



UA COUNSELING AND TESTING CENTER

Your resource for success!

Sara Rieder Bennett, Ph.D.
Director of Testing, Psychologist

Catherine Hommer, M.S.
Psychology Intern

Who are the Counselors?

- A team of diverse staff members including Licensed Psychologists, Psychology Pre-Doctoral Interns, and Doctoral Practicum Psychology Trainees
- We provide comprehensive culturally-responsive psychological counseling and testing services
- Meet the Staff: www.uakron.edu/counseling/staff

Counseling Services

Open to all University of Akron students

FREE AND CONFIDENTIAL

Group, individual, career, and educational counseling – in-person and telepsychology available

Learning Disability/ADHD testing, psychological testing

Workshops and Outreach

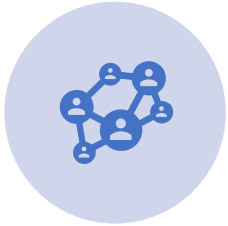
Accredited by IACS (International Accreditation of Counseling Services), Internship accredited by APA (American Psychological Association)

When to seek counseling services

- Anxiety/depression
 - Up to 70% of students may experience anxiety and/or depression at some point during their degree
- Academic distress
 - Don't wait until you are really struggling!
- Relationship distress
- Stress management
 - Transitions and balancing roles are always challenging



Grad school is a marathon – not a sprint!



CONNECT WITH AND
HELP OTHERS



BREATHE AND RELAX



FOCUS ON THE BIG
PICTURE



BE KIND TO YOURSELF!



NUTRITION, SLEEP, AND
EXERCISE



LAUGH, PLAY, AND
SPEND TIME WITH
LOVED ONES



How to seek counseling services

- Located in Simmons Hall 306
- Monday – Friday 8 am to 5 pm
- Call us at 330-972-7082 to schedule an intake with a counselor
- Intakes are same day
- www.uakron.edu/counseling





UNIVERSITY OF AKRON *TESTING CENTERS*

Counseling & Testing Center (CTC)

- 15 computer seats, 16 accessible paper seats
- Proctor wide range of exams including accommodated course testing, make-up testing, national standardized testing programs, certification/licensure, psychological assessments

Director: Sara Rieder Bennett

Testing Specialist: Meghan Redle

Graduate and undergraduate test proctors

CTC – Testing Services Mission

Testing Services adheres to the mission of the Counseling & Testing Center and promotes community engagement and student learning, success, and retention by providing a standardized testing environment for University and community members. The Testing Services differentiates itself and the University by its certification through the National College Testing Association (NCTA) and adheres to the NCTA Professional Standards and Guidelines.

- Member of NCTA, Great Lakes College Testing Association, and NCTA Proctoring Network

UNIVERSITY OF AKRON *TESTING CENTERS*

Computer Based Assessment & Evaluation

- 82 computer seats in main lab with 2 distraction-reduced computer testing rooms
- Proctor course testing (LMS) and placement testing for incoming UA students
- Report through CTC in Student Affairs

CBAE Manager: Kito March
Staff: Josh Rivas, Todd Christenson
Student Monitors



UNIVERSITY OF AKRON TESTING CENTERS

Office of Accessibility

- 4 testing rooms, 7 total testing seats with overflow space available
- Proctor course testing for students with accommodations like: reader, scribe, and adaptive technology, as well as those who may need a private room.
- Report to Executive Director in CTC under Student Affairs

Director: Jessica DeFago
Office Manager: Natalie Martin
Disability specialists, service coordinators, and student staff





Counseling & Testing Center – Testing Services

Counseling & Testing Center, Simmons Hall 304, 330-972-7084

www.uakron.edu/counseling/testing

For placement testing for incoming students, see www.uakron.edu/placement. New students have received an email indicating any required placement testing prior to Orientation.

For general campus-wide testing information, see www.uakron.edu/testing



Questions?

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