



Front of Humanities Building

*"Over 45% of Loyola students seek support at the Counseling Center before they graduate." - Jason Parcover, Assistant Vice President of Student Well-Being*



Sidewalk outside Boulder and Stampitt

## It's Okay to Freak Out By Olivia Pare

I have been tasked to write to you about college here at Loyola. I find the nature of this assignment to be truly ironic because to be completely honest with you, I have no idea what I'm doing. I feel like it's unfair to sit here and write to you about how you can pick your major and begin to plan out the rest of your lives when I, myself, can barely grasp the day ahead of me. However, I do know that I have begun to figure out a rhythm of support here. I know I can help ease some stress. Please don't be alarmed; everything will fall into place. Loyola is here to help you, and I'm here to tell you that it's okay to lean into the support, and it's also okay to freak out.

### Find a Professor

The Loyola faculty community truly wants their students to succeed. Loyola prides itself on its [core values](#), specifically the shared value of developing the whole person -- *cura personalis*. Because of this uniting principle, you can trust the faculty members you come across will eagerly help and guide you in the right direction. I can assure you your professors want to invest their time and energy into helping you succeed. Your professors care more about you than they do the grade on Moodle. Choosing a small, liberal arts, Jesuit university, you ensured yourself a community of qualified individuals eager to advise and assist you with your needs. All you must do, is use it.

Teachers at Loyola aim to "honor, care for, and educate the whole person" through encouraging "holistic growth."  
-Loyola's Core Values

### The Counseling Center

The wide variety of services that the [Counseling Center](#) offers make it a popular choice for seeking support. Jason Parcover, Assistant Vice President of Student Well-Being, noted that "over 45% of Loyola students seek support at the Counseling Center before they graduate." The Counseling Center advertises their short-term individual counseling, single sessions, consultation services, workshops, groups, and much more. Exploring options shows a sign of great strength, and you would not be alone in asking; using the Counseling Center is completely normalized and commended.

The Counseling Center supports students by offering short-term individual counseling, single sessions, consultation services, workshops, groups, and much more. - Loyola Counseling Center

## Campus Ministry

[Campus Ministry](#) supports students feeling lost and misguided using faith as the common ground. Through this process, students learn to cope through not only faith, but also through self-worth and purpose within a safe community. Students can meet with interns or an adult in Campus Ministry to talk to or confide in during times of struggle, or any time at all. There are so many ways to find a sense of belonging through Campus Ministry—check out their many [programs and groups](#).

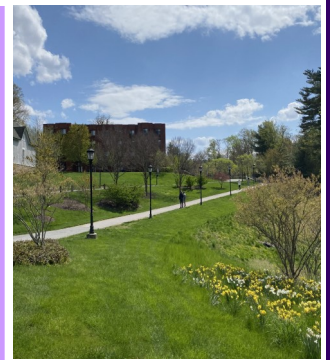
## The Career Center

[The Career Center](#) also contributes to the strong support structure at Loyola as well. The Career Center proves a great option for students who want to focus on vocational discernment, rather than emotional guidance. Students from every place on the scale utilize the Career Center; everyone from those who think they know exactly what they want to do, to those who have no idea. The staff adhere to your needs and guide you in the right direction. The four-phase program they operate -- Discovery, Exploration, Pursuit, and Exploration - allows students to jump in anywhere in the process that they feel they need instruction.

Services range anywhere from one-on-one coaching with career counselors, to events and workshops, to career resource platforms.  
- Career Center

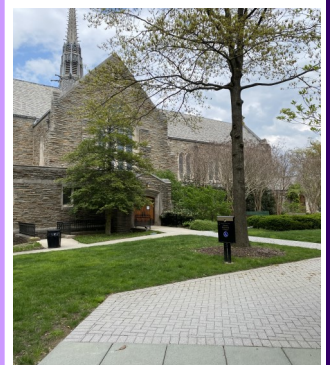
The Career Center focuses on guiding students towards feeling more satisfied and comfortable with their place in Loyola and in life.

Spiraling into a dark mental space can cause tunnel vision; you feel so overwhelmed you can't see all the effective support systems all around you. Remember the countless people who want to help you; you are absolutely surrounded by peers, professors, and other staff members who want to see you succeed. All you must do is reach out. Caring for the whole person persists as one of our core values, and asking for assistance harvests this value.



Walk through Hillside

*"Because of the four-phased approach we use for career design, we have offerings and supports in place for any student, from the moment they step on campus to long after they graduate." - Rachel Bachman, Assistant Director of Career Discovery*



Alumni Chapel