

FREE PSYCHOLOGICAL CONSULTATION SERVICE AT NAM CAN THO UNIVERSITY: JOURNEY OF ACCOMPANYING DNC STUDENTS

(TT HTSV&HTDN) Nam Can Tho University is proud to not only provide specialized knowledge but also to be a second home, where students can seek emotional support throughout their learning journey. Understanding the pressures and challenges that students have to face, the university has implemented a "Free psychological counseling service" to accompany and assist students in overcoming all difficulties.



Psychological counseling session on the topic of the pressures faced by female students in their twenties at DNC.

Psychological health is a determining factor for the learning ability and overall development of each individual. During the university study process, students not only face academic pressures but also significant changes in personal life, social relationships, and future direction. These factors can lead to stress, anxiety, and even depression if not identified and addressed promptly.

Recognizing this, Nam Can Tho University has built a team of experienced faculty and staff in psychological counseling, ready to listen and support students in addressing mental issues, aiming for balance and happiness in life.

The psychological counseling service at Nam Can Tho University is designed to meet all psychological needs of students:

Personal counseling: Students can schedule appointments with advisors to receive direct advice on issues such as academic stress, family conflicts, social relationships, and career orientation. All counseling sessions are confidential and respect the students' privacy.

Group activities: Group counseling sessions help students share their stories and seek empathy from peers in similar situations. This activity not only reduces feelings of loneliness but also enhances interaction skills and social practice for students.



Nam Can Tho University frequently invites speakers, psychology experts to share knowledge and accompany students.

Psychological health is a crucial foundation for students to study effectively and develop comprehensively. Nam Can Tho University always commits to accompanying and supporting students not only in their studies but also in all aspects of life.

Nam Can Tho University - Not only a place for imparting knowledge, but also a place for nurturing the soul.