



MISSISSIPPI VALLEY STATE UNIVERSITY

Student Counseling Center

Don't Cancel Class....Team up with MVSU Counseling Staff

Attention Faculty: Instead of canceling class, call the Counseling Center, and we'll conduct a workshop for your students! Check out our variety of workshops

Valley's Closet: The Campus Climate for MVSU Students

Let's talk about homophobia on campus and what to do about it.

Saving Our Last Nerve: Stress Management 101

What is stress? How vulnerable are you? What are the signs? How can you cope? Come and get answers to these questions and more!

Is Your Hourglass Half Empty or Half Full?

This seminar will discuss setting goals, prioritizing, and establishing boundaries as essential elements to successfully managing time. In this session, students will assess their time management skills, assess their available time to study, and review methods of time management.

Roommates 101

Sharing a small space with someone whose habits, values, friends are different from yours? We'll discuss strategies for negotiating those challenges of everyday life together.

Meditation, Relaxation, and Thought

This workshop will examine consciousness as it relates to spirit, progressive relaxation techniques, and critical thinking skills as keys to solving everyday problems.

Beautifully Human: People and Self Esteem

This session will allow participants to fully explore ways to build self-esteem. Join us to feed your whole being – body, mind, and soul.

Test Your Mood! National Depression Screening Day

Take a free, confidential questionnaire and meet briefly with a counselor to assess anxiety and depression in your life. A variety of information will be available about mental health issues.

You Don' t Have to Stay Blue : Information about Depression

Have you or someone close to you felt sad, hopeless, helpless, withdrawn, or worthless? Learn about the symptoms of depression and treatments available. This may be particularly helpful to people who participated in Depression Screening.

Anger Management

Anger is a normal reaction that can be harmful or helpful when expressed. Inappropriate expression of anger can lead to negative consequences. This workshop is designed to equip participants with knowledge and skills to address anger constructively.

Sex, Milk and Cookies

Looking for a mid-day snack? Join us for FREE milk and cookies, along with an open discussion on human sexuality.

Handling Conflict in Key Relationships

What alternatives are there to avoiding conflict or feeling overwhelmed by it? You'll learn 12 ideas to help you with conflict and communication in important relationships of all kinds.

How Much is Too Much? Information about Alcohol and Other Drugs

This seminar will present information on alcohol and other drugs and their effects on the mind and body.

Building Social Confidence

Do you feel shy or uncomfortable around others? Does this discomfort interfere with your ability to develop relationships, participate in classes and life on campus? We will discuss social anxiety and some strategies to deal with it.

Home for the Holidays

Returning home for winter break can be emotionally challenging for many students. After living independently, think about new ways to approach going back to family and old friends and to face the holiday season.