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2005 CCAPS AWARD OF EXCELLENCE

CCAPS Newsletter
May 2006

Counseling and Career Development Center

Georgia Southern University



The Commission for Counseling and Psychological Services created the Award of Excellence to recognize particularly outstanding and distinguished work by a university or college counseling agency during the past year. In selecting this agency, many factors were considered – especially quality response to unique or unusual needs on a particular campus and the inclusion and integration of multicultural competence and values in the provision of services.

This year, we are pleased to recognize the [Counseling and Career Development Center at Georgia Southern](#) with our Award of Excellence for its work in the areas of outreach, technology, and research. In the area of outreach, GSU has significantly expanded the scope and mission of their Sexual Assault Response Team. With funds of its own, SART, which is composed of faculty, staff, and students, is promoting a cultural climate of awareness and sensitivity to sexual violence issues. They are responsible for training student peer advocates and provided outreach services to over 4000 students through various types of programming last year.

GSU's Counseling and Career Development Center staff is especially proud of their webpage developed by Dr. Prentiss Price and believe it to be one of the best anywhere. In addition to the usual information on how to get help, basic mental health issues, and career issues, GSU has added useful links for parents and faculty and collects research data through two online surveys. Two of their most popular items on the page are their relaxation exercises and online stress management workshops. Their other major technological project is their Telemedicine Program in conjunction with the Medical College or Georgia Department of Psychiatry and Health Behavior, which has been in existence for 1.5 years. A student needing psychiatric services can be scheduled for an appointment to be treated by a psychiatry resident by using secured Internet equipment located in the counseling center.

The GSU staff has also excelled in its nine-year-old comprehensive research program which has included a large study on counseling-related concerns of college students, one project looking at perceived barriers to counseling, a project exploring parental expectations, a retention study, a study comparing process group therapy to skills-based groups, and many other small projects.

As part of this on-going project, they created an undergraduate course that provides a research experience site for psychology majors wanting more in-depth experience with research. The staff has presented programs using data from their research project and consulted with other colleges wishing to expand their research efforts.

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For doing so much so well, CCAPS is pleased to recognize the GSU Counseling and Career Development Center with its Award of Excellence.

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