

THE OFFICE OF COUNSELING SERVICES

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(757) 594-7047
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The Office of Counseling Services provides a wide range of free professional services to help students succeed at the University by creating a safe, confidential and supportive environment in which personal development can occur. Counseling services assist students with self-knowledge, facing challenges, confronting short-term personal issues, and through crisis intervention. All of our services contribute to helping students learn new skills, enhance personal success, set and achieve goals and get the very best out of life. Additionally, the office supports CNU faculty, staff, clubs and organizations, parents, and the community through consulting and educational outreach services.

Students are referred to resources outside the University when long-term counseling or other professional support is needed. Students are ultimately responsible for their decisions and actions and must assume responsibility for their personal choices. Using Counseling Services wisely will assist student's adjustment to the University and can help develop skills they will need to meet the various challenges a student may encounter. Listed below are many of the services offered through the Office of Counseling Services.

Counseling Services:

- Individual Counseling
- Crisis Intervention
- Relationship Counseling
- Support Groups
- Group Seminars and Workshops
- Self-help Pamphlets
- Referral Services

Consulting Services:

- Participation in the Faculty Early Alert System
- Myers-Briggs Type Indicator Presentations
- Faculty/Staff Training

Educational Outreach:

- Classroom presentations
- Residence Life presentations
- Programming for clubs and organizations
- Awareness Weeks
- Community talks and workshops

DISABILITY SUPPORT SERVICES

Office of the Dean of Students
David Student Union, Room 3142
(757) 594-7106 Fax: (757) 594-7505
dosa@cnu.edu

Services for Students with Disabilities

CNU provides reasonable accommodations to make education accessible to students with disabilities. Students with disabilities may consult with the Office of the Dean of Students before or during their active enrollment at CNU. New students, especially new freshmen, will want to contact the Office of the Dean of Students well before beginning their first semester if special services are required. While consultation with the Office of the Dean of Students is always available, students who request accommodation by the University must formally declare their disability by completing a form obtained from the Office of the Dean of Students.

In order to determine needs and provide the best services possible, students must provide recent documentation (from within the last three years) concerning their disability. Such documentation must be provided in writing from a qualified professional source. It should include the nature of the disability and suggestions for possible accommodation to enhance student access to the programs and activities of the University. Documentation should be mailed to:

Office of the Dean of Students
Christopher Newport University
1 University Place
Newport News, VA 23606-2998

Evaluation information concerning a student's disability is private. Such information will be provided to instructional or staff members only when they have a legitimate "need to know".