a need that is out there.”

What makes this service stand out is that it is also available to those considering going back to school. Some individuals need to work a few things out before they embark on an educational program and these services will help them do that. “We are very excited about this service,” says Katherine.

What the counselling service offers

“There is no fee for this service for those eligible,” says Dr. Campbell. “Our counselling and psychological services are completely confidential. We are here to help a person do their best during their process of entering school or while they are a student.”

If you are struggling with your studies or think you cannot go back to school because you are dealing with certain challenges, the counselling services can help you resolve issues such as:

- adjusting to going back to school
- assertiveness
- depression, loss and grief
- motivation
- peer, family or relationship difficulties
- low self-esteem
- sexuality and sexual orientation
- sleep difficulties
- stress, anxiety, and anger
- weight preoccupation
- post traumatic stress disorders.

“We also can help identify a learning disability or attention deficit hyperactivity disorder,” says Dr. Campbell. “We will work with individuals to develop strategies to cope with the learning difficulties they may encounter.”

Group sessions or workshops

Group sessions may also take place to address adult student concerns.

Topics may cover such issues as:

- exam/test anxiety
- overcoming procrastination
- class presentation anxiety
- stress management strategies.

Self-help resources



The Career & Advanced Learning Centre also has a variety of resources for adult students. You can drop in or call to get help to find the information you are looking for.

How do I book an appointment?

The central location for the Island-wide service is in Charlottetown.

Visit the centre at 55 Grafton Street from 9 am to 5 pm

or call to make an appointment at **368-7214**

or e-mail referrals@careeralc.ca
You can also be referred by other support services in the community that may be assisting you as you consider going back to school or as you are in school. Information will be posted at at   www.careeralc.ca