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# The Wellness and Counseling Center: What You Need to Know...

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I'm sure you remember the grueling process of providing your immunization records when you first came to City College. But have you ever wondered where all those records went after your first semester? Well, they didn't disappear; they went over to the Wellness and Counseling Center.

The Wellness and Counseling Center is in charge of health services ranging from emergency medical assistance to psychological counseling. Most may not know about the WCC because of its isolated location in room J-15 on the other side of the Marshak Science Building, but its services are plentiful, and if you are not au courant let me bring you up to speed on what you're missing out on.

Have you ever been unpleasantly surprised with a headache, stomach ache, paper cut, or just generally feeling down? This is the place to go. Besides keeping record of the entire school's immunization records, it is the mission of the WCC to deliver accessible, high-quality and cost-effective primary health care and psychological counseling to the students and faculty of City College. And what's more fabulous is that the Student Activities fees fund the WCC. Therefore, the services provided, excluding laboratory testing and prescribed medications, are free to all registered students.

The WCC is staffed with well-qualified, licensed medical personnel who conduct physical examinations and provide treatment, one-on-one counseling and pregnancy examinations. The WCC also provides immunization vaccines for MMR, PPD, Hepatitis B and the flu. In case you contract an STD or become pregnant, the WCC also has counseling for those affected. In addition, the WCC conducts gynecological referrals to other medical institutions for emergency contraception (or the morning after pill, as it's more popularly known), HIV testing, free birth control pills and family planning.

We all know that college can be extremely stressful. You're dealing with your classes, a new environment, new friends, family obligations, a job, and exams (and the madness continues!), so it can be very difficult to have a balanced academic, social and personal life. Thanks to the WCC, no one needs to deal with these issues alone. With a team of four well-equipped and trained psychologists, the WCC offers students free psychotherapeutic counseling to anyone who seeks it. The counseling is interactive. The psychologists are very patient and enthusiastic about their work and their patients. Rather than lecture you, the psychologist helps you come up with your own solutions, activities and plans to deal with issues and or problems in your life. If you are worried that you don't want other people to know about your personal problems, there is no need for anxiety or fear. As a college assistant in that office myself, I know that the psychologists deal with their patients in an atmosphere of trust and confidentiality. Only your own personal counselor knows about you. By working with a counselor on an ongoing basis, you can gain information and insight necessary for dealing with someone who will listen and help.

In addition, international students interested in creating an interactive student support group should contact Dr. Pereta Rodriguez at 212-650-5915. The group's purpose will be to address daily living problems encountered in a new country. The group will focus on areas such as loneliness, money matters, language barriers, immigration issues, and adjusting to life in New York City in general.

The list could go on and on about the services provided by the Wellness and Counseling Center, so you should stop by yourself and find out more! You can pick up information about free chest X-rays, the Wingate Fitness Center, depression, smoking, and a plethora of other issues facing college students today. Also, don't hesitate to pick up some free New York City condoms or pads and tampons provided to the center by Playtex. So drop by, grab some free samples, meet the staff of the WCC and learn what you need to know about your school's health center and, most importantly, your health!

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