Title of Article: The Help Seeking Behaviour and Patterns of Presenting Problems of Clients: A Five-Year Review of the situation and the University of Botswana Counselling Centre. Authors: Alao, A. A.


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Abstract:

The study discussed the helping seeking behavior of students in the utilization of University Counselling Centres and how utilization of services could be fostered. Data on patterns of presenting problems at the University of Botswana for the period of 1993/94 to 1997/98 academic sessions were noted. The pattern indicated most concern in the problem areas of academic study, university adjustment, future security & wellbeing, social/personal psychological relations and sexual relations. Variety of preventative measures were put in place to address problems of concern to students each session.