



STUDENT
COUNSELING
SERVICES
JUNE 2017

Feeling good about yourself and your life, being curious about the world around you, and enjoying what you do are all aspects of what is called “well-being.” It also includes having positive relationships, a feeling of control over your life, and a sense of purpose. Ways to increase your personal well-being include connecting with others, being active, continuing to learn, and giving back. Your Student Counseling Service (SCS) can help you discover new ways of enhancing your well-being.

GOING THE DISTANCE

The path
to total
well-being

ONLINE SEMINAR

Emotional Support: Staying Balanced in a Changing World

Change impacts all aspects of life. Every change brings a chance to self-improve or self-destruct. This session explores how people who know how to manage change have more successful lives.

Available on Demand Starting June 20th

Online seminars can be found on your home page, or you can search for them by title.

TOLL-FREE: 800-424-1749

WEBSITE: www.EAPhelplink.com

COMPANY CODE: GSC

Available anytime, any day, your Student Counseling Service (SCS) is a free, confidential program to help you balance your work, family, and personal life.