

(Our Shared Values, continued...)

▶ **Student Centeredness**

We focus on nurturing the growth and holistic well-being of our students by providing extraordinary psychological, social, physical, spiritual and educational support to enhance life-long learning.

▶ **Inclusivity**

We aim to create an open and safe (non-judgmental and confidential) environment that promotes the richness of diversity of BOU students and the unique needs of our special populations and to continually evaluate and advance the services to cater for all students.

▶ **Innovation**

We strive to improve service delivery to reach out to all students through infusion of technology in our service provision.

▶ **Eligibility Statement**

All students registered with BOU and BOU employees are eligible for services at the Counselling Centre. Prospective learners can only be offered course and career guidance.

OPERATION TIMES:

Monday-Friday 0730-1345Hrs
and 1345-1630Hrs.

CONTACT DETAILS:



(+267) 3646148



counsellor-grc@staff.bou.ac.bw



www.bou.ac.bw



Botswana Open
University



**Gaborone
Regional Campus
Counselling
Centre**



BOU-Gaborone Regional Centre (BOU-GRC) COUNSELLING CENTRE operates under the Student Services Division. The Centre provides counselling services for Botswana Open University (BOU) community with particular and special emphasis on students.

The Centre organizes activities throughout the academic year to reach out and provide counselling services to BOU students (Open Schooling and Tertiary) both as individuals as well as in groups.

The Centre was established to supplement other support services in the University that enhances the welfare and optimal holistic development of the students.

Our services are aimed at addressing academic, intellectual, emotional, social and psychological needs of BOU learners. The services include:

- Assisting learners devise strategies to cope with the multiple demands of study, work and personal/family life

- Supporting learners' explore course and career choices, make decisions, and develop career direction through career counseling, and workshops.
- Enhancing learners' academic abilities and study skills through academic counseling and study skills workshops
- Increasing learners' self-understanding and ability to relate to others through outreach services and workshops designed to cultivate an appreciation for differences
- Enhancing learners' personal growth through individual, couples, family and group counseling.
- Consultation and coordination of referrals to enable access to resources for academic skill and learning enhancement.
- Advocating for and supporting mental health in the BOU community through consultation, presentations and workshops

BOU-GRC Counselling Centre Strategic Foundations

Mission, Vision and Values



Mission

BOU-GRC Counselling Centre's Mission is to provide quality mental health services to enhance the development of skills, attitude and behaviours necessary for personal growth, successful academic progress, and student effectiveness in Open and Distance Learning. The centre helps

learners acquire the necessary skills (academic, career & personal/social) to maximise their potential for successful transition through life-long learning. This will be achieved by providing a dynamic and engaging approach to counselling, supporting inclusivity and diversity and promoting student engagement.



Vision

To be a Centre that nurtures and inspires all students.

Our Philosophy:

We believe that every learner has an inherent drive to succeed, and they will engage and strive for excellence when they feel valued, supported and included.



Shared Values

BOU- GRC Counselling Centre supports the quality education, research and community engagement mission of the University. We cherish

Excellence:

We commit to serving our clients and continually challenge ourselves to exceed expectations in supporting and promoting effective Open and Distance Learning.