

# Boston College Counselling Bulletin

## Welcome!

Boston College is proud to offer professional counselling services to support students' wellbeing. Did you know we have two trained counsellors available to help?

- Kay Finn – Humanistic Counsellor
- Dawn Robertson – Integrative Counsellor

## What is Counselling?

Counselling provides a safe and confidential space to talk about concerns with a trained professional. Our counsellors will help students explore their thoughts, feelings, and behaviors so they can better understand themselves and others.

Counsellors do not give advice or prescribe medication. Instead, they help find solutions or strategies—whether that means making changes in your life or learning ways to cope with challenges.

You have to be enrolled on a course to access our counselling services.

## Recent Highlights

- Freshers' Fair: Our counsellors supported the Safeguarding and Wellbeing team in welcoming new students.
- Upcoming Event: Time to Talk Day – 6th February 2026. A chance for staff to join us for activities and conversations about mental health.

## Exam Stress Support

Exams can be stressful—but you don't have to face it alone. Counselling can help you manage anxiety and build coping strategies.

## Helpful Resources:

- CALM – Tips and tools to offload thoughts:  
<https://www.thecalmzone.net/guides/exam-stress>
- Mind – Information on exam stress and mental health: <https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>

- Young Minds – Support for young people during exams:  
<https://www.youngminds.org.uk/professional/resources/staying-mentally-healthy-during-exams/>
- OTR – Informal stress management workshops: <https://www.otrbristol.org.uk/what-we-do/exam-stress-resources/>
- No Limits – Tips to reduce stress during exam season:  
<https://nolimitshelp.org/resource/exam-stress/>

## **Parent Exam Support Checklist**

- **Encourage Open Communication**
  - Ask daily how your child is feeling.
  - Include siblings in conversations to reduce tension.
  - Praise effort, not just results.
- **Create a Supportive Environment**
  - Set up a quiet, clutter-free study space.
  - Ensure pens, paper, and revision materials are ready.
  - Limit distractions like TV or loud music.
- **Establish a Regular Study Routine**
  - Work with your child to design a realistic timetable.
  - Break study sessions into manageable chunks.
  - Avoid last-minute cramming by sticking to the plan.
- **Manage Family Dynamics**
  - Share household responsibilities to reduce stress.
  - Keep routines stable so your child feels secure.
  - Encourage siblings to be supportive rather than competitive.
- **Provide Emotional Support**
  - Model calmness by acknowledging your own stress.
  - Encourage breaks with fun activities (walks, games, hobbies).
  - Remind them exams don't define their worth.

## **We'd Love Your Feedback**

Would you like group sessions or workshops? Share your ideas by emailing us!

## **How to Contact Us**

- Email: [Counselling@boston.ac.uk](mailto:Counselling@boston.ac.uk)
- Ask a member of staff or parent to email on your behalf.
- Counselling is available across all Boston College sites.
- If face-to-face isn't possible, sessions can be arranged via Microsoft Teams.