



# Caring for the Distance Learner

## Student Counseling and Education Support Services

The staff at the Student Counseling and Education Support Services office is interested in helping all students reach their full potential academically and personally – whether those students are on campus or off.

### **ONLINE RESOURCES**

Please view our website to find a number of online self help resources:

<http://www.kumc.edu/studentcenter/scsess/>

If you would like more information or a personal consultation regarding any of the self help information, please call 913.588.6580.

### **REFERRAL SERVICES**

If you need assistance finding a therapist in your vicinity, please call us and we will gladly help.

### **PHONE AND EMAIL CONSULTS**

Please feel free to contact any of our providers directly (email addresses and phone numbers can be found on our website) with specific questions or requests. Please note that phone consults are often most effective following face to face contact, but face to face contact is not mandatory.

### **LENGTHY APPOINTMENTS**

We understand that face to face contact is often more effective than a phone call. Please know that, if you are driving a long distance to see a psychologist or education specialist, we may schedule longer appointment times (a typical appointment runs for 1 hour, we may schedule you for 2 hours or more) so we can accomplish your goals at one visit (or a very limited number of visits).

### **BACK TO BACK APPOINTMENTS**

If you deem it necessary to see a psychologist and an education specialist we will do everything possible to schedule those appointments back to back, maximizing the use of your time while at our office.