



# JUNE 2025 MCC STUDENT ENGAGEMENT REPORT - COUNSELING

## IMPACT SNAPSHOT 2024-2025

Each month, the Student Engagement Team spotlights a different department, celebrating its contributions to student success. This month, we're excited to feature the Counseling team, showcasing the vital support Counselors give to our students.

The Student Counseling Center (SCC) provides mental health services available at no cost to currently registered MCC and University Center students. Services to students include individual psychological counseling, crisis intervention, and referral services for additional mental health needs. The Counseling team offers in-person/face-to-face and virtual counseling.

The Student Counseling Center operates in partnership with Tarleton State University. Together, their mission is to support students in achieving academic success and personal development goals. Individual counseling at the SCC focuses on short-term goals that can typically be achieved within the 8 session per semester limit.

Counseling services are self-initiated and voluntary, meaning that students must personally reach out to the Student Counseling Center to begin services.

**SCC counselors are trained to support students with a wide range of mental health concerns related to personal, social, and emotional needs. The following is a list of the top presenting concerns during the 24-25 academic year:**

- **29% - Emotional dysregulation**
- **15% - Suicidal Ideation**
- **14% - Depression**
- **10% - Trauma**
- **9% - Anxiety**
- **8% - Relational distress**
- **4% - Grief**
- **1% - ADHD**
- **1% - Family of origin**
- **1% - Academic distress**
- **1% - Anger**

## Student Feedback

**70.97%** reported counseling had a positive impact on their academics

**87.1%** reported counseling helped them to remain in school

**90.32%** reported counseling helped improve their quality of life





## PARTNERING WITH YOU

In addition to direct mental health counseling for students, the SCC also provides trainings on relevant mental health topics to our campus community, we are available to consult with faculty and staff regarding student mental health concerns, we participate in campus events, and partner with other offices on campus to increase awareness and contribute towards the safety of our campus community.

## STUDENT PROGRESS

During the Spring 2025 semester, the Student Counseling Center implemented intentional efforts to enhance service quality by systematically tracking outcomes through assessment. Preliminary results indicate meaningful progress for students engaged in counseling at the MCC Student Counseling Center. By session 6, students demonstrated an average 16% reduction in symptoms of depression and a 2% reduction in symptoms of anxiety. By session 8, students showed significant improvement, with both depression and anxiety symptoms reduced by an average of 53%.

“Counseling helped me to keep showing up to school in spite of how I felt and helped maintain my mental well being.”

“I was really thankful that the counseling center was flexible to my schedule and not treating me like a number.”

“The center provides a calming and comfortable environment for students.”

## COUNSELING WAITLIST

To keep up with high demand, the Student Counseling Center uses a waitlist system.

During Fall 2024, 117 students were placed on the waitlist, but only 40 received services that semester—leaving 77 students still waiting by the end of the term, with the longest wait reaching 171 days.

In Spring 2025, 53 more students were added to the waitlist. A total of 109 students were served that semester—32 from the Spring list and 77 from the leftover Fall list. The last student was assigned on April 29, and the longest wait that semester was 91 days.

These numbers reflect both the strong need for mental health services and the center’s efforts to connect students with care as quickly as possible.

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