

# IBTE Student Counseling Services

**Welcome to IBTE Student Counseling Services**, a team of dedicated counselors stationed at various campuses to support students' personal and academic well-being. We provide a confidential, welcoming environment for students seeking help with emotional challenges, academic pressures, and personal concerns.

## WHAT IS COUNSELING?

Counseling is a guided, supportive process where you can explore personal and academic challenges with a trained Counselor. It provides a safe, confidential space to talk openly, gain new perspectives, and develop strategies to cope with various life stressors.

## WHY COUNSELING?



### Support and Understanding

Counseling offers a non-judgmental environment to share thoughts and feelings.



### Personal Growth

Develop self-awareness, resilience, and better decision-making skills.



### Stress Management

Learn tools to handle academic demands, personal conflicts, and emotional distress



### Healthy Coping Mechanisms

Discover strategies to deal with anxiety, depression, relationship issues, and more

## ISSUES WE HANDLE

### Emotional and Mental Health

*e.g., stress, anxiety, depression*

### Academic Concerns

*e.g., study skills, time management, exam stress*



### Relationship and Social Issues

*e.g., family conflicts, peer pressure, bullying*

### Self-Esteem and Personal Development

*e.g., confidence building, goal-setting*

## OUR SERVICES

### INDIVIDUAL COUNSELING

*Focused on self-esteem, relationships, stress, and mental well-being.*

### ACADEMIC COUNSELING

*Guidance on study habits, time management, and overcoming learning obstacles.*

### EMOTIONAL SUPPORT

*Strategies to cope with anxiety, depression, and other emotional difficulties.*

### WORKSHOPS & AWARENESS

*Programs Events on topics such as bullying prevention, study tips and mental health awareness.*

## MEET OUR CAMPUS COUNSELORS

Our counselors operate at individual campuses to best serve the unique needs of each student community. Please reach out to the counselor at your campus directly for appointments and inquiries:



**HAJAH SITI HANNANI  
BINTI HAJI ABDUL HALIM**  
COUNSELOR OFFICER

*IBTE Mechanical Campus  
IBTE Sultan Saiful Rijal Campus  
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BIN HJ MOHD NASIR**  
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**MUHAMMAD BUKHARI  
BIN HJ AWG AHMAD**  
COUNSELOR OFFICER

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IBTE Sultan Bolkiah Campus  
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**Note** | IBTE Business Campus does not currently have its own on-site counselor, but students from this campus can book an appointment with any of the counselors above using the online booking system

## MAKING AN APPOINTMENT WITH US

**For your convenience, we offer an Online Booking System**

1. Check real-time availability.
2. Book a time that suits your schedule.
3. Receive appointment reminders via email.

**Book Your Session Here**  
<https://ibte.edu.bn/r/Counsel>

**Or Scan Here**



## CONFIDENTIALITY & PRIVACY

Your privacy is our priority. All counseling sessions and personal details are kept strictly confidential. Information will only be shared if required by law or in cases of immediate risk.

## FREQUENTLY ASKED QUESTIONS

**Q: Who can use the counseling services?**

A: All IBTE students are eligible.

**Q: How do I know if I need counseling?**

A: If you're experiencing personal or academic stress, feeling anxious, or just need someone to talk to, we're here to help.

**Q: Do you offer career counseling?**

A: We do not provide career counseling. Please refer to the Career & Guidance Unit for assistance

## CONTACT US

If you have any questions, need additional information, or would like to schedule an appointment, please contact the counselor at your campus directly through their email.

*We look forward to supporting you on your educational journey!*