

Counseling and Psychological Services (CPS) in Butler Library

December 9, 2002

Dr. Richard Eichler, Ph.D.
Director, Counseling and Psychological Services
Lerner Hall, 8th Floor
New York, NY 10027

Dear Dr. Eichler,

As a Columbia College alumnus, you most certainly know that final exams are extremely stressful for students. While being a Columbia College student is already in and of itself a stressful experience, the next two weeks are by far the most challenging for the vast majority of students. Even students who would not typically even think of speaking to a counselor may feel the need to do so during this hectic time of year.

>From my work with your office while serving on student council, I understand that Counseling and Psychological Services (CPS) has made outreach one of its top priorities. Students really do appreciate all of the efforts that are being made by your office, but I would argue that there is still much more that needs to be done. CPS should make additional efforts to interface with students in settings that are comfortable to them; the recent move to place counselors in residence halls is a wonderful one and I completely support it.

With the onset of reading period tomorrow, students will be spending a lot of time in Butler Library. While the resources and facilities of that wonderful building are indeed very helpful to students, students will find themselves extremely anxious while spending such large blocks of time in a stressful environment. It would be very helpful to them if there were a counselor to speak with about their stresses and problems; additionally, it would be another great way in which CPS could reach out to students and also remove the stigma associated with speaking to a counselor, psychologist, or psychiatrist.

The Columbia College Student Council asks that CPS consider placing counselors in a not-so-highly trafficked, and thus more confidential, area of Butler Library to speak with students during select evening hours of reading period and into exam period. Any such hours would, of course, be in addition to the normal business hours of your office and not a replacement for them. The CCSC would be willing to help publicize any such initiative. Realizing that your office is already extremely busy during this time of year and acknowledging that there is little time under which you can implement these changes, the CCSC would appreciate

any efforts that you can make to reach out to students. However, we really do feel that this would be a great resource for students and would greatly enhance the reputation of CPS on this campus.

Thank you very much for your consideration. Please feel free to contact me if you have any further questions about this recommendation.

Sincerely,

Michael J. Novielli
Columbia College Student Body President