

Student Counseling Center

University of Colombo

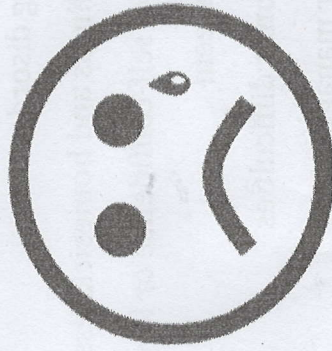


Do you feel emotionally stressed?
Are you at a loss about how to
adjust to the new life you started at
the University?

Student counselors can help you
face problems that arise when living
in a student community and better
understand the needs of yourself.

You will be better equipped to
achieve higher standards and to
persevere through the times of ups
and downs

Feeling a liittle sad ?



We're here for you



Student Counseling Center

University of Colombo

Student Counseling Center

University of Colombo



"We are here to help"

"We are here to help"

Student Counseling Center

- The goal of the Student Counseling Center is to help students achieve as much success as possible while at University.
- Attending university is an exciting and dynamic experience that includes: engaging in intellectual and academic pursuits, making life-long friends, joining groups and clubs and enjoying the extra curricular activities that are available for students.
- Attending university also presents its challenges. Outside of the obvious academic pressures, students may have to deal with stresses.
- Friends and family can be very helpful but sometimes, you might feel that you need somebody else to help you cope or get back on track.
- Sometimes coping with one or more of these stresses can prove to be overwhelming. The professional staff of the Student Counseling Centre is there to help you with this.

Common Problems

- Stress related to exams and presentations
- Relationship difficulties
- Eating disorders
- Loneliness and homesickness
- Lack of self-confidence or low self esteem
- Economic difficulties
- Anger management
- Making difficult decisions
- Family sicknesses and hardships
- Peer pressure
- Break up of relationships
- Difficulties with alcohol or drugs
- Issues around sex and sexuality
- Self-injury
- Suicidal thoughts
- Psychological issues and sicknesses

How to contact

Student counseling center is located between the Arts faculty and the main Library. You are welcome to walk in at any time during the day.

The telephone numbers of the Faculty Student Counselors are given in the Student handbook as well as the university web site.

Student Counselors' Office

0702211311

0112583108

Dr. G.R.P. Silva

Senior Student Counselor

0716809509

Seni. Lect. Ms.S.R.S.D.K.Weerawansa

Senior Student Counselor

0718565164

Ms. Nirosha Kulasekara

Assistant Student Counselor

0702211311