




Student Empowerment and Life Skills Programme Semester Two 2016

(Targeted at students who registered with the Counselling and Personal Development Service)

Find below some of the feedback given by students who availed of this programme.

- It took courage to come to the course and acknowledge I needed help but now I am so glad I did and I would hope others would take that step
- This course has given me hope. I feel I know how to step outside my anxiety and have skills to deal with it. It puts me more in control. I feel more peaceful rather than fearful as I know now what I can do
- I learnt ways to deal with my over-thinking mind
- I found learning about unhelpful thinking patterns very helpful. I find writing them down and seeing them for what they are and how to take out the cognitive distortions works for me



- 
- Learning what I can do when I feel overwhelmed puts me back in control
 - I learnt to be strong and how to stand my ground
 - I learnt I have always push away my feelings, I now have learnt how to acknowledge them and use them
 - I learnt that other people feel like I do and I am not alone
 - I learnt the experience of kindness and how it has a positive effect on me
 - I have learnt to be more accepting of my shyness which eases my worry
 - I found the programme very insightful
 - I notice a huge improvement and Believe I am over the hump!

The DCU Counselling & Personal Development Service, Student Support & Development, Dublin City University Dublin 9.

**T +353 1 7005165 Glasnevin Campus
T +353 1 700 9215 St Patrick's Campus**

**E counselling@dcu.ie Glasnevin Campus
E spd.counselling@dcu.ie St Patrick's Campus**

W <https://www.dcu.ie/counselling>

