The IUN Counseling Office addresses individual needs:
The Office has three goals:
• offer individual counseling
• provide growth and educational opportunities
• encourage the formation of psycho-educational groups

Individual counseling available:
Individual counseling is aimed at helping students make better and healthier life decisions. All services are professional and confidential. No information will become part of the student’s permanent record. All students enrolled at least part-time can receive counseling services free of charge. Appointments for individual counseling can be made by contacting The Counseling Office at (219) 980.6741.

When to consider counseling:
Whenever a personal problem interferes with daily life or interpersonal relationships, an evaluation for counseling is suggested. Some indicators may include:
  irregular class attendance • personal conflict • lack of motivation • depression
  procrastination • not completing assignments • anxiety • anger
  poor test performance • isolation • insomnia • sleeping more than usual

The counseling process
The counseling process begins with an interview and an assessment of the student’s circumstances. This will usually take one session. Short-term counseling follows when it is appropriate. Students are allowed ten (10) sessions per academic year. During this time, the client and counselor explore the root of the difficulty as well as possibilities for growth and change.

Treatment/Referrals
The university cannot promise treatment for every distress or condition. If in the judgment of the counselor more extensive treatment is required, a referral will be made to a community or private health facility and/or resources.

Personal Growth Workshops
The IU Northwest Counseling Office sponsors a series of workshops for personal and academic growth each year often in collaboration with other departments. The workshops are scheduled with time devoted to a presentation, and interactive dialogue.