

About Us

Counseling is a collaborative relationship in which one person acts as a facilitator to help another person better understand and resolve a particular concern. Sometimes friends or family members offer advice that is colored by biases and preconceptions, counselors on the other hand strive to be objective helpers.

The Counseling and Psychological Services (CAPS) staff have extensive training in psychology and human behavior. They also have experience in developing confidential helping relationships and expertise in working with many different types of individuals and concerns.

During a time in your life full of new challenges and significant changes, counseling can assist with the adjustment and personal growth necessary to cope with the competing demands of school, family, work, and social pressures. Counseling and Psychological Services (CAPS) can help ensure your satisfaction and success while you attend the University of Central Florida.



BE WELL

DO WELL

How to Contact Us

Please call **407-823-2811** to set up an appointment or to obtain further information. You are also welcome to visit our office at:
Counseling Building # 27

Monday - Thurs 8:00 am - 6:00 pm
Friday 8:00 am– 5:00 pm

More information about our services, our training programs, and other helpful links are available at the UCC website:
www.caps.sdes.ucf.edu

Common Experiences:

Students of color may experience the following:

- Difficulty fitting in
- Pressure to speak for your racial group
- Coping with stereotypes and related expectations from others
- Attempting to balance multiple expectations and cultures
- Feeling pressure to prove yourself
- Experiences of prejudice and oppression



Counseling & Psychological Services (CAPS)



Information for Students of Color

CAPS Diversity Mission Statement

The staff at the University of Central Florida Counseling and Psychological Services have a commitment to providing a safe, welcoming environment for all students regardless of their gender, gender expression, ethnicity, race, language, culture, religious beliefs, sexual orientation, national origin, age, size, physical and mental abilities, and/or socioeconomic status.

We make an effort to promote the acceptance and understanding of individuals with diverse backgrounds and to educate ourselves and others on diversity-related matters.

We strive to be affirming, respectful, and open minded individuals with diverse backgrounds not only among ourselves within the Center, but across the campus community through our contact with all students, staff, faculty, and administrators. We not only want to share this vision, but we hope to contribute to the reduction of problems such as prejudice, discrimination, and exploitation.

Our hope is that individuals in our Center, campus, and community feel at peace to live and be themselves.



CAPS Cares

What to Expect: CAPS staff have a commitment to provide a safe, welcoming environment for all students. They take into consideration everyone's unique identities. Counseling often involves the disclosure of sensitive and personal information. CAPS staff adhere to strict confidentiality standards. Also, counseling records are not kept as part of your academic or administrative records.

Getting Connected: Connecting to others can increase your feelings of support and belonging. UCF has many resources for students of color including student organizations that can be found on these websites:

- **International Services Center**
intl.ucf.edu
- **Office of Student Involvement:**
offers a list of student organizations
ucf.collegiatelink.net/Organizations
- **Just Knights Response Team:**
Website for reporting injustices due to one's identity
jkrt.sdes.ucf.edu
- **Multicultural Student Center:**
for UCF programming that supports diversity and inclusion
msc.sdes.ucf.edu
- **Multicultural Academic Support Services**
mass.sdes.ucf.edu

CAPS Services

Individual Counseling

In a one-on-one interaction with a counselor, you are helped to express feelings and work toward making healthy changes in your lives.

Group Counseling

Groups led by professional staff offer students a supportive and stimulating environment to explore common issues of concern.

Couples/Conjoint Counseling

Couples may seek premarital, marital, divorce, sexual adjustment, or alternative life-style counseling. Any two students, such as roommates, may also utilize this service to improve their relationship or to work out communication problems. Both students must be enrolled at UCF to be eligible.

Outreach/Presentation Services

The professional staff is available to present programs on a number of student developmental concerns.

