

UMASS LOWELL COUNSELING CENTER

CONFIDENTIAL

Please check (✓) all your concerns. Mark with (X) your most pressing concerns.

Name:

Date:

GENERAL LIFE

- Self esteem
- Personal identity
- Adjustment to college
- Financial difficulties
- Coping with stress
- Managing multiple responsibilities
- Sleep difficulties
- Coping with unexpected events

INTERPERSONAL SKILLS

- Making friends
- Getting along with others
- Social skills
- Multicultural concerns
- Conflict Resolution

RELATIONSHIPS (Current Concerns)

- Relationship conflict
- Breaking up
- Improving relationships
- Relationship abuse / Violence:
Circle: (Physical) (Sexual) (Emotional)

ACADEMIC

- Motivation
- Learning problems
- Learning disabilities
- Time Management
- Test Taking Problems
- Missing classes
- Conflict with Faculty
- Choosing a major
- Career Planning
- Dealing with UMass Lowell

DISCRIMINATION / HARASSMENT

- Sexual Harassment / Stalking
- Taunting / Bullying
- Ethnic Discrimination/ Harassment
- Gender Discrimination/Harassment
- Sexual Orientation Discrimination/ Harassment
- Discrimination based on Disability

PHYSICAL HEALTH / ILLNESS

- Coping with illness: (self) (other)
- Physical Disability concerns
- Other health concern

DISCIPLINE / LEGAL / CRIMINAL

- Victim of crime
- Witness to crime
- UML Discipline concern / referral
- Other legal / criminal concern:

EATING

- Overeating
- Binging / purging
- Undereating
- Weight concerns
- Body Image concerns

SEXUAL

- Sexual Identity / Gender Identity
- Sexual problems or concerns

MOOD/FEELINGS /BEHAVIOR (Current)

- Anxiety, worries, panic
- Depression, sadness, apathy
- Grief, loss
- Mood swings
- Obsessions and / or compulsions
- Irrational feelings, thoughts, behavior
- Suicidal feelings / thoughts
- Suicide attempt / gesture (recent / past)
- Irritability (✓) or Anger (✓) problems
- Impulsive behavior
- Psychiatric / psychological disability
- Tendency to violence
- Self Harm / Cutting

ABUSE / VIOLENCE (Circle all that apply)

- Emotional abuse: (recent) (past)
- Sexual abuse: (recent) (past)
- Sexual assault: (recent) (past)
- Rape: (recent) (past)
- Physical abuse: (recent) (past)
- Threat / Assault: (recent) (past)

FAMILY

- Parental conflict / divorce / separation
- Conflict with parent
- Family financial difficulty
- Removal by parent
- Family Violence
- Sibling concerns
- Marital concerns (including sep/div)
- Child concerns

ADDICTION-RELATED CONCERNS

- Alcohol concern: (self) (other)
- Other drug concern: (self) (other)
- DUI / OUI / DWI
- Gambling concern: (self) (other)
- Support with Recovery
- Family Alcoholism / Drug Abuse
- Family Gambling Problem
- Computer game / Internet /TV overuse

OTHER:

Specify: _____

