



*The counseling office urges students to remember to go outdoors. Script Photo/Claire Voigt.*

## Q&A: SCHOLASTICA COUNSELING SERVICES PREPARE TO GO ONLINE

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*The counselors at St. Scholastica are preparing to operate in a virtual format to provide services to students. They are doing so in the comfort of their own homes while enjoying their time with their families and pets. These questions were completed in a collaborative effort of all counselors. Sarah Wells, one of CSS's licensed clinical social workers commented, "The counseling's staff is grateful for the opportunity to continue to provide support to students during these times of uncertainty."*

### "How will being online affect counselors' ability to provide services to students?"

Counseling Services has transitioned all services to electronic communications at this time. We hope to continue to provide on-going care and support to students. While the Counseling Center will remain closed for face-to-face contact, providers will continue to serve students through the use of telephone and/or Zoom-based services.

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## STUDENT SET TO GRADUATE DESPITE A LACK OF ADVISEMENT

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With Advisement Week approaching quickly, spring break being extended a week, and classes being moved online, there is no doubt that students are stressed out about advisement. In a survey of the student body over 70 percent said that they had no idea what to do or that they were overwhelmed with the process. As this survey was conducted before classes and advisement being moved online, these results may be inaccurate.

However, there is a bright side. In an anonymous email interview with a student, it was discovered that even with little academic advisement students are still able to graduate on time.

The answer was simple for this student: stick to the schema. The student said, "Being completely reliant on my own understanding of the schema has been terrifying. I know that anything that goes wrong could potentially be another semester and several thousand dollars wasted. I spent hours double and triple checking things and emailing people to make sure that this credit would count for this. It wasn't the most efficient thing but I will be graduating, with a degree on time with exactly zero credits over the requirement."

The issue seems to have occurred when the College switched to Veritas during this student's freshman year.

"It seemed like no one had any information on it and people still seem to have very little understanding of what counted for what because of the changes. I've had friends who have had to go an extra semester because of courses that haven't counted."

While it may seem to be a small inconvenience to have an advisor who does not know much about the major, it can have lasting effects on students. This includes a lack of connections within the major field as well as a lack of connection to the College. In this specific student's case it caused distrust of the faculty.

The student said, "I'm leaving college with few references and very little idea of what I want to do in the future. I don't feel like I can trust anyone from CSS to help with finding a career and it sucks. But I've spent the last four years fighting for myself and I can do it again."

The anonymous student wanted to leave everyone with a piece of advice for all students. They said, "If you fight for yourself and aren't afraid to take control, things can get done. It's a different path but one I'm happy to have gone on, as scary as it has been."

Students who need help with advisement should email their advisors to set up a time to have a virtual meeting. More information about this process is likely to be emailed to students directly from their advisor around March 25.