

Let's Talk!

Let's Talk is a brief consultation that will assist students with resources and support on their presenting issues. This could include: stress, academic concerns, financial concerns, adjustment issues, etc. This is not a therapy session, but a free and confidential consultation.

What is the difference between Let's Talk and Therapy Sessions?

- Brief (15 minutes, compared to 50 minutes)
- No Counseling commitment
- No paperwork
- No appointment necessary

Let's Talk! Spring 2024 Semester Dates

Jan 10 Student Success/2nd floor (11 am – 1 pm)
Jan 17 CASB (11 am – 1 pm)
Jan 23 Library/1st floor (11 am – 1pm)
Jan 24 HEC (12 pm – 2 pm)
Jan 31 CLC (11 am – 1 pm)

Feb 7 Student Success 11 am – 1 pm
Feb 14 George 11 am – 1 pm
Feb 20 Library/1st floor (11 am – 1pm)
Feb 21 HEC – 12 pm – 2 pm
Feb 28 CLC 11 am – 1 pm

March 6 Student Success/2nd floor (11 am – 1 pm)
March 13 George (11 am – 1 pm)
March 19 Library/ 1st floor – (11 am – 1 pm)
March 20 HEC (12 pm – 2 pm)
March 27 CLC (11 am – 1 pm)

April 3 Student Success (11 am – 1 pm)
April 10 George (11 am – 1 pm)
April 16 Library/1st floor (11 am – 1 pm)
April 17 HEC (12 pm – 2pm)
April 24 CLC (11 am – 1 pm)

May 1 Student Success (11 am – 1 pm)
May 8 CASB (11 am – 1 pm)
May 14 Library/1st floor (11 am – 1pm)
May 15 HEC (12 pm – 2 pm)
May 22 CLC (11 am – 1 pm)

For more information, please contact Counseling Services at counselingservices@uscupstate.edu or 864-503-5195 option 1