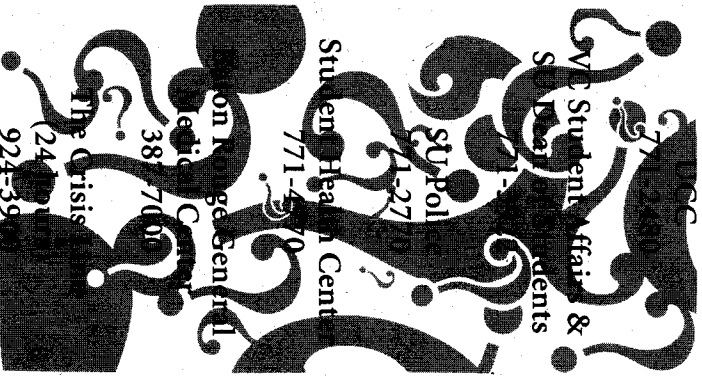


Some signs that you may have over extended yourself include:

- Feeling stressed out or overwhelmed by the situation
- Feeling angry at the student or yourself
- Feeling afraid
- Having thoughts of "adopting" or otherwise rescuing the student
- "Reliving" similar experiences of your own

REFERRAL SOURCES



A Title III Sponsored Program

Chi N. Joseph, MA
Counselor

Cicely Evans-Albert, M.Ed.
Counselor

Alysius C. Allen, LPC
Counselor

Denise Graham, M.D.
Consulting Psychiatrist

ValaRay J. Irvin, Ph.D.
Psychologist/Director

Southern University



**SOUTHERN UNIVERSITY
AND A&M COLLEGE**

University Counseling Center

*How To Deal With
Distressed
Students*



**Southern University
Post Office Box 12874
Baton Rouge, LA 70813**

**Tel: 225.771.2480
Fax: 225.771.3560**