

# COUNSELING & TESTING SERVICES

College is a time of change that can be very exciting as well as stressful and challenging affecting students' well-being and academic success. Counseling can help with: adjustment to college, stress, anxiety, depression, frustration and anger, relationships, cultural struggles, grief and loss, sexual identity concerns, roommate conflicts, social difficulties, trauma, family issues, suicidal ideation.

## Services:

- Individual, group or couples therapy
- In-person and tele-health
- Crisis services
- Consultation
- Tablings and events
- Outreach presentations
- Referrals to campus and community services
- Relaxation room with massage chair

## Consultation:

The staff at SMSU Counseling services are available to consult with staff, students, parents and others about concerns.

## Mental Health Screenings:

Mental Health screenings are online through the Counseling and Testing Services website at [www.SMSU.edu/campuslife/CounselingTestingServices](http://www.SMSU.edu/campuslife/CounselingTestingServices)

## Professional:

SMSU Counseling and Testing Services is staffed by licensed mental health professionals who provide free, confidential, short-term therapy in an empathetic, non-judgmental setting.

## No Cost to Students:

SMSU offers enrolled students free, confidential, short-term therapy.

As students begin college, mental health concerns can develop for the first time or reemerge to create challenges in their personal lives and academic progress. We are here for students.

**IF YOU ARE EXPERIENCING A MENTAL HEALTH  
CRISIS AFTER BUSINESS HOURS, PLEASE CALL 911.**





# SMSU TESTING CENTER

The SMSU Testing Center offers a variety of tests for students. Tests are held on pre-set testing dates and filled by appointment. The testing schedule can be found on our website.

## **Pearson VUE**

The Testing Center is a certified Pearson VUE site, offering exams such as the Minnesota Teacher Licensure Examinations and GED.

## **Credit by Exam**

Credit by examination options include CLEP and DSST.

## **ACCUPLACER**

The ACCUPLACER is used to place students in the appropriate courses for English and Mathematics based on their skill level.

## **ACT Test**

The on-campus ACT is offered to students planning to attend SMSU.

## **Test Proctoring**

SMSU students needing to have a test proctored for a class at SMSU should contact their professor.



**DISCOVER.**  
**ENGAGE.**  
**LEAD.**

**HOURS:** Monday-Friday,  
8:00 a.m.–12:00 p.m.  
1:00 p.m.–4:30 p.m.

Available other hours  
by appointment.

**OFFICE:** Bellows Academic 156  
Phone: (507) 537-6221

**WEB:** [www.SMSU.edu/go/counseling](http://www.SMSU.edu/go/counseling)



For the most up-to-date  
information, scan the code  
to visit our website.

