

Topics for Student Clients *

Ideal Topics:

Anxiety about learning
Worries about performance as a helper
Academic issues (studying, test anxiety)
Career; Future plans
Choosing a major or graduate program
Pets
Problems at work
Public-speaking anxiety
Roommate issues
Feelings about technology
Happy childhood memories
Hobbies and extracurricular activities
Problems with health

Relatively Safe Topics depending on Client

Minor Family Issues
Autonomy-Independence struggles
Minor relationship concerns
High school experiences
Personal views on alcohol and drugs
Existential concerns (e.g., Who am I? What is my purpose? What is the meaning of life?)
Financial Difficulties
Problems with physical appearance
Moral dilemmas

Topics to be Avoided

Substance Abuse

Fears about going crazy

Traumas (e.g, sexual or physical abuse, rape, victimization, child abuse, serious medical condition)

Serious problems in romantic relationships

Shameful feelings

Serious family disputes

Sex

Sexual abuse

Suicidal Thoughts

Murderous Thoughts

*Reprinted from Hill, C. (2014) Helping Skills (4th Edition).