

Student Counseling Services

THE IMPORTANCE OF HEALTHY COMMUNICATION AND BOUNDARY SETTING

Communication can impact your relationships! Relationships can activate comfortable and uncomfortable emotions! In order to manage your emotions better, learn to improve the quality of your interactions with others by using the following skills:

Set healthy boundaries! Say "No" when you are overwhelmed. Remain true to your own values and needs.

EFFECTIVE COMMUNICATION

- Active Listening: Pay attention to what the other person is saying both verbally and nonverbally.
- Empathy: Try to understand the other person's perspective.
- Feedback: Ask for and give feedback to ensure you are being understood.
- Practice: The more you communicate, the better you will become at it.
- Check In With Yourself: It is important to first check in with yourself and ask how you're feeling in order to get what you need.

ABOUT US

- The aim of Student Counseling Services is to assist students in becoming socially and emotionally healthy. Counseling is a partnership between client and counselor, meant to help students find solutions and possibilities in life.
- State-licensed counselors help students move toward life goals while teaching the coping skills needed for the future. Counseling staff members provide ongoing free and confidential services to enrolled students.

YOUNGSTOWN STATE UNIVERSITY



**Student
Counseling
Services**

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Free and Confidential