Counseling & Testing is located on the 2nd floor of the Student Union, Suite 222. This office provides a variety of services such as individual counseling, group therapy, and workshops on stress management and time management. The office is open Monday through Friday from 8:00 am to 5:00 pm. Students can schedule an appointment by calling (608) 785-8073 or emailing studentlife@uwlax.edu. For more information about how to initiate services with Counseling & Testing, what groups and campus services are available, please visit the Counseling & Testing website: studentlife.uwlax.edu/counseling.

Academic skills counseling is also available, along with educational workshops related to successful college transitions. The goal of academic skills counseling is to help students develop the skills needed to be successful in college, including time management, note-taking, and study strategies. Students who find themselves in crisis may utilize our Urgent Care counseling service, which provides immediate assistance for students experiencing acute symptoms of distress.

Eagle Guide Advice

Students will receive a hold on their WINGS account prior to classes beginning. Sexual Assault Prevention is due by September 4. Students who have not completed the Sexual Assault Prevention course will be unable to register for classes. Alcohol Edu for College is due by August 10. Required Online Training Course

In person services:

- Student Health Center:
  - Check out this video to hear about an Eagle Guide's experience at the Student Health Center.

Some visits have moved to virtual:

- Counseling & Testing
- Psychological Services
- Mental Health Services

In addition to counseling services, the Student Health Center provides a variety of services throughout the year! At UWL we recognize that violence in any form can interfere with your ability to lead a healthy and fulfilling life. We have provided important services to our students.

We are providing COVID-19 testing for students with symptoms of illness or exposure to the virus. Testing is available at the Student Health Center and will include:

- Antigen testing
- Reverse transcription polymerase chain reaction (RT-PCR) testing

If you are unable to visit the Student Health Center for testing, please contact the Student Health Center at (608) 785-8073 or studentlife@uwlax.edu to arrange for a test.

COVID-19, you are required to wear a mask in all campus buildings at all times. If you have an in-room study or work area, you may choose whether or not to wear a mask. Masks are highly recommended in outdoor spaces as well.

Please remember that as we work to prevent the spread of the virus, you are expected to wear a mask while on campus. Masks are not required while eating or drinking, but please try to avoid close contact with others while eating.

We are also expecting students to properly physical distance, both inside and outside campus buildings. Given how easily this virus moves between people, my hope is students will avoid socializing in large groups.

We are excited and ready to serve you for the 2020-2021 academic year! At UWL we recognize that violence in any form can interfere with your ability to lead a healthy and fulfilling life. We have provided important services to our students.

As you might imagine, the COVID-19 crisis continues to change daily as do the decisions we make to protect our community. While there is so much we don't yet know about this virus, we are doing the best we can with the information we have to keep students safe.

It is important to follow the advice of public health officials and to take personal responsibility for your own health and safety. This includes practicing good hygiene, maintaining physical distance, and avoiding large gatherings.

We are committed to providing a safe and healthy campus environment for students, faculty, and staff. We will continue to monitor the situation and adjust our plans as necessary.

Please continue to follow the guidelines provided by the Centers for Disease Control and Prevention (CDC) and the Wisconsin Department of Health Services (DHHS). These guidelines include:

- Washing your hands frequently with soap and water for at least 20 seconds
- Covering your nose and mouth with a cloth face covering when you cough or sneeze
- Avoiding close contact with sick individuals

For more information about how to support your overall health and well-being, please visit the Student Life: Wellness website: studentlife.uwlax.edu/wellness.

In-person and online counseling is available for students who need assistance with mental health, academic, or personal concerns. We provide confidential support and guidance to help students achieve their academic and personal goals. Our counseling services are free, confidential, and available to all UWL students, faculty, and/or staff.

Students who are experiencing significant stress or who are in crisis should contact the Counseling & Testing office immediately. Our staff is available to provide immediate assistance and to help students access additional resources as needed.

If you are experiencing significant stress or anxiety, please contact the Counseling & Testing office at (608) 785-8073 or studentlife@uwlax.edu. We are here to help you.

For more information about Counseling & Testing, please visit the Counseling & Testing website: studentlife.uwlax.edu/counseling.

Information about how to support your overall health and well-being can be found on our website: studentlife.uwlax.edu/wellness.