

# CS: 1:1 Supports

Version 5

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## 1:1 Supports

At Seneca Polytechnic, our 1:1 Supports are designed to give you flexible, personalized care that meets you where you are. Whether you're looking for a one-time check-in or multiple sessions, our team offers two levels of individual support, Quick Connects and Brief Counselling, as part of Seneca's *Stepped Care Approach*.

Both options are delivered by our Counselling Services team and can be accessed virtually, or in person.

## What It Is

1:1 Supports provide students with the opportunity to meet confidentially with a professional counsellor to talk through personal, academic, or emotional concerns.

Depending on your needs, this may involve:

- *Quick Connects*: one-time, 50-minute appointments offering timely support and guidance.
- *Brief Counselling*: a series of sessions with a designated counsellor for additional support.

Together, these services ensure that every student can access the right level of care, at the right time.

## Who Should Use This Service

You might choose 1:1 Supports if you:

- Need to talk to someone about stress, anxiety, or other personal challenges.
- Want guidance to help you manage a specific issue or concern.
- Are looking for short-term counselling tailored to your situation.
- Aren't sure what kind of support fits best, our team will help you find the right match.

## How It Works

### Quick Connects

- *One-Time, 50-Minute Appointment:* A single session focused on timely support for immediate concerns or decision-making.
- *Team-Based Service:* You'll meet with the first available counsellor who can provide guidance, coping strategies, and campus or community referrals.
- *Next Steps:* After your appointment, the counsellor may recommend follow-up through Brief Counselling or other Seneca resources if ongoing support would help.

### Brief Counselling

- *Multi-Session Support:* Meet with the same counsellor to explore challenges and create care plans for your success.
- *Follow-Up Sessions:* Typically scheduled every 2–3 weeks for 2–8 sessions per semester, depending on your needs.
- *Focus on Growth:* Develop coping strategies, explore root causes, and work toward your long-term well-being.

## Book an Appointment with Us!

### [How To Book an Appointment](#)

- Step-by-step guide and video tutorials on how to book an appointment with Counselling Services.

### [Book an Appointment](#)

- Direct link to the Student Portal where you can book an appointment, complete/view

our Consent forms, view your upcoming appointments and more!

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