Department of Physics
College of Science
King Faisal University

Guidance and Counselling Services

Postgraduate Program

2024/2025

Students Guidance and Counselling

The university provides students with guidance and counselling at two levels academic advising and general Guidance and Counselling

Academic advising

The committee of academic affairs is responsible for providing academic advising. Each faculty member in the college is assigned a set of students for advising. The faculty member provides academic advising to the students. The academic advises are related to registering courses and any other academic issues.

General Guidance and Counselling

The guidance and counselling unit in the deanship of students' affairs is responsible for providing the students with advice, assistance and a range of specialized developmental, preventive programs related to academic, social, psychological and educational issues for all students.

The services of the Guidance and Counselling unit

- Providing social and family counseling.
- Providing academic and educational consultations
- Providing psychological counseling.
- Providing general consultations related to youth guidance and special needs.
- Providing a set of seminars, workshops and special training

programs in related to students' professional development.

The Guidance and Counselling Service assists students to realise their unique potential and get the most out of their studies and university life. Professional counselling staff respond sensitively to the effects that challenging circumstances can have on individuals. The service helps students to improve their educational progress, and to achieve balance of personal, educational, vocational and social activities in a way that makes them happy and able to direct their own lives with insight and intelligence, in accordance with the principles and standards of Islamic education. The service offers confidential, professional support to explore individual situations and assist in making appropriate choices, as well as promoting an understanding of psychological and emotional well-being throughout the university ensuring healthy conditions for the growth of individual personalities.

Student Guidance and Counselling is delivered using a set of guiding ways based on religion, free time and reality through:

- Therapeutic counselling sessions-individual and collective
- Directed and undirected reading
- Special Groups
- Lectures and seminars
- Phone calls and self-help information online
- Campaigns and programs build the students values, protect them from some of the risks they face, develop their potential and meet their needs.

The service helps students to:

- Recognize the early signs of any emotional and mental health

- Calm themselves down if stress has got the better of them
- Gain a greater sense of relaxation so that anxiety states are not so easily triggered
- Feel more resourceful in the present moment
- Recognize that there is an alternative to the downward spiral of automatic negative thinking which can unwittingly escalate when feeling overwhelmed
- Increase self-esteem and confidence
- Tap into the inner resources they have but don't always recognise, and develop a sense of trust that they can cope with the challenges that life brings

Students receive a Counselling and Pastoral service that conforms to an ethical framework:

- A service that puts their needs and interests first and treats them with respect and dignity
- An initial appointment (for face-to-face counselling)
- Follow-up appointments and/or referral to other agencies as appropriate.
- A Counselling Service that operates within a specific confidentiality and privacy code irrespective of the information (personal, family, academic etc)
- Use of resources, projects, available materials and various programs to develop themselves without interference and force.
- Choose their own way and style of life and how to achieve their goals in the light of national standards and regulations prevailing in the society
- Enjoyment of the sovereignty of laws and regulations governing the relationship between students and the supervisor working in partnership to ensure the freedom to display information and maintain confidentiality.

Services request feedback from students, for example what aspects of the service helped to meet their needs most effectively or not and hence any ideas to improve the Service. This is achieved by inviting students to complete an Evaluation Questionnaire at the end of a counselling and pastoral session. The questionnaire is anonymous and will not be seen by the counsellor. Students are also informed as to how to complain if they feel they have not had a good service from counsellors.

For More details about Students Guidance and Counselling click here

Useful Links

1. Department web site

https://www.kfu.edu.sa/en/colleges/science/departments/dep_1/pages/about.aspx

2. Quality Management System

https://www.kfu.edu.sa/en/deans/qa/pages/qms.aspx