

**C**ounseling & Support  
**O**ffice of Ajou  
**U**niversity

**N**ow offers various program to

**S**trengthen one's mind and

**E**mpower students who

**L**ive and study

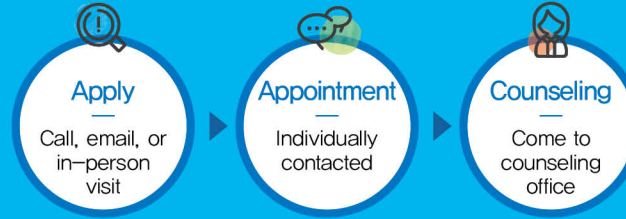
**I**n Ajou University.

**N**o need to worry

**G**ive it a try



## How to use counseling services?



### Counseling & Support Office for International Students

✉ Email : [soyoungkang@ajou.ac.kr](mailto:soyoungkang@ajou.ac.kr)

☎ Phone : 031-219-3598

🏠 Location : Yulgok 353-5

👤 Counselor : Soyoung Kang

※ Monday to Friday, 9am to 5pm

# AJOU UNIV. Counseling & Support Office for International Students





## What is counseling?

Counseling is a journey that allows you gain a deeper understanding of yourself and gives you a chance to develop life-long skills with which you can overcome difficulties in your life by talking with a professional counselor.

## What are the benefits of counseling?

You can,

- get more information on adjusting to university life.
- gain a better understanding of yourself.
- deal with your negative emotions, such as anxiety, loneliness, and depression.
- study smarter and more effectively by exploring study strategies.
- plan your future.
- interact with others more confidently.
- adapt to life in Korea more easily.



## What kind of help can I receive?

Living and studying in another country is very challenging. The Counseling & Support Office for International Students aims to assist international students with all kinds of questions, cultural issues, personal concerns, and worries. We want to help you live a happy and successful life at Ajou University.



### Individual counseling

You can learn how to resolve personal problems or conflicts by talking with a professional counselor.



### Group counseling

Together with a group of friends with similar interests and aims, you are able to share your ideas and experiences in a way that helps everyone grow together.



### Psychological tests

These are tests that help you gain a deeper understanding of your personality, stress levels, vocational interests, and learning strategies.



### Special events

Special lectures and various health-promoting events are offered from time to time.



## Q & A



### I can't speak English very well. Can I still receive counseling service?

Counseling service is offered in English and Korean. However, Chinese or Vietnamese translation may be available upon request.



### How much does the service cost?

It is free for international students.



### I am afraid that other people might find out what I say during counseling.

We take your privacy very seriously. That means that any information you share during counseling is kept highly confidential unless you specifically authorize us to release it. However, if it is believed that you may be in danger, we are obliged to disclose your information for the safety of you and others.



### Do I have to meet with a counselor in person or is there any other way?

Generally, counseling conducted through face-to-face conversation. In special cases, however, counseling can be offered through email, text, or phone call.