



## **Musical Theatre Studio Voice IV**

**Spring 2021**

**Fridays 10:30-11:50 a.m. on Zoom**

**Private Lessons as Scheduled on Zoom**

**NOTE:**

*This syllabus is subject to change at the discretion of the Professor.  
A new syllabus will be issued by the Professor should major changes occur.*

Dr. Steven R. Chicurel-Stein Professor	Office: T-237 E-mail: <a href="mailto:Steven.Chicurel-Stein@ucf.edu">Steven.Chicurel-Stein@ucf.edu</a> Phone: (407) 823-6142	Office Hours: T, R 9:00-10:00 a.m.; M-W 12:30- 1:30 p.m. or by appointment. Office hours will be held virtually; Facetime or Zoom Meeting (TBA)
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### **Brief Course Description**

This course builds upon methods established in Estill for Voice – Craft and Artistry -- that deal with the study and performance of Musical Theatre literature. Private instruction will focus on building each student's repertoire. Emphasis will be on issues in artistry (voice quality, character development, context, prosody). Continued focus on Estill Voice Training Systems® as it pertains to problem solving in singing will provide the basis of technical study. Studio classes will consist of development of song preparation and performance skills. Studio classes will provide a forum for students to perform for one another; additional studies and exercises in Problems in Artistry will complement private lessons.

### **Learning Outcomes**

In this course, students will learn:

- To develop a systematic method of learning, developing, and performing repertoire.
- To identify potential technical problems in singing and solve them with compulsory figures.
- To gain insights into voice quality as it relates to aesthetic choice (character development, intent, context, musico/textual content relationship)
- To become more and more articulate in discussing issues in various aspects of musical theatre performance, including voice production, song analysis, coaching, and musical directing.

## Methodology/Assessment

Objectives and goals will be assessed through:

- Weekly private voice lessons
- Participation in weekly studio class; completion of assignments.
- Performance in studio class as assigned
- Final song performance exam

## Required Text/Materials

- Scores and music as assigned
- Accompanist's copy of all assigned songs. Once a song is assigned, an electronic copy must be sent to your accompanist in the format he/she requests. It is due to the accompanist before the next lesson; the accompanist has the right to refuse to sight-read assigned music.

## Course Assignments

1. Each student will learn, rehearse, memorize, and prepare six songs for performance. Five must be fully memorized by the dates listed below (see schedule), and the sixth, by the final week of class/private lesson. The songs must display a variety of voice qualities (Speech, Cry/Sob, Twang, Belt, Opera) and must represent various song categories (i.e. patter song, musical scene, in-context, "cabaret-style" out-of-context, ballad, up-tune, etc.) Five songs will come from the following years/eras:
  - 1900-1940
  - 1940-1960
  - 1960-1990
  - 1990-2010
  - 2010-presentThe sixth song will be a song you can be able to sing when you are ill yet required to perform. The songs may be learned and performed in any order.
2. There will be separate assignments (song, monologue, written) as part of the weekly voice studio class. These are to be completed and delivered as assigned in studio class.

## Final Exam

Each student will perform two songs (videorecorded) for a Facebook watch party that is open to faculty, fellow, students, and invited guests. During the final weeks of the semester, the student and professor will determine the selection of repertoire to be performed. These songs must be presented with attention to proper attire and appropriate staging that reflects skills learned in this and other musical theatre acting or voice classes. **The final exam is not yet officially scheduled. We will be notified by UCF schedulers when it will take place. This information should be available by the end of the first week of class.**

### Required Statement Regarding COVID-19

#### University-Wide Face Covering Policy for Common Spaces and Face-to-Face Classes

To protect members of our community, everyone is required to wear a facial covering inside all common spaces including classrooms

(<https://policies.ucf.edu/documents/PolicyEmergencyCOVIDReturnPolicy.pdf>).

Students who choose not to wear facial coverings will be asked to leave the classroom by the instructor. If they refuse to leave the classroom or put on a facial covering, they may be considered disruptive (please see the Golden Rule for student behavior expectations). Faculty have the right to cancel class if the safety and well-being of class members are in jeopardy. Students will be responsible for the material that would have been covered in class as provided by the instructor.

#### Notifications in Case of Changes to Course Modality

Depending on the course of the pandemic during the semester, the university may make changes to the way classes are offered. If that happens, please look for announcements or messages in Webcourses@UCF or Knights email about changes specific to this course.

#### COVID-19 and Illness Notification

Students who believe they may have a COVID-19 diagnosis should contact UCF Student Health Services (407-823-2509) so proper contact tracing procedures can take place.

Students should not come to campus if they are ill, are experiencing any symptoms of COVID-19, have tested positive for COVID, or if anyone living in their residence has tested positive or is sick with COVID-19 symptoms. CDC guidance for COVID-19 symptoms is located here: (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)

Students should contact their instructor(s) as soon as possible if they miss class for any illness reason to discuss reasonable adjustments that might need to be made. When possible, students should contact their instructor(s) before missing class.

## **In Case of Faculty Illness**

If the instructor falls ill during the semester, there may be changes to this course, including having a backup instructor take over the course. Please look for announcements or mail in [Webcourses@UCF](mailto:Webcourses@UCF) or Knights email for any alterations to this course.

## **Course Accessibility and Disability COVID-19 Supplemental Statement**

Accommodations may need to be added or adjusted should this course shift from an on-campus to a remote format. Students with disabilities should speak with their instructor and should contact [sas@ucf.edu](mailto:sas@ucf.edu) to discuss specific accommodations for this or other courses.

**Due to Covid-19, attendance the attendance policy for this class will have some flexibility. As a point of reference, the attendance policy for Face-to-Face meetings (should we move to that format) is below. Please make every effort to abide by the attendance policy. Be sure, however, to let me know if you encounter challenges with attendance for synchronous class experiences.**

## **Attendance and Absence Policy**

Class attendance in this course is expected. Religious holidays, university-sanctioned events, illness or emergencies (including tardies) should be handled in the same manner one handles such matters with an employer. The office phone has an active answering machine (via voice mail) 24 hours a day, so leaving messages is always possible, should the faculty member not be available in person.

Regular attendance is essential to your progress and growth in this class. Your regular attendance and promptness along with sufficient preparation for lessons and master classes is essential to your ultimate success in this course. You are allotted **one absence for a studio class only**. You are encouraged to reserve this for instances of illness, not as an excuse to skip class. If you fail to participate, or are unprepared for studio class, it will count as a failure in that particular class. Two incidences of tardiness (5 min. late & beyond) to a studio class will be counted as an absence.

**If you find you cannot make a voice lesson in a given week due to illness, religious holiday, or a university-sanctioned event, you have two options: You may trade your lesson time with a classmate in that week, or you and your instructor will negotiate a make-up lesson to take place within one week of the cancelled lesson. Please keep switches with classmates to a maximum of two instances during the term as it can be disruptive to growth when it becomes excessive. Absence from a voice lesson due to auditions (other than officially sanctioned auditions like FTC, SETC, etc.) are not excused. The same applies to work schedules.**

If you are not prepared to work on assigned material during your lesson, you will forfeit your lesson for that day. Missing two lessons, two studio classes, or a combination thereof, will result in an **automatic failure** of the course. Missed lessons will not be made up unless they are cancelled by the instructor. In this circumstance, lessons will be made up if time allows. Exceptions to these policies may occur at the discretion of the professor, due to family emergency or serious illness. Written verification of these circumstances may be required. In the event of an absence, you are responsible for all material covered, and the instructor assumes no responsibility to tutor you for classes missed.

## Grading

The final grade is calculated as follows:

Weekly private lesson/studio class 60%

Studio class assignments, written assignments 20%

Final exam 20%

Grading scale:

A (94-100) 4.00- excellent work, consistently dynamic

A-(90-93) 3.75

B+ (87-89) 3.25

B (84-86) 3.00- good work, but not consistently dynamic

B- (80-83) 2.75

C+ (77-79) 2.25

C (74-76) 2.00- average work, meeting minimum requirements

\*C- (70-73) 1.75- results in departmental probation

D (60-69)F (<60)

N.B. Grades entered in Canvas will appear as letter grades only. You may ask your instructor for clarity on the numerical grade.

## Incomplete Grades

The University of Central Florida catalog lists the following information regarding “incomplete grades”:

*A grade of “I” (Incomplete) may be assigned by the Professor when a student is unable to complete a course due to extenuating circumstances, and when all requirements can be completed in a short time following the end of the term. The student is responsible to arrange with the Professor for the completion of the requirements of the course.*

*Effective with incomplete grades assigned in the fall semester 1997 and thereafter, a student **CANNOT** graduate from the University with an “I” on the transcript. The incomplete must be changed within one year of the last day of the semester attempted or prior to graduation from the University, whichever comes first. Unresolved incomplete grades automatically will be changed to “F” by the Registrar’s Office. Unresolved “I” grades in courses graded with “S” or “U” or will be converted to “U.”*

## Vocal Health

Just as learning to identify and fix vocal “problems” is essential to a singing performer’s development, a clean bill of health is as an important measure of readiness to progress as a student and, eventually, as a professional. To that end, the School of Performing Arts and the Department of Communication Sciences & Disorders have joined as partners to provide access to vocal health screenings each semester. Musical theatre students are **strongly encouraged** to take advantage of this partnership during their 1st, 5th & 8th semesters of vocal study, but additional screenings will be arranged as the need arises for a student at any point in the program.

## Schedule and Important Dates

Private lessons will take place each week, beginning on the first day of classes. Monday students' make-up lesson for MLK (21 January) will be on the last day of class (Monday, 22 April).

Tentative Wednesday studio class schedule (subject to change):

Friday, 11 Jan.	Class meeting, semester strategy
Friday, 22 Jan.	Lecture, class exercise
Friday, 29 Jan.	Lecture, class exercise
Friday, 5 Feb.	Lecture, class exercise
Friday, 12 Feb.	Song #1 due, memorized and video shared in class
Friday, 19 Feb.	Lecture, class exercise
Friday, 26 Feb.	Song # 2 due, memorized and video shared in class
Friday, 5 Mar.	Lecture, class exercise
Friday, 12 Mar.	Lecture, class exercise
Friday, 19 Mar.	Song #3 due, memorized and video shared in class
Friday, 26 Mar.	Lecture, class exercise
Friday, 2 Apr.	Lecture, class exercise
Friday, 9 Apr.	Song #4 due, memorized and video shared in class
Friday, 16 Apr.	NO CLASS-SPRING BREAK
Friday, 23 Apr.	Song #5 due, memorized and video shared in class
TBA	Final exam (Facebook Watch Party)

## Additional Course Policies and Notes

1. Since theatre requires the use of mind, voice, and body, there might be situations that require a certain amount of physical contact between you and the instructor and other students. If this presents a challenge for you, please see the instructor immediately to assess your chances for success in the course.
2. You must use Knights e-mail or Canvas for all correspondence related to this class. The Professor will not communicate with you via e-mail addresses outside the University system. If you do not have a Knights E-mail account, you need to activate one immediately.
3. If you do not own a computer, there are computers accessible to you in all UCF computer labs, and most computer labs have computers connected to the internet. For further information on computer labs, please see the following website:  
[http://registrar.sdes.ucf.edu/webguide/index\\_quickfind.aspx](http://registrar.sdes.ucf.edu/webguide/index_quickfind.aspx)
4. Electronic Devices- Turn off all electronic devices when entering the studio or classroom.
  - If you are using your cell phone to record your voice lesson, it must be placed in airplane mode.
  - During master class sessions the professor may require all cell phones to be placed in a designated holding area at the beginning of class and picked up the end of class.
  - If you need to record a session during class, you will either need to utilize a voice recorder or receive special permission to remove your phone from the holding area or your bag and place it in “airplane mode” before utilizing the phone’s recorder function.
  - **THERE IS TO BE NO TEXTING NOR E-MAILING DURING VOICE LESSONS OR CLASS.** Any interruption caused by your cell phone, or other non-approved electronic device, will result in a 10% reduction in the points for that day’s activities.
  - You are allowed to record your voice lesson or a work session in master class, but be apprised of the following academic integrity statement from the University of Central Florida about the use of recording devices:  
*“Outside of the notetaking and recording services offered by Student Accessibility Services, the creation of an audio or video recording of all or part of a class for personal use is allowed only with the advance and explicit written consent of the instructor. Such recordings are only acceptable in the context of personal, private studying and notetaking and are not authorized to be shared with anyone without the separate written approval of the instructor.”*

## **“The Golden Rule”**

Violations of student academic behavior standards are outlined in the Golden Rule, the University of Central Florida’s Student Handbook (<http://www.ucf.edu/goldenrule/>). As a UCF student, you are held responsible for knowing what is listed in “The Golden Rule” handbook. As reflected in the UCF creed, integrity and scholarship are core values that should guide our conduct and decisions as members of the UCF community. Plagiarism and cheating contradict these values, and so are very serious academic offenses. Penalties can include a failing grade in an assignment or in the course, or suspension or expulsion from the university. Students are expected to familiarize themselves with and follow the University’s Rules of Conduct (see <http://www.osc.sdes.ucf.edu/>).

### **UCF Creed**

Integrity, scholarship, community, creativity, and excellence are the core values that guide our conduct, performance, and decisions.

### **Integrity**

I will practice and defend academic and personal honesty.

### **Scholarship**

I will cherish and honor learning as a fundamental purpose of my membership in the UCF community.

### **Community**

I will promote an open and supportive campus environment by respecting the rights and contributions of every individual.

### **Creativity**

I will use my talents to enrich the human experience.

### **Excellence**

I will strive toward the highest standards of performance in any endeavor I undertake.

## Additional University Policies and Notes

1. The University of Central Florida is committed to providing reasonable accommodations for all persons with disabilities. This syllabus is available in alternate formats upon request. Students with disabilities who need accommodations in this course must contact the Professor at the beginning of the semester to discuss needed accommodations. No accommodations will be provided until the student has met with the Professor to request accommodations. Students who need accommodations **must be registered** with Student Disability Services, Student Resource Center Room 132, phone (407) 823-2371, TTY/TDD only phone (407) 823-2116, **before requesting accommodations from the Professor**. The instructional media and materials for this class are accessible to students with disabilities. Students who are having difficulty accessing them should contact the faculty member.
2. Faculty members are required to document students' academic activity at the beginning of each course. In order to document that you began this course, please complete the online quiz/survey by the end of the first week of classes, or as soon as possible after adding the course, but **no later than January 13**. Failure to do so will result in a delay in the disbursement of your financial aid.

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The following is provided for your information. These services are available to all UCF students, and students are strongly encouraged to use these services should they be in need.

### **Student Care Services Information**

**Student Care Services (SCS)** offers guidance, resources, and referrals to UCF students who are experiencing a distressing situation which significantly impacts academic or personal success. The SCS team coordinates referrals to campus and community resources, develops action plans for student success, oversees the Student of Concern process, and provides education and outreach to university and community members. Our goal is to intervene before a student reaches crisis level and ensure the safety of both the student and the UCF community. SCS also oversees [UCF Cares](#), an umbrella of care-related programs, resources and staff dedicated to fostering a caring community of Knights.

Hours:	Monday-Friday, 8:00 a.m. to 5:00 p.m.
Walk-In Hours:	Monday 9-11 a.m.; Wednesday 1-3 p.m.; Friday 10 a.m.-Noon
Phone:	407-823-5607
Fax:	407-823-4544
Email:	<a href="mailto:caremanager@ucf.edu">caremanager@ucf.edu</a>
Location:	Ferrell Commons 142

UCF Cares is an umbrella of care-related programs and resources dedicated to fostering a caring community of Knights. However, it takes all of us from students to staff, from faculty to friends, to show that we care about one another. The goal of the UCF CARES initiative is to build a

culture of care one KNIGHT at a time. We are all UCF and need to do our part in connecting any fellow knights in distress to appropriate resources.

UCF Cares Focus Areas include:

- Safety and Wellbeing
- Respect
- Sexual Violence
- Mental Health

## The Office of Student Conduct

The Office of Student Conduct (OSC) handles complaints against UCF students and student groups (but not faculty or staff). The complaint must indicate a possible violation of one or more of the Rules of Conduct or Conduct Regulations of Student Organizations located in the Golden Rule Student Handbook.

## Title IX

### **For student-on-student sexual misconduct, contact:**

Dana Juntunen | Dana.Juntunen@ucf.edu  
Deputy Title IX Coordinator  
407-823-4683

Sarah Laake | Sarah.Laake@ucf.edu  
Lead Title IX Investigator  
407-823-4683

### **For University-employee-on-student sexual misconduct, contact:**

Dawn Welkie | Dawn.Welkie@ucf.edu  
Title IX Coordinator  
407-823-1354

The University of Central Florida will not tolerate sexual misconduct or harmful behavior which occurs *on or off* the UCF campus. Sexual misconduct and other harmful behavior include *sexual harassment, stalking, dating violence, domestic violence, and sexual assault*.

Any disclosures of sexual misconduct will be taken seriously. This website describes reporting options, resources and rights for students who have been victims of sexual misconduct or harmful behaviors.

The information contained on this web page have been provided to explain the options and resources following a sexual assault or relationship violence. These include access to safety planning, reporting, counseling, and long-term healing. The purpose of the resource guide is to

provide a roadmap of different offices on campus, as well as local and national organizations that can assist you as you make informed decisions.

Know your rights.  
Know your options.  
Know our resources.

## **I don't know what to do:**

### **If you are in immediate danger, call 9-1-1.**

It is completely normal not to know if you want to report an incident of sexual assault, relationship violence or stalking, and you have the right to receive information about your options so that you can make an informed decision. You also have the right not to report the incident to the University or to the police if you do not want the incident to be investigated. You can speak confidentially to professional staff at CAPS 407-823-2811 or volunteers at Victim Services 407-823-1200 discuss options and resources. Both services are available 24 hours a day, 7 days a week, 365 days a year.

Here are some important things for you to know, especially when you are not sure what to do:

### **IT WAS NOT YOUR FAULT!!**

People often blame themselves for not getting out of a situation. Know that what happened was not your fault, and you did nothing to deserve or "cause" another person to hurt you.

### **ASKING FOR HELP IS NOT A WEAKNESS**

Help is available for you on campus and within the community. Do not be afraid to ask for it, whether the incident happened today, last week, or last year. You may want to report the attack to the police or the University. This decision is up to you.

In the immediate aftermath of an assault, you should try to preserve all evidence of the attack:

- Do not bathe, wash your hands or clothes, brush your teeth, eat or smoke.
- If you change your clothes, put them in a paper bag and bring them with you to your medical exam.
- If you are still in the location where the attack occurred, do not clean or straighten up or remove anything.
- Consider writing down all the details you can recall about the attack and the person who hurt you.

While you may not know if you want to report the attack today, taking these steps will help preserve important evidence if you do ultimately decide to report the attack to the police or University officials.

## Take time to take care of yourself

It is common to feel traumatized, both physically and emotionally. For your safety and peace of mind, consider seeking medical intervention even if you do not believe you want to report the attack. Consider making an appointment with CAPS especially if you are having difficulty sleeping, eating, feeling anxious or would simply like to speak with someone in a confidential setting.

Do things at your own pace and in your own time.

There is no "right" way to respond to an incident of sexual assault, relationship violence or stalking, and you should surround yourself with people who support and honor your choices.

## How to Help a Survivor

When you learn that someone you know has experienced sexual assault, relationship violence or stalking, it may be hard to know what to say. The following suggestions will not “fix” the pain or make the trauma disappear, but if you react/act in a supportive way you can help them feel less isolated and safer.

- Listen. Letting a survivor speak and direct the conversation can help them regain a sense of control. Let them decide what they want to talk about and when they want to talk about it.
- Believe them. Our culture makes it very difficult to talk about sexual assault, and the fear of not being believed is a very real concern for people who have been assaulted. Don't contribute to that fear.
- Assure the survivor that they are not to blame for the assault, no matter what the circumstances of the assault were.
- Do not judge how the survivor reacted during or after the assault — whether they fought back or not, how long they waited to ask you for help, etc. Understand that they handled the situation the best they could.
- Be mindful when asking questions about the assault so that you don't seem judgmental, condescending or otherwise unsupportive.
- Be supportive of the survivor decisions. Survivors have a number of options and resources that may seem overwhelming. Whether or not they report the assault, press charges, attend counseling, etc., is not up to you. It is important and empowering for the survivor to make their own decisions about how to proceed after an assault. But, don't be

entirely uninvolved — they might ask for your opinion or advice, and some gentle encouragement to seek both medical and emotional help can be positive.

- Be respectful of the survivor your loved one gives you clear and explicit permission to do so.
- Resist seeing the survivor as a victim. You need to continue to see them as strong and courageous. After all, talking about a sexual assault is strong and courageous. It is important that you help the survivor feel empowered and in control, which is more difficult if you don't believe it yourself.
- Accept that there might be changes in the survivor's personality or in your relationship. Sexual assault is a very traumatic experience that can change a person, and the healing process takes time.
- Be aware that you might need support as well. The assault of someone you know and care for might make you feel anger, guilt, sadness and/or many other emotions. Take care of yourself and address your feelings as well, but be careful not to overwhelm the survivor with your own emotions. If you seek support from someone, be sure to maintain the survivor's anonymity.

## Reporting and University Resources

To make a report at the University of Central Florida you can contact any of the following offices:

UCF Police | <http://police.ucf.edu> | 407-823-5555

Report the incident to the UCF Police Department by calling their phone number. This option is available even if the respondent is not a student. If the situation is an emergency, please call 911.

Title IX Coordinator, Dawn Welkie | <http://eeo.ucf.edu> | [Dawn.Welkie@ucf.edu](mailto:Dawn.Welkie@ucf.edu) | 407-823-1336

When the respondent is a university employee, the UCF Equal Opportunity and Affirmative Action (EO/AA) Programs Office investigates sexual harassment, sexual assault, dating/domestic violence, and sex-based stalking claims severe enough to interfere with access to educational programs in accordance with federal and state laws, including Title IX. EO/AA can also help when changes are needed within classes or campus housing or in other situations to protect the complainant from further harm. For more information, please call their office. This option is available even if the respondent is not a student.

Deputy Title IX Coordinator, Dana Juntunen | <http://osrr.sdes.ucf.edu> | [Dana.Juntunen@ucf.edu](mailto:Dana.Juntunen@ucf.edu) | 407-823-4683

**Lead Title IX Investigator, Sarah Laake | <http://osrr.sdes.ucf.edu> | [Sarah.Laake@ucf.edu](mailto:Sarah.Laake@ucf.edu) | 407-823-4683**

When the respondent is a student, the Office of Student Rights and Responsibilities promotes a campus climate of integrity, civility, accountability, and student well-being by providing a wide array of resources, education, and support services for the university community. Students who wish to report a concern may seek assistance from the Deputy Title IX Coordinator or Lead Title IX Investigator. These staff members will explain options and resources and attend to your immediate needs for safety and interim measures (e.g., no contact orders, housing and academic accommodations, counseling).

Student Conduct | <http://osc.sdes.ucf.edu> | 407-823-4638

If the respondent is a student, you are strongly encouraged to file an incident report with the Office of Student Conduct via the online incident reporting form available on the office's website.

Should you have any questions about the process prior to reporting the incident, you may contact the office and ask to speak with a staff member. Office of Student Conduct staff can explain the entire process, provide options, and share in more detail the rights afforded to complainants throughout the process.

Please know that the university has established a set of provisions to provide a fair process for complainants and respondents, while ensuring complainant protections under Title IX and the Campus SaVE Act. These provisions can be found in Section 5.006(9)(f) of the Golden Rule Student Handbook.

## **Resources provided by the University**

**[Victim Services](http://victimservices.ucf.edu) | <http://victimservices.ucf.edu> | 407-823-1200**

You may feel more comfortable discussing reporting and non-reporting options with a Victim Advocate. They are well versed in both the conduct and criminal processes, and will be able to answer most questions that you may have and/or accompany you through the process. They also offer forensic exams. Advocates are on call, available 24/7 including after hours, weekends and holidays.

Advocates can provide crisis counseling and emotional support along with other resources as needed. Advocates can help victims explore their rights and options and provide information about the civil, university, and criminal justice systems so that victims can make informed decisions about what is best for them. They can also provide referrals to both on and off campus resources.

Remember that you are currently in crisis to call 911, and if you are in crisis and need assistance, call Victim Services.

[UCF Cares | http://cares.sdes.ucf.edu](http://cares.sdes.ucf.edu) | 407-823-5607

This office is an umbrella of care-related programs and resources dedicated to fostering a caring community of Knights and aimed at assisting students in need. The goals of UCF CARES are to offer care related resources and programs focused on health and safety, finding an appropriate network of support, connecting with advocacy and providing education and training. UCF Cares focuses on provided resources and support for four main focus areas: safety and wellbeing, sexual violence, mental health, and respect.

[Student Care Services | http://scs.sdes.ucf.edu](http://scs.sdes.ucf.edu) | 407-823-5607

SCS offers guidance, resources, and referrals to UCF students who are experiencing a distressing situation which significantly impacts academic or personal success. The SCS team coordinates referrals to campus and community resources, develops action plans for student success, oversees the Student of Concern process, and provides education and outreach to university and community members. Our goal is to intervene before a student reaches crisis level and ensure the safety of both the student and the UCF community.

[Health Services | http://hs.sdes.ucf.edu](http://hs.sdes.ucf.edu) | 407-823-2701

Health Services provides a number of health-related services for students. This includes a women's clinic devoted to providing a warm and sensitive environment for gynecological care. As such, the clinic is staffed by all female providers. There is no charge for an office visit or examination, but certain procedures and laboratory tests (i.e. pap smear), do require relatively small fees. Health Services offers a variety of different programs and referrals that can help assist with payment, or a waiver of payment, for STD tests.

[Counseling and Psychological Services | http://caps.sdes.ucf.edu](http://caps.sdes.ucf.edu) | 407-823-2811

This resource is free of charge, and provides comprehensive psychological services to university enrolled students. If you are visiting CAPS for the first time, you will be scheduled to meet with a counselor for an initial assessment. You may call them at 407-823-2811, or make an appointment at the office. Scheduling of these appointments starts at 8:30am each day Monday-Friday. If you are in crisis, please inform the receptionist and they will make every attempt to respond to you as soon as possible.

[Shield | http://shield.ucf.edu/students](http://shield.ucf.edu/students) | 407-823-1200

Shield is UCF's source for information about identifying, preventing, and responding to sexual misconduct including sexual assault and sexual harassment affecting members of the UCF community.

[Student Legal Services | http://sls.sdes.ucf.edu](http://sls.sdes.ucf.edu) | 407-823-2538

This office provides enrolled students at UCF with legal counseling and court representation in various areas of the law. The staff attorneys interview each client individually in order to guide

them about the areas of law that concern the student. Cases which are not covered by the program guidelines are referred to appropriate agencies or private attorneys through a lawyer referral service.

## **Counseling and Psychological Services Information**

Counseling and Psychological Services (CAPS) is the only free-of-charge campus agency designated to provide comprehensive psychological services to university-enrolled students. We seek to strengthen student learning by minimizing interruption of the learning caused by mental health concerns, assisting with the academic skills needed to successfully matriculate through the university. In addition, we offer **crisis intervention**, and **counseling**, presentation services, professional consultation, and graduate training. Our staff is comprised of licensed (or license-eligible) psychologists and mental health counselors, and graduate interns who provide a confidential environment in which you may explore and resolve issues of concern.

We offer services in an atmosphere that is **welcoming and comfortable** for all students regardless of race, gender, ethnic background, religion, age, sexual orientation, gender identity or expression, citizenship, or physical status.

**Hours:** Mon-Thur: 8am - 6pm  
Fri: 8am - 5pm

**Phone:** 407-823-2811

**Fax:** 407-823-5415

**Location:** Counseling Center 101

### Services

Counseling can take a number of forms. The decision about which type of **service** may be appropriate is based on many factors, including your current concerns and needs, your counseling history, scheduling considerations, and availability of resources. Our goal in this process is to find the best way to attend to your concerns in the most effective and efficient way. Counseling and Psychological Services (CAPS) offers the following services and works within a brief therapy model.

## **Types of Counseling Offered**

### Initial Assessment

All registered UCF students are entitled to an initial assessment to determine what the focus of therapy will be and what type of services are most appropriate for a particular problem.

### Individual Counseling

In a one-on-one interaction with a counselor, you are helped to express feelings, examine thoughts and beliefs, reflect on patterns of behavior, and work toward making healthy changes in your life.

### Group Counseling

Groups led by professional staff offer students a supportive and stimulating environment to explore common issues of concern. We encourage you to learn more about Group Counseling and to browse our complete list of current groups offered this semester at CAPS.

### Couples/Conjoint Counseling

Couples may seek premarital, marital, divorce, sexual adjustment, or alternative life-style counseling. Any two students, such as roommates, may also utilize this service to improve their relationship or to work out communication problems. *Both students must be enrolled at UCF to be eligible.*

### Crisis Counseling

Our staff offers crisis intervention services during regular office hours. Students under 18 years of age can be seen on a limited basis without parental consent while they are in crisis. Check our Emergency Services page for more information.

### Life Coaching

The purpose of coaching is to develop your success and well-being through pursuing personal and professional goals. Having a life coach allows you to pursue your goals with greater clarity, helps you stay on track, and provides the support to stretch further in achieving your goals.

### Therapist Assisted Online

TAO is a seven-week, interactive, web-based program that provides assistance to help overcome anxiety. TAO is based on well researched and highly effective strategies for helping anxiety. Each of the seven weeks, participants will watch videos, complete exercises, and meet with a counselor via video conferencing for a 10-15 minute consultation. Weekly exercises take approximately 30-40 minutes to complete. Interested in learning more? Check out a sample TAO session.

#### What is TAO?

- TAO is a seven-week, interactive, web-based program that provides assistance to help overcome anxiety.
- TAO is based on well researched and highly effective strategies for helping anxiety.
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- Weekly exercises take approximately 30-40 minutes to complete.
- Interested in learning more? Check out a sample TAO session.

#### Who is eligible?

- Currently enrolled students who want help with anxiety and worry.
- Students who have access to computer with webcam.

- Students who are not experiencing severe depression.
- Students without a current substance abuse problem.
- If taking medication, must have been on the same dose for at least one month prior to starting the treatment.
- 18 years old or older.

How do I sign up?

- Call the Counseling and Psychological Services let them know you are interested in TAO and would like to schedule an initial appointment to get started.
- If you are already seeing a counselor, then tell your counselor you are interested.

## **Additional Services Offered**

### Outreach & Prevention Services

The professional staff is available to present programs on a number of student developmental concerns. We invite you to inquire about our Outreach and Prevention Services and to browse the programs offered this semester as part of our Self-Discovery Knights at the Student Union.

### Research

CAPS staff members engage in research on a variety of issues related to college student mental health as well as conduct ongoing evaluation of our services. Our research page includes current research projects, selected results from evaluation data, a monthly brief summary of research relevant to students, and information on how you can partner with CAPS on a research project.

### Internship and Practicum

Our internship prepares trainees as strong generalists in the practice of psychology. The training is agency-based with opportunities to gain experience in CAPS functions such as clinical interviewing, individual, and group counseling/psychotherapy; consultation and outreach; supervision and training; and crisis intervention.

### Letter Requests

UCF Counseling and Psychological Services occasionally receive requests from students/clients to provide documentation regarding their services and/or recommendations.