Counseling, Disability Support, and Student Wellness (CDSW) promotes the success and wellbeing of the Missouri S&T community through educational access, health promotion and psychological assistance.

Counseling
CDSW provides confidential individual, group, and crisis counseling; mental health programming; comprehensive wellness promotion and prevention initiatives; consultation to students, faculty, staff, and other constituents; referral information; and self-help materials.

Staffing
S&T counseling staff to student ratio is 1:1860 (International Association of Counseling Services Accreditation Standards recommend 1 FTE professional staff to every 1000 – 1500 students).

Prevalent Issues
Top concerns presented by students seeking counseling include test anxiety, feeling hopeless, how to study, worrying about unimportant things, feeling overwhelmed, dealing with anxiety, thinking about suicide, major/career, lacking motivation.

Retention
Students in counseling have a higher retention rate than those who are not. (Turner and Berry, 2000; Wilson, Mason, and Ewing, 1997; and Tylka, 2001)

Disability Support
Assists students with documented disabilities to achieve their educational goals by providing academic accommodative services and is responsible for Americans with Disabilities Act and Office of Civil Rights compliance. For each registered DSS student we provide an average of between 4-5 accommodation letters.

Scope
Over 12.5% of S&T students received either counseling or disability services during the 2010–2011 academic year. The percentage of students served would be much higher if those taking advantage of wellness programs were included.

Student Wellness
Promotes healthy behaviors that foster an environment conducive to academic, professional and personal success and growth.

Did you know?
94% of students who sought assistance for anxiety issues felt our services were effective.
(MoCHBS Survey, 2011)