

STUDENT SUPPORT SERVICES

Student Support Services (SSS) offers a variety of services, resources and activities designed to support student success. Services are designed to assist students with decision-making and adjusting to college life. They also promote personal growth and development. SSS also offers free handouts/brochures on a wide range of mental health, sexual health, relationship, student interest, and substance abuse issues along with informational events about academic success strategies, celebrating diversity, stress management, student development, and leading health lives. Seek out SSS information and events on every campus/site.

Counseling Services

Currently enrolled students with career, educational and/or personal concerns may be seen by a licensed professional counselor on a time-limited basis. Sessions are free and confidential. Counseling staff members are also available for consultation to students, faculty, and staff of Georgia Highlands College who are concerned about specific situations and/or individuals. Online counseling services are also available, and appointments can be scheduled by calling (706) 295-6336 or emailing sss@highlands.edu.

Personal Counseling

Individual and group sessions are designed to help students adapt to the demands of the academic environment. SSS offers short-term, goal-focused counseling to currently enrolled students. After an initial assessment, the student and counselor will discuss specific therapeutic goals, frequency of session and the likely length of treatment taking into account the student's presenting concerns. Common presenting concerns include:

- Depression
- Anxiety/stress
- Low self-confidence
- Relationship difficulties (e.g., romantic, family, peer)
- Concerns related to sexual orientation and identity
- Decision-making dilemma
- Eating too much or too little
- Difficulty balancing all the demands of college student life
- Grieving over the death of someone close to you
- Recovering from unwanted sexual contact or violence
- Hopelessness or suicidal thinking

Disability Access

Student Support Services is committed to providing students with disabilities access to our campuses' resources and opportunities to obtain a quality educational experience at GHC. Disability Access is the first contact for students with disabilities to arrange accommodations and locate campus & community resources. To access accommodations, students must first connect with Disability Access and provide the appropriate documentation as outlined by the Board of Regents of the University System of Georgia, to establish eligibility. Early planning is encouraged to allow Disability Access adequate time to make the necessary arrangements for accommodations. Students may meet with a member of our staff in person or via phone, or video conference as their needs require. Persons who have a disability which substantially limits

a major life activity are entitled to non-discrimination and reasonable accommodations.

The Right to Access and the Opportunity for Success

Students with disabilities are entitled to non-discrimination and reasonable accommodations. SSS provides accessible programs, services, and reasonable accommodations for any student with a documented, qualifying disability as defined by Section 504 of the Rehabilitation Act of 1973, as amended, and by the Americans with Disabilities Act of 1990.

The Rehabilitation Act of 1973 and Americans with Disabilities Acts of 1990 mandate that educational institutions provide students with disabilities the necessary accommodations to ensure equal access to all academic and co-curricular programs and services.

Student Accommodations

All entitlements to accommodations are based on documentation and University System of Georgia's Board of Regents Standards. The following is a list of possible services and accommodations a student may qualify for based on the disability and individual needs. Please note that this list is not inclusive of all accommodations that can be provided, nor are all students eligible for all accommodations.

- Accessible furniture, such as adjustable tables and seating
- ACCUPLACER accommodations
- Alternative media equipment, such as adapted keyboards, monitors, and software
- Alternative format materials, such as electronic textbooks, Braille, and enlarged print
- Assistive technology, such as screen reading software, speech-to-text software
- Note-taking assistance
- Preferential seating
- Sign language interpreters/captioning services
- Testing accommodations, such as extended time, calculator, spell/grammar check

The primary form of service delivery is a Faculty Accommodation Notice (FAN). Eligible students deliver a FAN to instructors each semester, identifying the accommodations approved by Disability Access.

How To Obtain Disability Access Services and/or Accommodations

It is the student's responsibility to self-identify and register with our office, provide documentation of their disability, and make an appointment with a Disability Specialist to develop an individual assistance plan. Current documentation of the disability is required. Early planning is encouraged to allow adequate time to make the necessary arrangements for accommodations. Students may meet with a member of our staff in person, via phone, or video conference as their needs require. Identifying oneself as having a disability on the admissions application or to an individual professor, school, or department other than SSS **is not** considered an official notification to the College. Contact Disability Access at (706)-295-6336 or by emailing disabilityaccess@highlands.edu.