

The Sakala Success Centre exists to provide academic, emotional, and physical support for the students, faculty, and staff of Burman University and Parkview Adventist Academy. Your success is our priority. We offer a wide range of programs and services to help you succeed.

## WHAT DO WE OFFER?

- Academic Assistance
- Standardized Testing
- Career Planning
- Personal Counselling
- Accessibilities/Accommodations
- Mental Health Assistance

## IT'S OKAY TO NOT BE OKAY

Even the most intelligent, hardworking students can experience mental health issues that can negatively impact their academic performance.

When to get help:

- if you experience feelings of sadness or loss of appetite, have trouble sleeping, or are sleeping too much
- if you often feel nervous, irritable, or experience anxiety so severe that you feel physically ill
- if you feel so overwhelmed that you think you can't continue with university
- if you ever have thoughts of harming yourself or others

## BURMAN UNIVERSITY SAKALA SUCCESS CENTRE

Student Receptionist

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## BURMAN UNIVERSITY SAKALA SUCCESS CENTRE



## PERSONAL COUNSELLING

The Student Success Centre offers free counselling sessions to Burman University students who are in need of guidance, assistance, or simply someone to talk to. Our counsellor is qualified to deal with most situations, including:

- areas of abuse
- stress management
- eating disorders
- depression
- addictions
- pre-marital relationships
- family and child counselling
- anger management

This service is free of charge to Burman University students. We can also refer you to off-campus agencies that we trust will take care of your needs.

## CAREER PLANNING

To help you find the right career for you, we offer the following services:

**Career Counselling:** Our Career Counsellor can help you match your skills and interests to a specific job area.

**Career Testing:** We can help you in your career planning with tests such as; 16pf, MBTI, Strong, Strengths Quest, True Colours, and COPS. These tests will help you assess your personality type, generating customized reports to assist you in effectively choosing a career.

**Resume & Portfolio Writing:** Landing a job means having a strong resume and portfolio. Our team can help you create the resume and portfolio you need for your job search.

**Career Day:** Get a glimpse of different careers by connecting with professionals who work in a wide range of fields at our Career Day.

**Job Fair:** In the spring, we provide you with free transportation to attend a local job fair where you can meet with potential employers to apply for that perfect job.

## STANDARDIZED TESTING

If you are required to take a standardized test as part of your school admissions process, we can help! We administer the following exams:

- ACT or SAT
- GED
- GRE
- LSAT

We also offer referrals and assistance in the application process. We want to ensure you're prepared for the next step of your educational journey.

## ACCESSIBILITIES

The Centre promotes equitable access to education for all students, including:

- students with disabilities
- students at risk academically

For more information, please contact Crystal Johnson.

## ACADEMIC ASSISTANCE

We offer academic mentoring for those hoping to improve their academic performance. The following services are offered at no cost to students.

**TUTORING:** We coordinate a tutoring schedule at the beginning of every semester to help students achieve academic success in their classes.

**STUDY PODS:** We have supplemental instructors to assist you in your learning.

**WRITING LAB:** Our team of writing experts will help you with research papers, major essays, and any other kind of academic writing to ensure you get the best grade.

**STUDENTS WITH DISABILITIES:** We ensure you have the tools and support you need for academic success.

## MENTAL HEALTH AND WELLNESS TRAINING

The Centre provides a number of training opportunities for students, faculty and staff to educate individuals on recognizing and supporting mental health and wellness in themselves as well as their friends, colleagues and peers. Training includes:

- Mental Health First Aid - Adults who interact with youth (14 hours)
- The Inquiring Mind (3 1/2 hours)
- First Responders to Disclosures of Sexual Violence/ Abuse (14 hours)
- Questions, Persuade and Refer (suicide prevention gatekeeper training) 1 1/2 hours

If you are interested in any of these workshops, please contact the Sakala Success Centre for information on upcoming dates.