

AY 2021 - 2022



Saint Louis University

Caring for the self and calming the mind

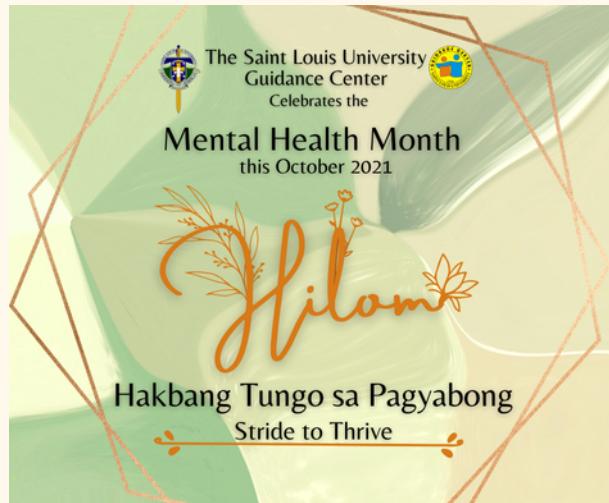
A photograph of a multi-tiered stone fountain spraying water into the air. The fountain is set in a garden area with a green fence and some trees. Sunlight creates bright highlights and lens flare on the left side of the frame.

3 GOOD HEALTH
AND WELL-BEING

A white line icon representing a heart rhythm or ECG, ending with a small heart shape.

Saint Louis University

Mental Health Support

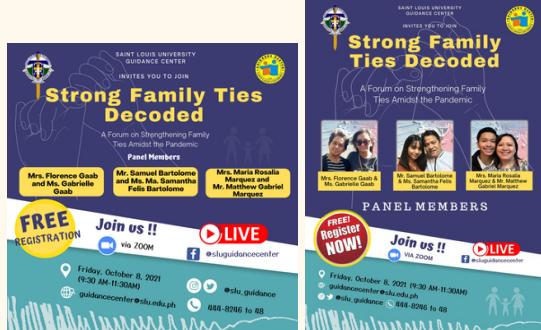


Saint Louis University promotes the overall well-being of its students, employees, and community by recognizing their universal right to positive mental health. SLU, through its various units, has become a stronghold for eudemonia through the implementation of various programs and services aimed at addressing and informing employees and students about how to manage experienced mental health concerns.

SLU recognizes the importance of easily accessible mental health support for all of its employees and stakeholders, and it seeks to deepen individuals' understanding of how to sustain and develop positive overall emotional, psychological, and social well-being through positive coping strategies, which may lead to a healthier work-life balance for both employees and students.

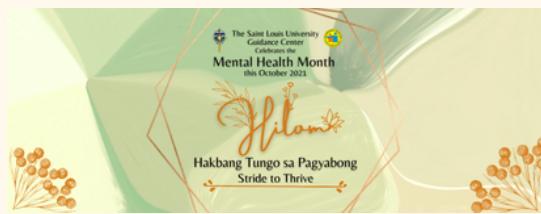
Information Program

Published in: **SLU Guidance Center Facebook Page**
at URL: <https://www.facebook.com/sluguidancecenter>



Strong Family Ties Decoded:

<https://www.facebook.com/sluguidancecenter/photos/pb.100064191092003.-2207520000./4718316678188017/?type=3>



Hilom: Hakbang Tungo sa Pagyabong:

<https://www.facebook.com/sluguidancecenter/photos/pb.100064191092003.-2207520000./4763601370326214/?type=3>



Anti Bullying Campaign

<https://www.facebook.com/sluguidancecenter/photos/pb.100064191092003.-2207520000./5123328071020207/?type=3>

Saint Louis University's Mental Health Information Program aims to educate students on how they can help themselves during troubling times and how they can strengthen the innate coping and resilient abilities. This is to further inspire and encourage students to value life. Moreover, it aims to provide relevant information to students and parents through various materials and activities .

Mental Health and Psychosocial Support

Published in: **SLU Guidance Center Mental Health Toolkit**
at URL: <https://sluguidancecenter.weebly.com/>



The SLU Guidance Center Mental Health Tool Kit is a website that contains resources for Louisiana Students, parents and/or guardians that can use to support their mental health.

A screenshot of the "Stories of Courage" page from the SLU Guidance Center Mental Health Toolkit. The page has a watercolor background and features the SLU Guidance Center logo. The title "STORIES OF COURAGE" is prominently displayed, followed by "YOUR MENTAL HEALTH MATTERS". Below the title is a bio for the @sluguidancecenter account. At the bottom, there is a row of small thumbnail images representing different stories.

A screenshot of the "My Perk Up Playlist" page from the SLU Guidance Center Mental Health Toolkit. The page has a pink background and features the SLU Guidance Center logo. It displays a grid of six video thumbnails with titles and subtitles. The titles include "Take a breath and we can find the strength in my daughter" (Clearly), "When you're lost and you feel like you'll be your own grace" (Saving Grace), "My heart feels like it's about to burst my heart is safely hidden" (Safe), "But your faithfulness will be a shield to me" (Psalm 91), "When the waves are higher you under sail off a little bit longer" (Stronger), and "I let first timers fear precious means to trust that you can make all things for good" (You Carry Me).

The website aims to help the Louisiana community to make meaningful encounters from their struggles, through personal growth and commitment to the self.

Counseling and Referral Program and Services

Published in: **SLU Guidance Center Facebook Page**
at URL: <https://www.facebook.com/sluguidancecenter>



Saint Louis University's Guidance Counselors and School Psychologists are always ready to help students gain a better understanding of themselves and their situation, make informed choices, and develop a guided plan of action whether it face-to-face or online session. Moreover, referrals from students, faculty and other members of the community of a friend or a fellow student to the Guidance Center is also accommodate for students who have concerning behaviors (e.g. social / interpersonal difficulties, dwindling interest, aggressive/hostile behaviors, etc.)

Testing Program

Published in: **SLU Guidance Center Facebook Page**
at URL: <https://www.facebook.com/sluguidancecenter>



**Online Personality Test and Interpretation for ALL enrolled SLU Students
Second Semester, AY 2021 - 2022**

FIRST YEAR TO FOURTH YEAR UNDERGRADUATE STUDENTS WHO WERE NOT ABLE TO TAKE THE PERSONALITY TESTS LAST SEMESTER: YOU ARE REQUIRED TO TAKE THE ONLINE PERSONALITY TESTS AND VIEW THE INTERPRETATION VIDEOS.

FIFTH YEAR UNDERGRADUATE AND ALL POSTGRADUATE STUDENTS WHO WERE NOT ABLE TO TAKE THE PERSONALITY TESTS LAST SEMESTER: TAKING THE PERSONALITY TESTS AND VIEWING OF INTERPRETATION VIDEOS ARE INVITATIONAL.

Available from March 15 to May 8, 2022!

LEARN MORE ABOUT YOURSELF!

First Years: Your Personality Test will help you gain insights about your study habits and attitudes toward your internal coping resources that will help you deal with the demands of college life.

Second Years: Your Personality Test will help you gain insights about your Psychological Wellbeing.

Third Years: Your Personality Test will inform you of your level of ability to sustain interest in and effort toward very long-term goals.

Fourth & Fifth Year Undergraduate and All Postgraduate Students: Your Personality Test will assist you in discovering your strengths and weaknesses and make you more aware of how you will perform in your future workplace.

Other details will be sent to your SLU email address on March 15, 2022.

For inquiries or concerns; contact us at:
[@sluguidancecenter](#) [@ptusasl](#) [@slu_guidance](#) gadir@slu.edu.ph

**Online Personality Test and Interpretation for ALL enrolled SLU Students
First Semester, AY 2021 - 2022**

TO ALL LOUISIAN STUDENTS:
Take the Online Personality Test and learn more about yourself. Open from September 9 to November 29, 2021!

First Years: Your Personality Test will help you gain insights about your study habits and attitudes toward your internal coping resources that will help you deal with the demands of college life.

Second Years: Your Personality Test will help you gain insights about your Psychological Wellbeing.

Third Years: Your Personality Test will inform you of your level of ability to sustain interest in and effort toward very long-term goals.

Graduating Undergraduate and All Graduate Program Students: Your Personality Test will assist you in discovering your strengths and weaknesses and make you more aware of how you will perform in your future workplace

Details will be sent to your SLU email address on September 9, 2021.

IMPORTANT NOTE: For 4th Year student interns from the School of Teacher Education and Liberal Arts (STELA), you will have a separate personality test schedule.
Please wait for the announcement from your respective Department Heads.

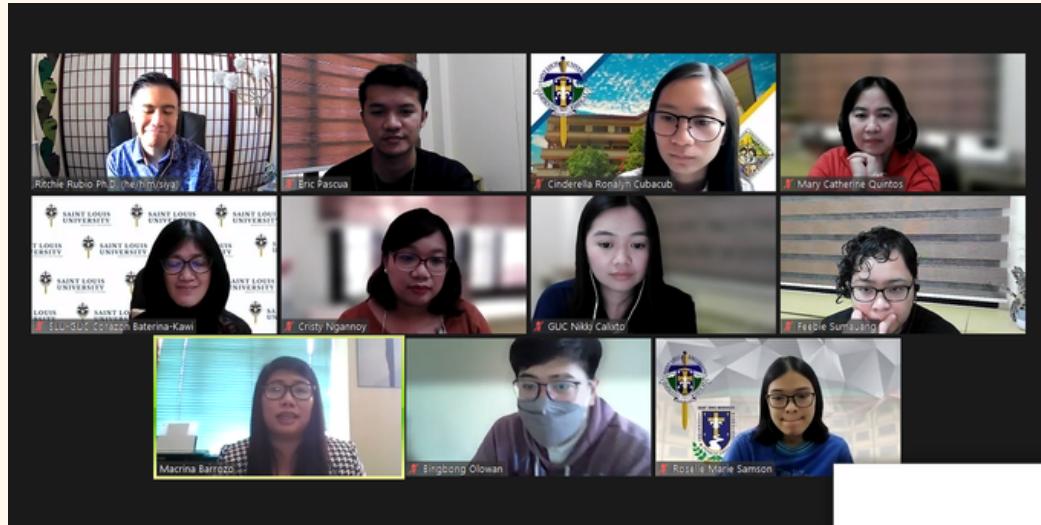
For inquiries or concerns; contact us at:
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Different personality tests are available for different year levels during the First and Second semesters of every Academic Year. The test results are interpreted and explained to students in order to help them better understand themselves

Peer Supervision Program

Published in: **SLU Website**

at URL: <https://www.slu.edu.ph/guidance-counseling/>



PEER SUPERVISION SESSION		
September 24, 2021		
AY 2021-2022		
Via Zoom		
Group 1	Group 2	Group 3
10:00 AM - 12:00 NN Sir Jemai (Facilitator) Ma'am Bater Ma'am Fiby Ma'am Mads Ma'am Dee Ma'am Kyle Sir Eric M.	10:00 PM - 12:00 PM Ma'am Rhoda (Facilitator) Ma'am Nichole Sir Eric P. Ma'am Annie Ma'am Cindy Ma'am Mayarie Sir Bingpong	10:00 PM - 12:00 PM Ma'am Kate (Facilitator) Ma'am Nikki Ma'am Cristy Sir Saintel Ma'am Roselle Ma'am Marion

Together with the increasing number of students/pupils being accommodated for counseling or other interventions, are other tasks that the counselors/school psychologists need to attend to, which may contribute to the experience of burnout.

Often, after handling difficult cases, Saint Louis University's counselors/school psychologists need to process their feelings or emotions with a colleague or, as is most often the case, on their own. Hence, the university has been conducting monthly peer supervision sessions which provide an avenue for counselors/school psychologists to discuss unique cases, objectively assess how these are handled, and learn from the best practices of their peers.

Also, it gives an opportunity for counselors/school psychologists to realize commonality of experiences and establish a strong support for each other.

Peer Facilitation Program (Project Sequoia)

Published in: **SLU Guidance Center Facebook Page**
at URL: <https://www.facebook.com/sluguidancecenter>



Project Sequoia is a Peer Facilitation program that trains students on how to become active listeners, communicate empathically, and receive and offer emotional support from their fellow peers.

This project from SLU's Guidance Center allows students to discover their strength as a collective Louisiana unit to emotionally connect, feel and understand one another.