

SCOPE OF PRACTICE

College Counsellor

NBCCD counselling services provides short-term mental health services to FVA and diploma students. These services aim to promote a healthy and inclusive college through relationship building, education, support, and crisis intervention. Issues commonly addressed through brief or group counselling include:

MOOD OR ANXIETY ISSUES: depression, anger, perfectionism, performance anxiety, social anxiety, stress, self-defeating behaviours

TRAUMA: sexual assault, interpersonal violence, and developmental trauma

IDENTITY EXPLORATION: gender, sexual orientation, personal and/or cultural

RELATIONSHIP ISSUES: interpersonal conflicts, breakups, family concerns, loneliness, communication, and assertiveness training

ACADEMIC-RELATED ISSUES: procrastination, managing interpersonal conflicts with mentors, low motivation

SELF-ESTEEM AND BODY IMAGE: disordered eating, body dysmorphia

GRIEF AND LOSS: loss of a loved one, pet, family member

SUBSTANCE USE: alcohol, drug use, addictions

ADJUSTMENT DIFFICULTIES: transitioning to college, life skills, community resources

COVID-19: isolation, loneliness, depression, anxiety

CRISIS INTERVENTION: suicidal ideation, behaviour intervention, crisis management (de-escalation)

FINANCIAL CONCERNS: short term support for financial concerns in form of emergency bursaries (food cards, Ross Drug gift cards, referral for community counselling)

Learning Strategist

NBCCD is committed to providing an inclusive and collaborative learning environment to ensure the full participation of students, not only in the classroom but in all aspects of their educational experience. The Learning Strategist works with students and staff to facilitate student success in the following areas:

MOBILITY AND PHYSICAL ABILITY (*blindness/low vision, deafness/hard of hearing, mobility/ambulation*)

LEARNING DISABILITIES

Difficulties may be seen in:

- Oral and/or written expression
- Reading skill/comprehension
- Problem-solving
- Reasoning
- Interpreting social cues
- Time management
- Organization of tasks
- Following direction
- Short-term memory

COGNITIVE AND EMOTIONAL FUNCTIONING

- Consciousness (orientation, alert/drowsy, confusion etc.)
- Executive functioning (planning, organizing, sequencing, calculating, judgment, problem-solving)
- Language (oral, auditory, written comprehension or expression, disorganization)
- Memory (ability to learn and recall information)
- Perceptual (visual/spatial problems)
- Attention or sustained concentration (distractible, unable to maintain concentration, poor short-term memory, ADHD)
- Motor activity (increased or decreased goal-oriented activity, co-ordination, agitation, repetitive behaviour, lack of movement, psychomotor problems etc)
- Motivation (lack of initiative, loss of interest)

MENTAL HEALTH (*following consultation with College Counsellor*)

Excessive or inappropriate:

- Psychotic symptoms (delusions, hallucinations, thought disorders)
- Emotional disturbances (depression/anxiety)
- Motivation (loss of initiative or interest)
- Impulse control

ACTIVITIES OF DAILY LIVING (*if impacting academic success*)

- Personal care
- Housing
- Food security
- Medical management
- Transportation
- Financial management