

*"In the depths of winter, I finally learned that within me there lay an invincible summer."*  
~Albert Camus

C	O	P	E
See a Movie	Clean	Enjoy Nature	Read a Book
Talk to a Friend	Run	Play with a Pet	List Positive Things
Smile	Start a Journal	Draw	Read Jokes
Play a Game	Take a Walk	Listen to Music	Breathe

### Mental Health & Career Counseling

University of Wisconsin-Sheboygan

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## Mental Health & Career Counseling

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Confidential. Free.



*"An unexamined life is not worth living."*

~ Socrates



## Mental Health

### Important Knowledge

1. Counseling can be beneficial for almost any individual. It does not mean there is something “wrong” with you.
2. Common reasons for counseling:
  - Stress
  - Adjusting to college life
  - Depression
  - Anxiety
  - Relationship issues
  - Family issues
  - Time management
  - Grief & loss
  - Learn more about yourself
3. All counseling services are **confidential**. It does not show on your academic record.
4. All **mental health and career counseling** services on campus are **free**.



## Career

### Career Counseling:

Career counseling can help you figure out who you are and what you want out of your education, career, and life. It helps identify your interests, abilities, and values to better understand your career options. Learn more about your resources with an appointment.

### Career Cruising:

Career cruising is a tool for self-exploration and a planning program for people to navigate school, career, and life decisions.

To access career cruising go to

**www.careercruising.com** and enter:

Username - sheboygan , Password - careers

***“Do what you can, where you are, with what you have.”***

**~ Theodore Roosevelt**



**Resources:** Use the list of provided online resources to find more information about mental health resources, career resources, and much more.



### Online Resources

- Smart and Healthy: A Wellness Resource for UW Colleges students  
<http://uwc.edu/aode>
- Mental Health America in Sheboygan County  
<http://mhasheboygan.org/>
- Career Cruising an online tool for career exploration  
[www.careercruising.com](http://www.careercruising.com)
- Occupational Outlook Handbook helps you find career information  
<https://www.bls.gov/ooh/>

Counseling can help you live a more balanced life.

### Did you know about . . .

1. Self-Care: When is the last time you did something for yourself? Play a game, watch a movie, or hangout with a friend.
2. Mindfulness: The practice of being fully aware and present without judgement. Box Breathing Technique Steps: Breath In, Hold, Breath Out, Hold, and repeat each step again for a count of four.
3. Grounding: Techniques to keep you in the present and manage intense feelings. Practice the categories game: name all the types of dogs you can think of - go!

To schedule a mental health or career counseling appointment: Luisa Morales, 920-459-6684 or [luisa.morales@uwc.edu](mailto:luisa.morales@uwc.edu)