



Student Counselling Services IMU University

Dear Parents / Guardian,

Adjusting to a new learning environment and being away from home, can be a stressful event without one realizing it. Students may face different challenges from communicating with others, balancing personal and study time, understanding and meeting the demands of their course, etc.

Our counsellors here at IMU University support students as they navigate their university/pre-university experience by providing the following services: individual/group counselling, career guidance, educational wellbeing, personal development, referral and crisis intervention.

Confidentiality

The IMU University Student Counselling Services works within the ethical framework for good practice in accordance with the Malaysia's Counsellors Act 1998 (Act 580). IMU University counsellors are committed to working together to provide professional counselling services to students whilst adhering to the Counsellors Code of Ethics as set by "Lembaga Kaunsellor" (Malaysian Board of Counsellors).

Hence all clients' information and counselling notes are kept confidential in accordance with the relevant professional, legal, and ethical guidelines. They will not become part of the client's academic file, and even the fact that the client has come to the unit for counselling will not be divulged to anyone without the client's permission.

Fees

The counselling services are **free** for all active IMU University students.

Making an Appointment

Students may walk-in, call, or email the counsellors between 8.30am to 5.30pm. If the counsellor is available, he/she will be able to see the student immediately. Otherwise appointments may be arranged within the next five working days.

Counselling for Minors

If a student is below 18 years of age, consent from parents/legal guardian is needed. Therefore, if the Parental Consent for Student Counselling (see attachment) is pre-signed by parent/guardian, students will be able to receive counselling services without any delay. As such, we strongly recommend that all parents sign the accompanying attachment to prevent any delay in assisting your child at IMU University.

For more information regarding counselling services and IMU University Student Counselling Services, please log on to:

<http://www.imu.edu.my/imu/support-services/self-development-counselling/>

Thank you.

Sincerely,
Student Counselling Services.



PARENTAL CONSENT FORM FOR STUDENT COUNSELLING

Dear Sir/ Madam

Your standing approval, consent, and permission is requested for your child/ child under your guardianship and care (“Student”), _____ to participate in counselling services with the University’s counsellor/psychologist, should the Student approach us for such services.

Benefits of Counselling

Counselling offers a regular space, and time, to talk or think about worries or difficulties. It allows them to both explore their feelings and look at how they might want things to be different. Counselling may be about discussing developmental issues, resolving problems, improving relationships, making choices, coping with change, gaining insight and understanding, growing as a person, adapting to transition and adjusting to being a university or a pre-university student.

Confidentiality

Counselling is based on a relationship of trust between the counsellor and the Student. The counsellor will notify you that the Student has used our service. However, the information shared by the Student will be kept confidential, except in certain situations in which ethical and legal responsibilities limit confidentiality. You will be notified under the following circumstances:

1. the Student reveals information about hurting himself/herself or another person;
2. the Student or another person may be in danger in whatsoever form; and/or
3. such other situations where in the reasonable and professional opinion of the Counsellor, such information should be divulged to the relevant authorities or other relevant individuals.

Kindly signify your consent by executing the parent/legal guardian consent section below.

Yours faithfully,

IMU UNIVERSITY

PARENT/LEGAL GUARDIAN CONSENT

By signing this form, I hereby expressly signify and grant my standing approval, consent, and permission for my child/ the child under my guardianship and care (“Student”), _____ to participate in counselling

[Name & NRIC / Passport No.*]

sessions with the University’s counsellor/ psychologist. I understand that anything that the child/ Student shares and/ or discloses during the said counselling sessions will be kept confidential except in the three circumstances mentioned above.

Parent/Guardian’s Signature

Name:

NIRC / Passport No:

(Please attach a copy of your NRIC / Passport)

Date:
