# Benefits of Counseling

Please indicate your level of agreement with the following statement - My counselor responds respectfully to my culture (e.g., gender,

race/ethnicity, religion/spirituality, sexual orientation, social class, disability).

* 87.36% Strongly Agree
* 5.75% Agree
* 0% Neutral
* 4.6% Strongly Disagree
* 2.3% Not Applicable

Please indicate your level of agreement with the following statement - I am able to cope with my problems more effectively now than when I began therapy.

* 56.32% Strongly Agree
* 31.03% Agree
* 5.75% Neutral
* 3.45% Disagree
* 2.3% Strongly Disagree
* 1.15% Not Applicable

Please indicate your level of agreement with the following statement - As a result of counseling, I make more healthy lifestyle choices (in the areas

of relationships, exercise, sleep, alcohol use, etc.).

* 45.98% Strongly Agree
* 36.78% Agree
* 11.49% Neutral
* 2.3% Disagree
* 2.3% Strongly Disagree
* 1.15% Not Applicable

Please indicate your level of agreement with the following statement - My personal problems have interfered with my schoolwork.

* 34.48% Strongly Agree
* 39.08% Agree
* 16.09% Neutral
* 5.75% Disagree
* 3.45% Strongly Disagree
* 1.15% Not Applicable

Please indicate your level of agreement with the following statement - The services I have received at CPSC have improved my academic

performance.

* 31.03% Strongly Agree
* 39.08% Agree
* 21.84% Neutral
* 2.3% Disagree
* 0% Strongly Disagree
* 5.575% Not Applicable

Please indicate your level of agreement with the following statement - I would recommend services at CPSC to others.

* 82.76% Strongly Agree
* 11.49% Agree
* 0% Neutral
* 0% Disagree
* 3.45% Strongly Disagree
* 2.3% Not Applicable