

# WHAT TO EXPECT

## from Group Counseling with Student Well-Being

### Joining a counseling group:

To join a group, email [wellbeing@mst.edu](mailto:wellbeing@mst.edu), call 573.341.4211, or visit 204 Norwood Hall, stating you'd like to join a support group, and which one(s) you are interested in. Some support groups require a screening first, but most you can attend right away. Some groups are informational, such as the test anxiety group, where the focus will be on learning and practicing new skills. Other groups, such as the family issues group, focuses more on listening and providing support.

### During a counseling group:

You will meet with a licensed counselor\* and a small group of students in a private and safe setting, most likely in Norwood Hall. Virtual attendance is available on an as-needed basis. Group meetings are confidential, both for the staff member and students attending. You are able to share freely in groups; sharing is never required. Group sessions typically last 50 minutes and are held at least once a week.

### After a counseling group:

You are free to decide whether or not you want to attend the same, or any other, group session in the future. Attendance is not mandatory—there are no penalties associated with not attending a group session. The day and time for each group remains the same for the duration of a semester, unless a change is requested by the staff member or participating students. Group offerings can vary each semester, depending on interest and staff availability.

\*The only exception to this is the LGBTQ+ group, which is led by a Wellness Coordinator. All group expectations still apply.

Learn more about group counseling:  
[wellbeing.mst.edu/appointments/support-groups](https://wellbeing.mst.edu/appointments/support-groups)