

## Student Guidance and Guidance Center

### ❖ Identity:

#### ◀ Who are we:

A mentoring and guidance center that aims to provide advice, programs and services in comprehensive guidance and guidance with the aim of helping the student to understand himself, identify his problems, know his abilities, and develop his skills, to reach psychological, educational, social, professional and family compatibility, and achieve his goals within the framework of the teachings of islam.

#### ◀ Vision:

The Center should be a national and international leader in providing specialized guidance services to all students in need of assistance in accordance with professional guidelines and standards in guidance and guidance.

#### ◀ Mission:

Provide integrated services and guidance programs in high quality to all university students to help them understand and develop their selves, abilities and personal skills so that they can meet the requirements of university and public life and graduate in the specified period equipped with scientific and practical expertise and able to serve their religion, country and community

#### ◀ Values:

1- Fidelity and observing Allah Almighty

Respect for student rights

Maintaining confidentiality

4. Taking responsibility

Continued growth and improvement

Innovation



### ◀ Our objectives:

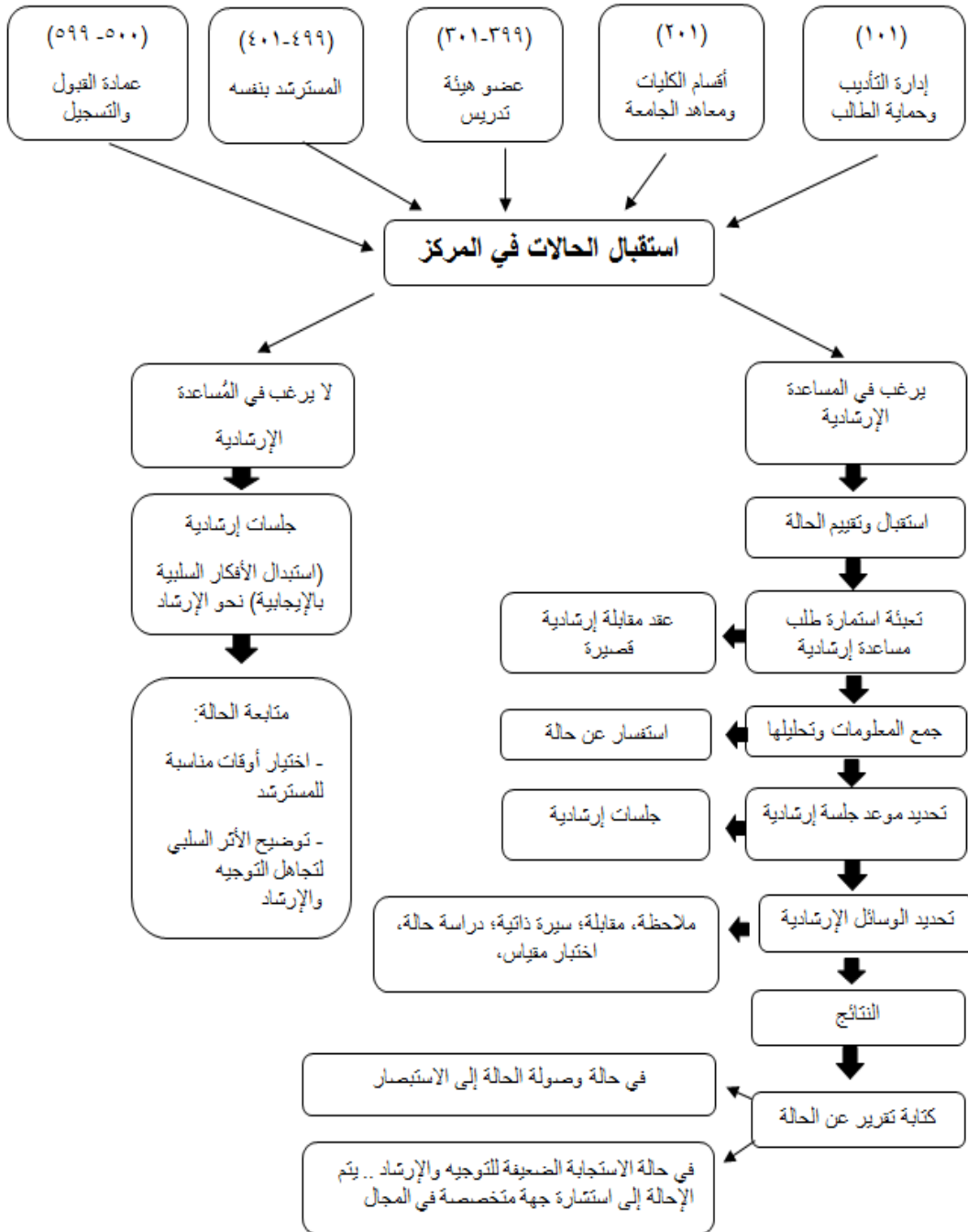
- 1- Help bring about a positive change in the behaviors and trends of the abnormal student.
- 2- Help improve personal and social relationships and make sound decisions
- 3- Raising the level of psychological growth and achieving mental health
- 4- Raising the level of competence of the student in accordance with their abilities and abilities
- 5- Helping distressed students improve their academic achievement and academic level
- 6- Give the student a set of life values and skills that help him to interact positively with those around him within the community.
- 7- Inform the student about their real needs and problems, and help them to see them and satisfy them correctly.
- 8- Achieving psychological, social, professional and educational compatibility for university students.

### ◀ Tasks:

- 1- **Supervising guidance and guidance at the university (planning - programs - management - support - training - follow-up - calendar)**
- 2- **To carry out some aspects of guidance that some colleges and institutes cannot do, such as psychological, educational, professional and social guidance in accordance with developmental, preventive and therapeutic curricula.**
- 3- **Implementation of programs related to guidance, guidance and social service (lectures - publications - leaflets - magazines - workshops - training bags)**
- 4- **Training human resources to carry out guidance, guidance and social service services**
- 5 **Preparing and designing and implementing mentoring programs in the psychological, social, professional and educational field**

## 6 Mechanism of action:

The following graphic shows the mechanism of action and reception of cases in need of indicative assistance:



### ◀ **Beneficiaries of the center's services :**

- New students in colleges and institutes (first year, qualifying year)
- Current students (enrolled)
- Graduate students
- Incoming students and visitors
- Diploma students
- Affiliation students
- Graduate students

### ◀ **Beneficiaries' rights:**

#### ☒ **Privacy:**

It means the right of the beneficiary to disclose his personal or confidential information to the consultant who specializes voluntarily without being forced.

#### ☒ **Confidentiality:**

It means the confidentiality of the information provided by the beneficiary to the consultant, as no one has the right to know it except with the consent of the student - unless there is direct harm to the beneficiary or others.

#### ☒ **Freedom of the individual:**

That is, the freedom of the individual to set his goals and work to achieve them within the framework of the teachings of the Islamic religion and university regulations and without being subjected to any pressure or interference from the employees of the center.

### ◈ **Student Guidance and Guidance Center units:**

#### ☒ **Psychological Counselling Unit:**

It provides assistance to the student in overcoming their problems and mental disorders and achieving a high level of mental health in addition to studying psychological conditions (depression, anxiety, sous-fear...) Treatment services such as cognitive and psychological behavioral therapy are provided by unit specialists and cases requiring drug treatment are transferred to psychiatric clinics.

#### ☒ **Educational Guidance Unit:**

##### ▪ Unit objectives:

Aims to help the student make the greatest effort in educational attainment and university adaptation, taking advantage of his or her abilities and inclinations/ and dealing with the study problems that may be encountered/such as school delays so that the guide seeks to provide appropriate guidance services, good educational care for distressed students, and design appropriate programs for them Achieving academic compatibility and its scientific success, raising the level of academic achievement and overcoming academic problems among students.

#### ☒ **Social Guidance Unit:**

##### ▪ **Unit objectives:**

It aims to prepare the student to build positive social relationships with his/her community as well as to build successful responses in the face of problems in different situations and to provide him/her with the necessary social skills and to enhance his/her role in contributing to the service and development of the community.

#### ☒ **Vocational Guidance Unit:**

##### ▪ **Unit objectives:**

It aims to reveal the professional tendencies, abilities and preparations of students by measuring, diagnosing and evaluating by scientific means, developing positive trends towards their work, providing information on employment opportunities inside and outside the university, helping the student to make appropriate decisions for his career and career, and giving him skills to find a job suitable for his or her qualifications, as well as balancing his needs and desires with his or her own abilities.

#### ◆ **Methods of seeking consultations**

The center provides consultations through student review to specialists in the Student Guidance and Guidance Center.

(Student Section) Worship - Student Guidance and Guidance Center Building - Academic Hub vs. Graduate Deanship.

(Student Section) Zaher - Ground Floor Building (D) next to the NCB Cashier.

Or by remote consultation request service by

E-mail: [scc@uqu.edu.sa](mailto:scc@uqu.edu.sa)

Student link:

<https://uqu.edu.sa/studaff/App/Appointments#833>

Student link:

<https://uqu.edu.sa/studaff/App/Appointments#899>