



# UNIVERSITY OF TORONTO

University of Toronto  
Governing Council

## **Counselling and Learning Skills Service Policy**

December 9, 1987

To request an official copy of this policy, contact:

The Office of the Governing Council  
Room 106, Simcoe Hall  
27 King's College Circle  
University of Toronto  
Toronto, Ontario  
M5S 1A1

Phone: 416-978-6576

Fax: 416-978-8182

E-mail: [governing.council@utoronto.ca](mailto:governing.council@utoronto.ca)

Website: <http://www.governingcouncil.utoronto.ca/>

## Counselling and Learning Skills Service Policy

The objective of the Counselling and Learning Skills Service is to provide members of the University, particularly students, with personal counselling and assistance in improving their approaches to study and learning. It does this by:

- 1) providing professional counselling to individuals and couples in a non-medical setting with a minimum of formality and delay.
- 2) providing instruction in, and individual and group consultation on, various aspects of study and learning.
- 3) providing help in dealing with stress through groups, workshops and individual consultation.
- 4) providing a supervised training program for graduate students in counselling.
- 5) acting as a resource centre on counselling for the University by offering workshop on various aspects of counselling and providing consultation to staff whose duties include advising and counselling students.

November 30, 1987