



5 WAYS TO AVOID NEW COURSE OVERWHELM

- Just finding your way into college or your training provider may be a challenge, especially if the campus is enormous. Questions such as which room do I go to or where do I park can be answered by phoning ahead and getting the full details in advance.
- Getting the course prospectus ahead of time can be useful. This document outlines the sequence of lessons. Use this document to plan your reading or any research that could be helpful.
- On the subject of reading, obtaining the reading list ahead of time will allow you to buy or borrow books which will enable you to start to research into each lesson.
- If you are returning to study after a long period away from education, old feelings can emerge, which sometimes make you anxious. Keep in mind that modern educational methods are far different from those employed by teachers in the past. In counselling training, there is an emphasis on group work and self-reflection.
- Finally, sit back and enjoy the ride. Counselling training gives a fascinating insight into ourselves. How many times in life do you get to focus on yourself?