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**AVAILABLE SERVICES IN  
COUNSELLING AND HUMAN DEVELOPMENT CENTRE,  
AHMADU BELLO UNIVERSITY, ZARIA.**

**By**

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## Introduction.

There are several services rendered at Counselling and Human Development Centre to provide a wide range of Counselling and Psychological Services to help students and staff cope with academic, career, personal, social, spiritual and study problems which interfere with their education and work. To meet these needs, counselling centres were established in the Main and Kongo Campuses to offer a variety of services to Ahmadu Bello University students and staff with the goal of resolving individual difficulties as well as nurturing personal growth.

### **Counselling has 3 functions which are:**

1. Growth Function: This is to help the student/staff derive maximum benefit from his/her educational, social and vocational experiences to enable him/her discover his/her potentials to the fullest.
2. Preventive Function: This is to anticipate, circumvent and forestall difficulties which may arise in future.
3. Rehabilitative Function: This is to help students/staff who are presently experiencing difficulties

In essence, counselling is free for all regardless of their age, career, religion, race or colour orientation. However, it is voluntary. Those who need the services are welcome. In counselling, there is enlightenment, information giving and sharing. Hence, counselling services are in form of individual or group services. Other services available for ABU students and staff include:

- a. Recruitment interview which the two centres coordinate for undergraduate and postgraduate students.
- b. Scholarship and Bursary Awards are coordinated by the Centres for ABU Students and Staff. Federal scholarship, international, national, state and local levels are managed in the centres.
- c. Part-Time work is organized for needy students through the request and assistance of University staff and those from the community around. This activity enables a student to work and still study.
- d. Accommodation on Health Ground is pursued by the Centres for students who need it.

- e. The Centres assist students and staff conduct research through Student Affairs Division when the respondents are Ahmadu Bello University Students.

Confidentiality is strictly adhere to, no information given out by a client is revealed to anybody without the client's consent.

Please, feel free to visit our offices located at:

Main Campus: Opposite Basketball Court, near Amina Hall.

Kongo Campus: Behind ABU Micro-Finance Bank, Kongo, Opposite Football Pitch.

The centre is a Directorate with a Director as the Administrative head. It also have dedicated Counsellors who are committed to helping you resolve your difficulties.

Office hours: 8.00a.m – 4.00p.m Mondays – Fridays. Other times by appointments.

We are looking forward to interacting with you. The centre staff once more, welcome you to the Community of Ahmadu Bello University and wish you a happy stay as you pursue your academic activities.