

## **Indian Institute of Management (Ahmedabad)**

### **Students' Personal and Career Development Centre (SPCDC)**

#### **FAQs**

Q. Who can benefit from counselling?

A. SPCDC adopts a proactive approach and encourages students to self explore and address concerns before they become problems. Counselling is not just for those who have some serious psychological problem. Most of us would benefit from talking with an empathetic, caring and trained professional about issues that bother us, puzzle us or prevent us from leading happy, productive and fulfilling lives. We may want to talk with someone about how to make our personal and professional life spaces more satisfying. This may not be a persistent clinical condition but a temporary phase that many of us often go through. SPCDC offers you understanding and support during such times. There may also be instances when you have a particular clinical need that is not addressed by the centre. You can request a referral to an appropriate professional.

Q. What kind of concerns do students bring to the centre?

A. A range of issues are covered, but are not limited to:

- Homesickness
- Loneliness
- Adjusting to life on campus
- Academic pressure
- Peer pressure
- Academic performance
- Family concerns
- Issues in a romantic relationship or a break-up
- Matching up to expectations from self/ by others
- Anxiety
- Communication skills
- Time management
- Stress
- Loss and grief

Q. I do not have a 'problem'. Can I still use the facilities at the centre?

A. SPCDC offers a forum for self exploration and personal awareness through discussions, psychometric assessment and suggested readings. You can approach the centre to discuss general psychological issues, for better understanding of your own self and for self improvement. A significant or persistent problem is not a prerequisite for you to utilise the facilities.

Q. How much information do I need to share?

A. It is important to share with your counsellor all pertinent information that will facilitate the counselling process. The counsellor might ask further questions in certain areas. While frank sharing is expected to lead to better results, it is your choice what and how much to share.

Q. Who has access to the information shared?

A. All information shared during sessions is confidential and not shared with any other person without prior consent of the student concerned. Personal information and/or psychometric test scores will not be used for any academic evaluation or placement considerations. The only information documented at the systemic level is a statistical record of the number of footfalls and the broad themes or areas that are addressed during the academic year.

Q. How much will it cost?

A. The counselling facilities are offered free of cost to all students, staff and faculty members of the institute. However, if individuals request or require medical/psychiatric support, they would have to bear the expenses, unless covered by medical/health insurance.

Q. Will SPCDC help me in the placement process?

A. The centre is not involved in the placement process, which is coordinated by the placements office. Students may seek specific help in areas such as communications and interpersonal skills, confidence and aptitude that will help them face the recruiters in a more prepared manner.