

# Student Rights and Responsibilities

## As a student, you have the right to:

1. Understand and use these rights. If you need help to understand these rights, our staff in Counseling and Psychological Services will provide assistance.
2. Receive counseling and psychiatric services without discrimination as to race, color, religion, national origin, language, sex, age, disability, sexual orientation, gender identity, gender expression, or veteran status.
3. Be treated with respect for and protection of your dignity and to be provided care in a courteous, competent and honest manner.
4. Be informed about and to understand how content from your counseling sessions will be handled and the limitations of confidentiality.
5. Work collaboratively with a mental health professional to establish appropriate treatment goals and timelines for therapy.
6. Discuss alternative empirically based or substantially validated treatment options.
7. Request a different counselor than the one assigned to you, or ask for a second opinion.
8. Request assistance in identifying an appropriate community mental health service provider should you request one or should your needs exceeds our ability to provide you with services.
9. Refuse or terminate treatment.
10. Confidentiality of your Counseling and Psychological Services records.
11. Review your Counseling and Psychological Services records with a mental health service provider.
12. Ask questions and to discuss any concerns you may have about the care you receive.

## As a student, you have a responsibility to:

1. Inform your counselor of any changes in your behavior and/or physical or mental health status that could affect your care, including compliance with any prescribed medication.
2. Ask questions and get clarification regarding your diagnosis and suggested treatment plan.
3. Follow your counselor's treatment recommendations.
4. Be prompt for scheduled appointments.
5. Cancel appointments if you are unable to keep them, so others may use the time slot.