

CONCERNS

As a transfer student you are in a unique position to encounter new and intense stressors as you transition to UC Davis. Common concerns for transfer students include anxiety about academic performance, self-identity, self-esteem, long distant relationships, conflicts in intimate, social or professional relationships. At times you may notice that your ability to cope with typical stressors will be difficult.

CAPS SERVICES

PERSONAL ASSESSMENT

CAPS provide staff to assess your concerns. The initial session will help you clarify your needs and may provide referrals to appropriate resources.

INDIVIDUAL COUNSELING

CAPS provide short-term counseling to registered students who wish to explore personal, interpersonal, career or academic issues.

GROUP COUNSELING

CAPS offer a variety of groups to deal with issues such as: stress management, self-esteem, relationships with others, eating disorders and career counseling. Some psychotherapy groups may run the academic year, but most groups run from about one quarter. A few groups are offered during early evening hours.

URGENT CARE

Students who have an urgent need to see a psychologist will be seen as soon as possible. Urgent care services are available daily. If possible, a call to CAPS prior to arrival will help us prepare to assist you.

BEHAVIORAL MEDICINE CLINIC

These services are offered to students who need assistance in coping with stress related health concerns or are adjusting to physical illness.

WORKSHOPS AND CONSULTATIONS

CAPS staff is available to offer a psychological perspective in the planning and implementation of educational programs (e.g., cross-cultural issues, writer's block, time management, procrastination, conflict management, stress reduction.)

ELIGIBILITY FOR SERVICE

Counseling Services are available at no cost to registered students. Partners may also receive service through couples counseling.

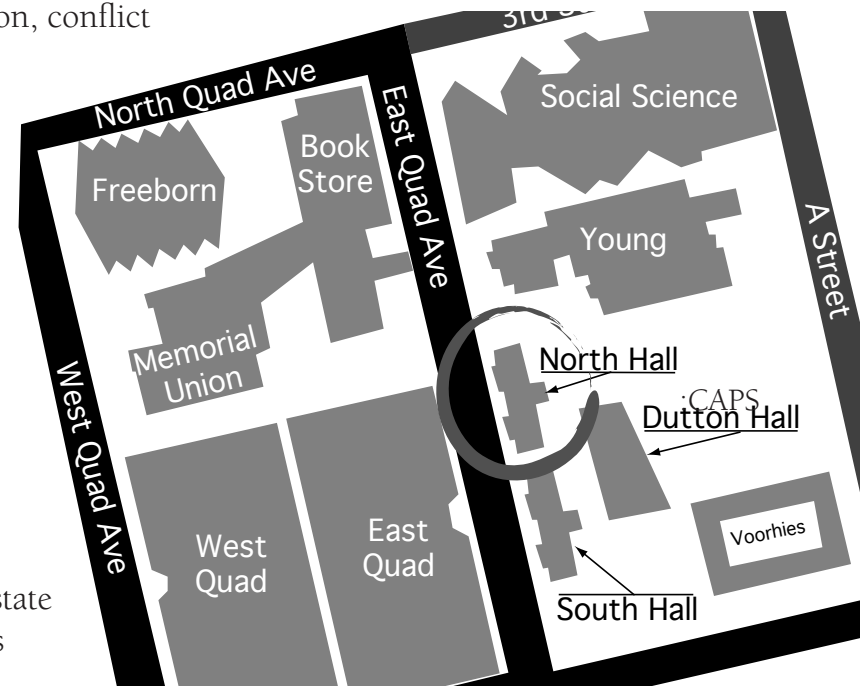
CONFIDENTIALITY

CAPS provide a supportive and confidential atmosphere. Confidentiality is strictly maintained in accordance with state laws and ethical standards. This

applies equally to individual, groups, crisis or consultation services. During your first appointment, a staff psychologist will discuss issues related to confidentiality as well as limits of services provided by CAPS.

PROFESSIONAL STAFF

CAPS is a multi-culturally and educationally diverse group of psychologists, psychiatrists, social workers, family counselors, doctoral interns and peer counselors. We are an experienced staff committed to assisting students and enriching the university community through providing a variety of educational programs, psychological consultation and other types of services.



PROVIDING YOU WITH...

- Counseling & Psychotherapy
 - Walk-In Assessment
 - Crisis Intervention
 - Individual
 - Couples
 - Group
 - Educational and Career
- Behavioral Medicine Clinic
- Referrals
- Workshops
- Consultations
- Peer Counseling

TO HELP YOU WITH...

- Personal Development
- Conflict Resolution
- Stress Management
- Academic Problems
- Performance Anxiety
- Athletic Concerns
- Loneliness
- Relationship Concerns
- Career Concerns
- Family Problems
- Problems with Intimacy
- Eating Disorders
- Concerns with Alcohol/Drug Use
- Depression

RESOURCES

The House

Peer Education and Counseling Services
752-2790

Cowell Student Health Center

752-2300

Campus Violence Prevention Program

752-3299

Suicide Prevention

756-5000

Sexual Assault/Domestic Violence Center

662-1133

Campus Alcohol & Drug Abuse Program

752-6334

County Mental Health: Mobile Crisis

(Nights/ Weekends)

666-8515

HOURS

Monday thru Friday, 8:00 am - 5:00 pm.

FOR AN APPOINTMENT

Call CAPS at 752-0871 during regular office hours.

CAPS

Counseling And Psychological Services

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University of California

Davis, California 95616-8568

(530) 752-0871

www.caps.ucdavis.edu



Counseling Services For Transfer Students

University of California, Davis