University Counseling Center
Who Am I?

• Sangmoon Kim
• Staff Psychologist at UCC
• Ph.D. in Clinical Psychology, Syracuse University
• International student from Korea
Welcome to BU!
For example…

- Homesickness
- Schoolwork & grades
- Relationship
- Adapting to new culture
- Language
University Counseling Center (UCC)

- Services include individual, group therapy, and consultation
- **Location**: Room 264, Old O’Connor
- **Where is Old O’Connor?**
- **Office Hours**: 9am – 5pm, Monday-Friday
- **For emergency/crisis**, no appointment is required: 2pm – 4pm, Monday-Friday
• Confidential & Free Services
• Information you provide/share in counseling/psychotherapy is protected by law so that it is not released to anybody without your approval
• Some limitations, including danger to oneself or others
Do I need counseling?

- Currently taking psychotropic medication (e.g., anti-depressant or anxiety)
- Received therapy/counseling before
- Had difficult time adjusting to new environment before
- Had difficult time making friends before
Together

• International Students Support Group
• Fellow international students get together to help and support each other (facilitated by Dr. Sangmoon Kim)
• Promoting social interaction and sense of belonging (e.g., places to visit in/around Binghamton)
• Learning effective ways to address academic problems (e.g., anxiety about in-class presentation)
• Enhancing English skills
• Normalizing your experience (e.g., “I’m not the only one”)
• Having fun (e.g., playing games)
• Hearing Dr. Kim’s personal story!
• Please leave your name and contact information for more information