

IT DOESN'T MATTER HOW SLOW YOU GO, AS LONG AS YOU DON'T STOP: A MULTIPLE CASE STUDY UNCOVERING COLLEGE STUDENTS' COUNSELING EXPERIENCES



PSYCHOLOGY AND EDUCATION: A MULTIDISCIPLINARY JOURNAL

Volume: 23

Issue 3

Pages: 241-277

Document ID: 2024PEMJ2156

DOI: 10.5281/zenodo.13241873

Manuscript Accepted: 07-28-2024

It Doesn't Matter How Slow You Go, As Long as You Don't Stop: A Multiple Case Study Uncovering College Students' Counseling Experiences

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Abstract

This study utilized a multiple case design to explore and uncover the counseling experiences of selected college students of Ramon Magsaysay Memorial Colleges, General Santos City, Philippines, School Year 2023-2024. Five participants were chosen to undergo the in-depth interview. This study utilized the semi-structured interview guide to know the multiple perspectives of the participants to be carefully interviewed. Participants were made to sign informed consents with the assurance of anonymity and confidentiality. The results of the interview were transcribed, translated to produce themes. The following were the key findings that emerged: Stigma and Fear of Judgment, Academic Stress and Overwhelming Anxiety, Coping Strategies and Mechanism, Impact of Counseling Service, Self-Exploration and Personal Growth, Resilience and Empowerment, Importance of the Counselor-Client Relationship, Support System. By addressing stigma, academic pressures, and the multifaceted needs of students while fostering supportive relationships and peer connections, the counseling center can provide more effective and holistic support to college students on their mental health journeys. This study's findings can contribute to landscape college students' mental health and counseling services. These beckon practitioners and institutions to destigmatize mental health concerns, bolster academic support systems, diversify coping strategies, prioritize accessible counseling services, and nurture resilience.

Keywords: *guidance and counseling, counseling experiences, college students, counseling service, counselor*

Introduction

We cannot teach people anything; we can only help them discover it within themselves. (Galileo)

The meaning behind this vignette is that to teach someone truly, we are not to enforce our knowledge and beliefs on them but rather to help them discover answers with us in the process of learning; the same goes in the context of counseling, the true meaning of helping someone experiencing moral dilemmas or making a tough decision about mental health, wellness, education, or career goals in their life is to help them, provide choices, decide the best option out of these choices, and guide them to a decision that is acceptable within their moral values and society's moral standards, free from any manipulation and subjectivity from anyone, but of their own free will.

In addition, problems experienced by college students in today's world, in my own opinion, are not only limited to the day-to-day struggles of attending class and finances but it may also include academic stress, bullying, mental health issues, and abuse. Having witnessed some of this firsthand, I could say that school authorities must extend efforts to increase awareness of the accessibility and availability of counseling services on campuses. Supplying means by which students can obtain knowledge about it by raising awareness should be the top priority of every institution. With the help of counseling, we could start helping those students who may need such intervention.

However, it is essential to note that we cannot see a significant change in our clients immediately with just one counseling session. Thus, relating to the title of this study, "It doesn't matter how slow you go" or in other words change takes time, and client must attend a considerable number of sessions in order to see significant change or improvement in helping them, "as long as you don't stop" these are inevitable. It is beneficial that we uncover the counseling experiences of the students to gain insights into the common problems of students referred to the guidance centers, identify these problems to understand better the coping strategies that they use before availing of counseling services and to know the effects of the counseling services after they have used it.

Moreover, counseling is a professional relationship that empowers diverse individuals, families, and groups to achieve mental health, wellness, education, and career goals. Counseling is typically provided by a mental health professional to assist and guide people through difficult situations, such as the stress of daily life. It can also take the form of professional help in dealing with personal issues such as emotional, behavioral, vocational, marital, educational, rehabilitation, and life-stage issues (Mat Nor, 2020; Savickas, 2019; Sutton, 2021).

Further, in our society nowadays, or in schools, for example, there are still questions about how effective counseling services are for students, and the stigma associated with professional help-seeking behavior is still rampant. Furthermore, more studies need to tackle topics specifically related to the counseling experiences of students. Hence, conducting a study about the effects of counseling was essential and timely. Moreover, presenting data supports how effective counseling services are at helping individuals address common mental health concerns. Evidently, it could reduce the stigma surrounding counseling services.

Furthermore, the urgency for this study stemmed from the avoidance of students seeking guidance services and the stigma about

professional help-seeking behavior. Thus, to raise awareness and reduce the stigma surrounding counseling, we need to gain insights based on the experiences of the college students who underwent counseling and share how counseling have helped them as students and individuals. Moreover, the common problems of students presently that counseling may help relate to academic stress, time management, health issues, relationships, social pressure, anxiety, and depression. However, most of these students are afraid to seek help because of the perceived fear of being stigmatized and referred to as weak or mentally ill (Bay Atlantic University, 2024).

Research Questions

The following questions were formulated to achieve the purpose of the study:

1. How do the participants describe their counseling experiences?
2. What are the similarities and differences among cases in terms of experiences, challenges, copings, and insights?

Methodology

This section presents the research design employed in this study. It includes the role of the researcher, research participants, data collection, data analysis approach, trustworthiness, and ethical consideration.

Research Design

This study used a qualitative research design, specifically the multiple-case holistic design, to investigate the counseling experiences of college students studying at Ramon Magsaysay Memorial Colleges in General Santos City. It focused on their experiences, challenges, coping strategies, and insights into the counseling services they have received. In addition, to better understand the phenomenon, I analyzed the data from each case to determine if there were any parallels or discrepancies between them. Thus, the study took a qualitative approach and followed a multiple-case design.

Generally, qualitative research collects non-numerical data. Examples include diary entries, open-ended questionnaires, unstructured interviews, and unstructured observations. Therefore, qualitative research is useful for determining how individuals think or feel, particularly in case studies. Similarly, qualitative research also provides the most diverse set of acceptable methods and structures, making it the most adaptable of the various experimental techniques. Although there is no set structure for this type of research, it must be carefully constructed and planned; researchers must constantly ensure that they use open-ended, bias-free tools and are aware of potential sources of error. Notably, it usually entails a high level of sensitivity to the phenomenon in question and an awareness of bias (Denzin & Lincoln, 2011; Shuttleworth & Wilson, 2022).

Specifically, a case study investigates a real-life, modern bounded system (a case) or it could be a series of bounded systems over time using comprehensive, in-depth information gathering from several sources of information. It reports a case description and case themes through the analysis of either multiple cases or a single case. A case study is an in-depth investigation of a person, a group of individuals, or a unit to generalize across several units. A case study is a thorough evaluation of a system. The case study approach was not meant to analyze samples, but it provided a useful tool for defining instances and exploring a context to comprehend them better (Conde, 2021; Stake, 1995).

To thoroughly understand the phenomenon, I had to decide whether to conduct a single or multiple case study, as well as the case and type of case study to be used. The surrounding environment was another factor to consider. A multiple case study was required when there was more than one instance in a study. I analyzed a variety of instances to determine their parallels and differences. Furthermore, I might examine data both within and across contexts. Multiple case studies indicate opposite or similar findings in research for various reasons. As a result, the author was able to decide if the findings were useful or not. When comparing case studies, I could significantly impact the literature by highlighting the similarities and differences. The information from multiple case studies was robust and convincing, creating an all-encompassing reality. Another advantage of conducting multiple-case studies was the development of a more convincing theory because the ideas were more thoroughly founded on a range of factual information. As a result, multiple cases have led to a more in-depth investigation of research topics and theoretical development (Conde, 2021; Heale & Twycross, 2018; Yin, 2018).

In addition, if there are no examples, the sample size for a case study is usually one. This sample size indicates that only one bounded example was researched, while sampling inside that case is also possible. When working with multiple cases or within a case, comparing three to four unique cases made sense. This strategy enabled researchers to concentrate on a single phenomenon by carefully selecting key examples such as individuals, publications, and artifacts from each case. Purposeful sampling allowed researchers to gather an in-depth understanding of critical study concerns by investigating information-rich cases (Yin, 2018).

For case studies, data collection was driven by the research questions. I chose the types of questions to ask in interviews, what to observe, which documents to evaluate, and which items to investigate. As a result, the case study used multiple data sources. Evidence sources could include documentation, archive materials, interviews, direct observation, participant observation, and tangible artifacts. Interviews required interview processes, such as questions and suggestions for interview participants. Protocols helped to establish uniformity across essential information. Various interview protocols could be employed for different groups within the case (Yin,

2018).

When doing a multiple-case study, data analysis may include comparing different themes in the data to other cases. It is critical to recognize that these processes do not always occur directly but rather in an interacting manner. Once I have identified the themes, the next step is to compare them. After completing these processes, researchers usually collect new qualitative research data to comprehend the theme better (Hunziker & Blankenagel, 2024).

In addition, a case study is also concerned with studying the human perception of events or phenomena from actual real-world events. It entails recreating the study participants' experiences, delving further into their thoughts, and determining the substance of the experience as reported by the participants through extensive discussions (Hennink et al., 2020; Schoch, 2020).

A multiple-case study includes two or more cases or replications across the cases to investigate the same phenomenon. The difference between the single- and multiple-case studies is the research design; however, they are within the same methodological framework. Furthermore, the multiple-case study produces more compelling evidence, which is why it is considered more robust than the single-case study (Yin, 2018; Sheppard, 2020).

Therefore, a multiple-case study holistic research design would be the most suitable for this study because the primary concern of the research was to understand the counseling experiences of college students. Through this method, I could efficiently collect, analyze, and interpret fruitful data, which would aid me in answering the questions under the research question of this study.

Participants

The primary objective of a qualitative study was to obtain information by engaging individuals involved or affected by the issue under investigation. Therefore, the appropriate participants should know and experience the studied topic from this perspective.

The participants of this study were the five selected college students of Ramon Magsaysay Memorial Colleges, General Santos City. All of them are currently enrolled at RMMC. The study's primary goal was to know the counseling experiences of college students at RMMC. For the inclusion criteria, College Students who had availed the counseling service of the institution with cases of Bullied Student, Student Bully, Academic Cheating, Absenteeism, Academic stress/Abused student and must be enrolled at RMMC for one semester or above could be a participant of this study. For the exclusion criteria, all students who still need to avail of the counseling service the institution provides were not included even though they are enrolled at RMMC and have rendered one semester and above as students. The students of RMMC, like those in the graduate school, senior high, and basic education, were not included because of the said criteria.

Data Collection

Data collecting starts with defining the topic or area of interest, then determining the research's questions and participants, and finally collecting research participants' lived experiences of the phenomena. Firstly, I submitted a Protocol Application to the Ethics Review Committee (ERC). After receiving the Ethics Review Committee Certification, which indicated their consent, I promptly communicated my intention of conducting my research to the Graduate School Dean. Then, I sent a letter of intent to conduct a study to the president of Ramon Magsaysay Memorial Colleges General Santos City.

The administrative authority necessary to access informants followed. The letter and the Informed Consent Form were explained to the key informants during the actual interview. Potential participants were requested to fill out a Participants Agreement form to be informed of all additional terms and conditions relevant to their involvement (George, 2022).

With that, data collection begins. The aim of multiple case studies is to collect multiple forms of data to develop the most complete picture of the phenomenon (Yin, 2018; Hancock et al., 2021; Thomas, 2021). This study was able to assess the issue from multiple perspectives by collecting data from numerous sources to gain a better understanding of the phenomenon. For this study, I collected data from documents, observations, interviews, and demographic survey results.

Document review is a preferred data collection strategy for case studies because it provides required information about the contest in which study participants compete (Yin, 2018). I initially collected data by reviewing the demographic documents and unique counseling cases of each of the key informants. Document review helped validate preliminary findings in future data gathering phases, as I connected information from interviews and observation to review documents.

Another data source was obtained through interviews with each of the key informants utilizing a semi-structured questionnaire, which I designed with the assistance of a consultant and confirmed by experts. The essential equipment, such as an audio voice recorder and a writing pad, was required before administering the semi-structured interview to acquire and preserve important data for future use. The informant's preferences were taken into account while deciding the time of the interview, and the setting was set up as a single private space where interviews were conducted one by one at different times. The semi-structured interview guide was useful in explaining, understanding, and investigating college students' counseling experiences (Taherdoost, 2021).

Observations are an important data collection approach for case studies because "often the most straightforward answers come from observing the action" (Yin, 2018). Thus, observations were an important data collection method for this inquiry. One advantage of

observations is that it allowed me to be in direct contact with the event being studied (Savin-Baden & Major, 2023). Furthermore, observations allowed me to pay close attention to the situation and surroundings in which the participants interacted. As a participant, I took on the role of nonparticipant or observer. In this style of observation, I stood outside of the group being studied, watching and collecting field notes from a distance. I could collect data without being personally involved in the activity or persons (Hennink et al., 2020).

I also secured the participants' verification form so that they could verify all of the information obtained from the transcriptions and observations. Using this approach of verification, the key informants attested to the accuracy of the study's descriptions, themes, and interpretations. As a result, this finally helped to guarantee the study's rigor as well as its validity and reliability.

To strengthen the study's validity, this qualitative research used data source triangulation, which involved many sources. This study contrasted data from a semi-structured face-to-face interview with observation results. Finally, the data gathered during the interview and observations were compared to the studied documents to identify areas of agreement and disagreement. Triangulation increased confidence in study findings and led to new ways of interpreting a phenomenon. Triangulation also produced novel insights and improved comprehension of the phenomenon by merging theories. Thus, these advantages stemmed mainly from the variety and quantity of data available for analysis (Natow, 2020).

Analysis of Data

I and the data analyst expert thoroughly analyzed the data. The study used thematic analysis to discover and examine key patterns linked to its research questions. Thematic analysis was separated into six stages: understanding the data, annotating transcripts to generate initial codes, searching for themes, reviewing themes, defining and labeling themes, and writing an analytical report (Caulfield, 2023).

Transcription, at its most basic, is the conversion of recorded audio (often spoken words) into written form. This transcription permitted the examination of a particular phenomenon or event. With the raw data from the one-on-one interview, I began the analysis by transcribing it verbatim from the audio recorder (McMullin, 2021).

Before coding, I read and reread the transcripts to familiarize myself with the data. I reminded myself of the overarching research questions, which guided my analysis of the data and the selection of themes. Accordingly, a theme should demonstrate some structured meaning or reaction within the datasets while also conveying something relevant about the data in relation to the research questions. The degree to which a theme expresses the theoretical perspective or the overall research questions indicates its significance in qualitative analysis (Evans & Lewis, 2018).

The next stage was coding. Coding is the process of breaking up and classifying text to generate explanations and vast themes in data. It is the process by which researchers gather or 'label' content related to a specific theme or idea (Akinyode & Khan, 2018). In coding the data, I added labels or codes to various areas of text that indicated the participants' experiences, coping strategies, and insights. I used Microsoft Word to create a table. The first column contained the participants' responses. The second was for the coding, while the third was for the emerging themes. In the first column, I reviewed the transcripts of each interview and noted anything that stood out as important or potentially interesting. I used shorthand labels or codes to describe the contents in the second column. In the third column, I organized all of the codes into groups. Next, I reviewed the codes created, recognized patterns between them, and developed themes. I ensured that the themes accurately represented the facts and made necessary revisions to improve effectiveness.

The data analysis analytical report began by analyzing specific cases and discussing about recurring patterns in their interview responses. I prepared tables to emphasize the major themes that arose from the participant's interview responses regarding their experiences, coping mechanisms, and insights. The study analyzed and compared basic ideas based on the observation notes. After studying individual cases, I conducted cross-case analysis to find similarities and contrasts between cases to gain a more comprehensive picture.

Results

This section presented the findings of the study based on the gathered data taken from the participants.

Participants

In the selection of pseudonyms for my participants, I drew inspiration from the ever-changing formations of clouds. To me, clouds symbolize hope. They remind us that, just as clouds release their burdensome rain, eventually, even the darkest and heaviest of challenges can give way to brighter days. In life, we all encounter trials and tribulations, and like clouds shedding rain, we, too, must learn to let go of the weight we carry.

Much like the resilience that hope brings, my participants had faced their fair share of hardship, some akin to a looming, rain-laden cloud. However, by participating in this study, they have taken a step towards embracing hope and resilience in the face of adversity. Providing even a glimpse of optimism can play a critical influence in an individual's capacity to navigate life's problems.

In essence, each participant in this study is symbolically represented as different types of clouds. Just as clouds signify hope for all,

our participants embody the strength and determination that come with embracing hope, even in the darkest hours. In their stories, we find a reflection of the enduring power of hope.

The primary focus of this study centered on college students at Ramon Magsaysay Memorial Colleges. Through their experiences and narratives, I wanted to gain a deeper knowledge about the role of hope and resilience in the lives of these young people as they faced the challenges of their scholastic path.

Participant 1 – Cumulonimbus

Cumulonimbus, a fourth-year college student pursuing a Bachelor of Arts in Psychology, is a remarkable individual with a wealth of experience to share. At 22 years old, she stands as a beacon of strength and resilience. It is worth noting that Cumulonimbus was referred to the Guidance Center for a particular offense, a moment in her journey that added complexity and depth to her counseling experience.

Her code name, inspired by one of the most formidable cloud formations – the thundercloud, speaks volumes about her character. Much like her meteorological counterpart, she exudes a sense of awe and wonder, possessing a beauty that is as striking as the thunder and lightning that define her cloud namesake.

In the world of clouds, Cumulonimbus is a unique force. Among all cloud types, she shares similarities with the thundercloud, which has the exceptional ability to produce hail, unleash thunder, and light up the skies with brilliant flashes. Similarly, Cumulonimbus faced life's challenges with a rare blend of resilience and strength, often emerging from adversity with grace that left a lasting impact on those around her.

Just as a thundercloud commands attention with its impressive display of nature's power, Cumulonimbus drew people in with her magnetic presence and unwavering determination. Her journey in this study promised to shed light on the transformative potential that lay within individuals who, like her, embrace the thunderstorms of life and emerge stronger, shining brightly even in the darkest of moments.

As I examined Cumulonimbus's unique experiences, I gained valuable insights into the complex interplay of courage, beauty, and strength that defines her character. Her academic pursuits in Psychology at Ramon Magsaysay Memorial Colleges further enriched the range of her experiences and offered a unique perspective on her journey.

Participant 2 – Cirrus

Meet Cirrus, a remarkable participant whose name draws inspiration from the delicate beauty of high-altitude clouds, famously known for their delicate ice crystal formation, at 21 years old. Cirrus is a third-year BSCR student whose presence embodies a unique blend of elegance and strength that sets her apart. Just like the cirrus cloud genus, known for its ice crystals originating from the freezing of supercooled water droplets, Cirrus embodied a resilience that thrives even in the face of the most challenging circumstances.

In the social context, Cirrus shines like the sun breaking through the thin veil of high-altitude clouds. She navigates social situations with remarkable ease and grace, carrying herself with a poise that leaves an enduring impression on those fortunate to cross her path. Much like the cirrus cloud that floats gracefully at great heights, Cirrus brings a sense of elevated presence to her interactions, elevating the experiences of those around her.

As I examined Cirrus's experiences and journey, I uncovered the intricate interplay of strength, elegance, and adaptability that defines her character. Her ability to thrive and flourish even in challenging environments is akin to the transformation of supercooled water into intricate ice crystals, a testament to her enduring spirit and tenacity.

Through her participation in this study, I unveiled the inspiring narrative of a college student at Ramon Magsaysay Memorial Colleges who, much like the cirrus clouds, infuses sophistication and resilience into her life's journey, leaving a trail of inspiration for all who have the privilege of walking alongside her.

Participant 3 – Stratus

Stratus, a diligent and determined fourth-year BSCR student, brought a unique perspective to our study. At 22 years old, he is a testament to the unassuming yet vital stratus cloud, which inspired his code name. In meteorological terms, stratus clouds are often characterized by their dull, uniform grey or white appearance. They occupy the lowest layers of the sky, occasionally manifesting as mist or fog at ground level. Much like his cloud counterpart, Stratus embodies a steadfast and hardworking nature that is essential to the material of our study.

Stratus approaches his academic pursuits with unwavering commitment, investing significant effort into his studies. Just as stratus clouds blanket the sky with their unassuming presence, Stratus diligently pursues knowledge, steadily working towards his academic goals. While his journey may appear uneventful on the surface, this consistency and dedication form the cornerstone of his character.

In the world of clouds, stratus clouds are often overlooked, yet they play a critical role in shaping weather patterns and providing the moisture necessary for life. Similarly, Stratus may not seek the spotlight, but his dedication and commitment serve as the bedrock upon

which his academic journey is built.

As I probed Stratus's experiences and insights, I uncovered the quiet strength and resilience that define his character. His story serves as a reminder of the profound impact that hard work and dedication can have, even in the face of challenges. Stratus, like the clouds he is named after, teaches us that sometimes, it is the steady and unyielding presence that truly matters.

Through his participation in this study, I gained valuable insights into the world of a college student at Ramon Magsaysay Memorial Colleges who, like the stratus clouds, provides a consistent source of inspiration and determination.

Participant 4 – Cumulus

Cumulus, a second-year BSED-English student at the age of 19, is a refreshing presence in my study. Her name is drawn from the picturesque cumulus clouds, often seen in fair weather conditions. These clouds stand as individual, detached, and cauliflower-shaped formations in the sky. Much like these clouds, Cumulus radiates a positivity that brightens even the sunniest days.

Approaching life as a student with unwavering optimism and a radiant outlook, Cumulus is a breath of fresh air. Just as cumulus clouds dot the sky with their charming individuality, Cumulus brings a unique perspective and positivity to every aspect of her journey. Her presence is akin to a refreshing breeze on a clear day, elevating the spirit of those around her.

In meteorology, cumulus clouds signify pleasant and stable weather, which symbolizes clear skies and promising days ahead. Similarly, Cumulus embodies the hope and promise of a brighter tomorrow despite challenges. Her positive outlook serves as a beacon of inspiration for those who have the privilege of crossing paths with her.

As I probed Cumulus's experiences and perspectives, I discovered the transformative power of a positive mindset in shaping one's life. Her story serves as a compelling reminder that, like the cumulus clouds, optimism can amazingly convert even the most mundane experiences into remarkable ones.

Through her participation in this study, I gained invaluable insights into the world of a college student at Ramon Magsaysay Memorial Colleges who, much like the cumulus clouds, brings a sense of hope and brightness to those around her.

Participant 5 – Nimbostratus

Nimbostratus, a determined fourth-year BSED-English student, brings a unique perspective to our study at the age of 22. Her name draws inspiration from the resilient nimbostratus clouds. These clouds belong to a genus known for their large, dark, rounded masses that often bring forth rain or snow, casting a shadow on the sky. Similarly, Nimbostratus has faced challenges that have cast shadows on her path, yet she perseveres with unwavering determination.

In meteorological terms, nimbostratus clouds are renowned for their ability to produce sustained precipitation, often covering the sky for extended periods. Nimbostratus, as a student, navigates the complexities of life with a similar sense of endurance and strength. She embodied the spirit of resilience, consistently finding ways to adapt and overcome, even when faced with adversity.

While nimbostratus clouds may not display the dazzling formation of other cloud types, they provide a vital source of precipitation that nourishes the Earth. Likewise, Nimbostratus's journey reminds us of the importance of perseverance and the invaluable lessons that can be learned from facing life's storms head-on.

As I investigated Nimbostratus's experiences and challenges, I would have a better understanding of the power of resilience and the capacity to weather life's trials. Her story is a compelling reminder that, just like nimbostratus clouds bring much-needed rain or snow, individuals like Nimbostratus can inspire us with her determination to persevere, even when the skies seem overcast.

The interview process, which formed the foundation of my study, was meticulously documented and audio-recorded to ensure no detail was overlooked. Explicit assurances of non-disclosure were provided to safeguard the privacy and confidentiality of each of our five informants. This commitment to confidentiality fostered an environment of trust, ultimately resulting in a consistent and candid revelation of insights from all five cases within the study.

Categorization of Data

Data categorization is a fundamental process in research involving the systematic organization and classification of data into distinct groups or categories based on specific criteria or characteristics. This process is central to data analysis as it enables researchers to make sense of vast amounts of information and unveil patterns, trends, or themes within the data. Data categorization is applicable to various data types, encompassing both qualitative and quantitative data (Adu, 2019).

In the context of my research, I delved into the experiences of students receiving counseling due to behavioral issues, data categorization assumed a critical role in comprehending and analyzing the participants' narratives.

During the in-depth interviews with my five counseled participants, I amassed a rich trove of qualitative data. The process of data categorization involves methodically reviewing the interview transcripts and pinpointing recurring themes, topics, or patterns that emerge from the participants' responses. These emergent themes furnish a structured framework for organizing and interpreting the



qualitative data (Adu, 2019).

Within each emergent theme, researchers often employ coding techniques to classify and label specific segments of text or data that align with these themes. Coding entails assigning descriptive labels or codes to segments of data that encapsulate the essence of what participants are conveying. For instance, these codes could pertain to “experiences and challenges encountered by the counselees” or “coping mechanisms employed by the counselee.”

In addition to qualitative data, I may have collected quantitative data, including demographic information about the participants. Categorization in this context might entail grouping participants based on specific demographic characteristics such as age, gender, academic year, the nature of the offense committed, and more. This enables an analysis of how these factors relate to their counseling experiences.

Data categorization also assumes a fundamental role when conducting cross-case analysis, facilitating comparison and contrast of the experiences, coping strategies, and insights of each participant. Through categorizing and structuring the data, I can discern commonalities and distinctions among the participants, thereby drawing meaningful and informed conclusions.

Furthermore, data categorization constitutes a foundational component of qualitative research, indispensable for deciphering the information amassed during interviews. It empowers me to pinpoint key findings, discern patterns, and derive insights that contribute significantly to a comprehensive understanding of my research topic.

Case Number 1: Cumulonimbus

The table below summarizes the essential themes from Cumulonimbus’ counseling experiences.

Table 1: Cumulonimbus’ Thematic Table Analysis on Experiences, Coping Strategies, and Insights from Her Counseling Journey

Clustered Themes	Emergent Theme
Experiences: I believe counseling is about sharing personal experiences, especially challenging ones, and having a counselor guide and listen to you. I initially sought counseling due to academic concerns, but it provided a safe space for me to open up. My impression of the counseling service is that it feels warm and non-judgmental. I automatically trust the people in the counseling center, even though I can’t quite describe it. I sought counseling due to family issues that left me unable to find happiness within my household. I also sought counseling because of a traumatic experience related to sexual abuse that left a lasting impact on me. I felt a lack of individuals I could confide in, leading to their decision to seek guidance as a last resort. I didn’t want to burden my parents or classmates with my problems. I initially returned to the guidance center twice, with the first visit and then a subsequent follow-up. I continued with the sessions, I felt like I was making progress and recovering from the challenges. Initially opened up during their first counseling session, primarily due to the assurance given by the counselor that I could come and talk anytime I needed to. I found the counseling experience beneficial for addressing the challenges I faced.	Counseling as a Safe Space A Warm and Trusting Atmosphere Seeking Solace and Healing A Desperate Search for a Safe Space A Journey of Progress Openness and Benefits of Counseling
Coping Strategies: I decided to stay busy by focusing on my academics, especially during exams and report submissions. Staying productive and occupied helped me manage stress and avoid being disturbed by problems. I didn’t lose my sense of responsibility, even with a busy school schedule. I chose to engage in studying, both physically and mentally, to the point of exhaustion. I felt I had no one else to talk to, and the guidance center became a place where I could share my concerns and burdens without hesitation. I am confident that there is always someone ready to listen.	Academic Focus as a Coping Mechanism Maintaining a Strong Sense of Responsibility Safe Haven for Unburdening
Insights: I felt a sense of warmth and realized that the counseling center is a safe and non-judgmental space to share my concerns. Utilizing the counseling service helped me overcome negative thoughts, realizing that seeking guidance is a positive step.	Discovering a Positive Path

Counseling as a Safe Space

This emergent theme illuminates the profound role of counseling as a sanctuary for individuals to share their innermost struggles candidly. Within the nurturing confines of the counseling center, participants find solace in discussing a spectrum of issues, from the complexities of academia to the intricacies of personal hardships. Here, vulnerability is met with empathy, and courage is rewarded with guidance.

The theme underscores that counseling transcends mere academic or situational support; it evolves into a safe haven where individuals willingly divulge their academic concerns, emotional dilemmas, and life's most pressing issues. This secure environment fosters a sense of trust, where participants can liberate themselves from the burden of their challenges, knowing that they will be met with

understanding rather than judgment.

Central to this theme is the crucial role of counselors who, with their attentive listening and compassionate guidance, create an atmosphere where students feel seen, heard, and valued. Through these interactions, individuals embark on a transformative journey, unearthing the courage to confront their challenges, seek solutions, and embrace personal growth. In this sanctuary of openness, the counseling experience transcends transactional assistance and becomes a profound voyage of self-discovery and empowerment.

A Warm and Trusting Atmosphere

The participant's perception of the counseling service is that it provides a warm and non-judgmental atmosphere. She felt comfortable and welcomed when she interacted with the counselors, and there was an inherent sense of trust in the counseling center. This trust is built on the understanding that the counselors are there to help and support them without passing judgment on their experiences or challenges. The participant feels that she can open up and share her thoughts and feelings freely in this trusting environment, knowing that she would be heard and understood without fear of criticism or negative judgment.

This warm and trusting atmosphere in the counseling center plays a crucial role in the participant's willingness to seek help and engage in the counseling process.

Seeking Solace and Healing

This theme examines the reasons behind the participant's decision to seek counseling, focusing on the desire to find solace and healing. It encompasses her experiences related to family issues and the lasting trauma from sexual abuse, both of which profoundly affected her emotional state.

In the case of Participant 1, Cumulonimbus, her journey toward counseling was primarily driven by family issues. Within the confines of her household, she found it challenging to discover happiness. These family-related concerns had taken a toll on their emotional well-being, leading her to a point where she was overwhelmed.

Additionally, Cumulonimbus had experienced a traumatic event related to sexual abuse, leaving deep emotional scars. This traumatic experience had a profound impact on their overall mental health and contributed to their decision to seek guidance through counseling.

In both instances, the participant sought counseling as a means of finding solace and healing. She recognized that her emotional wounds needed professional attention and that counseling offered a safe space for them to address these deeply rooted issues.

This theme underscores the importance of counseling as a source of healing and emotional support, especially in the face of significant personal trauma and family-related challenges.

A Desperate Search for a Safe Space

Participant 1's journey into counseling revealed a profound sense of isolation and the weight of carrying her challenges in silence. She initially hesitated to seek professional guidance because of a fear of judgment and concerns about how her actions might impact her school record. This hesitation stemmed from a common reluctance to burden her loved ones, particularly her parents, with her problems.

In this context, counseling emerged as a beacon of hope, offering a sanctuary where she could unburden herself without fear. The counseling service represented a safe haven where her experiences would be met with understanding and compassion rather than judgment. This sense of security is a fundamental aspect of her willingness to engage with counseling, as she recognized it as a space where she could confide in someone trustworthy.

The theme underscores the significance of counseling as a refuge for those who may feel isolated or hesitant to share their challenges with others. It highlights the pivotal role of counselors in creating an environment that fosters trust and encourages participants to open up about deeply personal issues. This safe space is vital for individuals like Participant 1, who may have been grappling with her problems in silence, seeking solace and guidance in the counseling center.

A Journey of Progress

Participant 1's narrative painted a vivid picture of her ongoing journey within the counseling process. Her story began with her initial visit to the guidance center, driven by academic concerns and a sense of frustration. This initial step marked the beginning of her path toward self-discovery and healing.

As she continued with counseling, it became evident that her journey was characterized by progress and recovery. The participant's commitment to the counseling sessions and the guidance provided by the counselors played a pivotal role in her evolving narrative. She found that counseling offered not only a safe space for sharing but also a platform for self-improvement and personal growth.

Throughout her narrative, there's a palpable sense that counseling was not a one-time solution but rather a continuous process of healing and development. This theme emphasizes the idea that counseling is not merely a momentary intervention; it is a journey that can lead to lasting positive changes in one's life. It underscores the importance of perseverance and the profound impact that counseling can have on an individual's overall well-being.

Participant 1's story serves as a testament to the transformative power of counseling when approached with an open heart and a willingness to embark on a journey of progress and recovery. It highlights that counseling is not just about addressing immediate concerns but also about fostering personal growth and resilience in the face of life's challenges.

Openness and Benefits of Counseling

Participant 1's journey into counseling was marked by a remarkable sense of openness right from the first session. This theme underscores the crucial role played by the counselor in creating an atmosphere where the participants felt safe and encouraged to share their thoughts and concerns. The participant's initial openness can be attributed to the counselor's reassuring words and establishing a non-judgmental space within the counseling center.

The counselor's assurance that they could come and talk anytime they needed to was a powerful motivator for Participant 1 to open up. This assurance instilled a sense of trust and security, allowing them to confide in the counselor about their academic concerns and frustrations. It's a testament to the significance of the therapeutic relationship in counseling, where trust and open communication lay the foundation for meaningful progress.

Furthermore, this theme emphasized the tangible benefits of counseling that Participant 1 experienced. The participant found the counseling experience to be genuinely beneficial in addressing the challenges she faced. It is evident that her decision to open up during counseling sessions had a positive impact on her ability to cope with stress and academic pressures. This highlights the practical value of counseling as a tool for personal growth and problem-solving.

In particular, the theme of Openness and Benefits of Counseling underscores the interconnectedness of trust, openness, and the positive outcomes that can result from counseling. It serves as a reminder that counseling is not solely about seeking help but also about creating a supportive environment that fosters personal development and well-being. Participant 1's experience exemplifies how the right conditions can lead to openness, which, in turn, can yield valuable benefits in the counseling journey.

Academic Focus as a Coping Mechanism

Participant 1's story sheds light on her unique coping mechanism, which revolves around immersing themselves in her academic pursuits. This theme underscores the participant's proclivity for channeling her energy and attention toward her studies, especially during demanding academic periods such as exams and report submissions. It revealed how this coping strategy not only helped them manage stress but also served as a means to avoid being overwhelmed by life's challenges.

The participant's decision to focus intensely on academics is a testament to their determination and resilience. In times of adversity, she turned to the structured world of learning and education, finding solace and refuge in her studies. This approach allowed her to maintain a sense of purpose and direction despite the personal challenges she was facing.

Moreover, the theme highlights the practical benefits of this coping mechanism. Engaging in rigorous academic activities provided the participant with a productive outlet for their stress and anxieties. The sense of accomplishment derived from excelling in their studies likely contributed to a boost in self-esteem and confidence. It is evident that academic achievements served as a source of motivation and a distraction from her problems, ultimately assisting them in crossing the rough waters of life.

However, it is essential to acknowledge that while academic focus proved to be a valuable coping mechanism for Participant 1, it may only be suitable for some or in some situations.

Nevertheless, this theme underscores the participant's ability to harness her academic pursuits as a powerful tool for managing stress and adversity. It serves as a reminder that individuals possess unique coping strategies, and sometimes, the pursuit of knowledge and achievement can be a meaningful path toward personal resilience and growth.

Maintaining a Strong Sense of Responsibility

Participant 1's journey revealed a compelling theme that revolves around her unwavering commitment to her studies and the preservation of a strong sense of responsibility, even amid a demanding school schedule. This theme underscores her dedication to academic pursuits, which occasionally pushed her to the point of physical and mental exhaustion.

Throughout her narrative, it became evident that the participant prioritized her education, viewing it as a crucial aspect of her life. This sense of responsibility towards her studies served as a guiding principle that helped her route challenging circumstances. Despite the turmoil she faced, she continued to uphold her commitment to academic excellence.

The theme also highlights the participant's remarkable work ethic. She chose to engage in studying, both physically and mentally, to an extent that sometimes led to exhaustion. This fervor for learning and academic achievement speaks to her resilience and determination to succeed, regardless of the obstacles she encountered.

It is essential to recognize that maintaining such dedication to one's studies, especially when faced with personal challenges, is a testament to the participant's inner strength and resolve. Her ability to persevere through taxing moments demonstrates her commitment not only to her educational goals but also to her overall well-being.



This theme underscores the participant's coping mechanism, where immersing herself in her studies became a way to manage stress and maintain a sense of purpose. While it may have occasionally led to exhaustion, it reflects her resilience and determination to rise above adversity.

Safe Haven for Unburdening

Throughout Participant 1's journey, a poignant theme emerges, shedding light on the guidance center as a sanctuary—a place where she felt secure and unburdened by the weight of her problems. This theme underscores the profound impact of the guidance center as a safe and non-judgmental space for sharing concerns and seeking comfort.

For the participant, the guidance center became more than just a physical location; it transformed into a sanctuary for her emotional well-being. In a world filled with challenges and pressures, she found solace within the walls of this center. Here, she felt free to unburden themselves, sharing her deepest concerns, fears, and anxieties without the fear of judgment.

This theme also highlights the participant's unwavering confidence in the guidance center as a source of support. Her belief in always finding someone ready to listen, empathize, and provide guidance speaks volumes about the center's effectiveness in creating an environment where individuals feel valued and heard.

The idea of a "safe haven for unburdening" captures the essence of what the guidance center represents in the participant's life—a place where troubles can be laid bare, where vulnerabilities can be exposed, and where the act of sharing itself becomes a powerful instrument of healing.

Moreover, this theme serves as a testament to the vital role that safe and non-judgmental spaces play in individuals' lives when they are navigating challenges. The guidance center's ability to provide such an environment fosters trust and encourages open communication, making it possible for individuals like Participant 1 to get on a transformative journey of healing and personal growth.

In particular, the emergent theme of Safe Haven for Unburdening underscores the profound impact of the guidance center as a sanctuary where the participant felt safe to share her burdens and found comfort in knowing there was always someone willing to listen and support her on her journey.

Discovering a Positive Path

Participant 1's journey through counseling was transformative, and this emergent theme, Discovering a Positive Path, encapsulates the profound changes and realizations that took place during her experience. It underscores how the counseling center became a catalyst for positive transformation and personal growth.

At the onset, the participant's impression of counseling was clouded by uncertainty and fear. She harbored concerns about potential judgment and had reservations about sharing her challenges. However, as she progressed through her counseling sessions, her perception shifted dramatically.

The theme highlights how the participant came to recognize the counseling center as a safe and non-judgmental space. This realization was instrumental in her journey. It allowed her to shed her initial apprehensions and open up about her experiences. This shift from fear to trust was fundamental, as it enabled the participant to embark on a path of self-discovery and healing.

One of the most profound aspects of this theme was how counseling helped the participant overcome negative thoughts and self-doubt. By actively engaging in the counseling process, she learned to view seeking guidance as a positive step. This shift in perspective was instrumental in her personal growth and recovery.

The participant's journey can be seen as a testament to the power of counseling to guide individuals towards a more positive and constructive path. Through her experiences, she learned that seeking help is not a sign of weakness, but rather a courageous step towards personal improvement. This realization had a ripple effect on her overall well-being, enabling her to confront her challenges with newfound strength and resilience.

In essence, discovering a Positive Path illustrates the transformative nature of the counseling experience for Participant 1. It highlights the shift from fear and doubt to trust and self-empowerment, showcasing how counseling can be a beacon of hope and a catalyst for positive change in an individual's life.

Case Number 2: Cirrus

The table below summarizes the essential themes from Cirrus' counseling experiences.

Table 2. Cirrus' Thematic Table Analysis on Experiences, Coping Strategies, and Insights from Her Counseling Journey		
	Clustered Themes	Emergent Theme
Experiences:		
I view counseling as a source of guidance and illumination, especially in times of personal mistakes or uncertainties.		A Guiding Light and Parental Substitute
Counseling serves as a substitute for the guidance I lacked from their parents, aiding them in		



pursuing their future goals. My initial impression of the counseling services was fear and apprehension, thinking I might be scolded or that my parents would need to be involved. I found the counselors to be approachable and supportive, and they emphasized preparing me for my future and instilling discipline.	From Fear to Supportive Guidance
I sought counseling because I was struggling to balance family and school priorities. The catalyst for seeking counseling was a family emergency when my aunt fell into a coma. It made me realize the importance of addressing Challenges than relying on excuses.	Balancing Family and School
I felt a deep sense of helplessness when facing academic challenges, particularly due to the high expectations placed on me by my parents and my own history of academic achievement. It was at this low point that I was encouraged by a teacher to seek guidance. I attended two follow-up counseling sessions.	Academic Pressure and Seeking Guidance
I felt comfortable approaching the counselors and found hope in their advice, which encouraged them to persist in seeking help.	Persistence Through Counseling
The counseling experience was life-changing for me, as it led to a significant realization of the importance of hard work and dedication in achieving my goals. It also helped them address their internal struggles with finding someone to confide in and make decisions about their education.	Life-Changing Realizations
Coping Strategies: I turn to God for guidance and assistance in resolving their problems. I believe that God does not judge and can help provide clarity on how to address their issues. The counselor's message about being prepared for the future left a lasting impact on me.	Finding Strength and Guidance in Faith
My perception had changed during counseling, evolving from feeling deeply troubled to realizing the need to address my problems for a better future. I see challenges as opportunities for personal growth and learning.	Transformation and Future Focus
I recognized that life is constantly changing, with ups and downs, and advised continually growing, learning, and resolving problems.	Shift in Perception
Counseling played a significant role in my life, describing it as a companion in my journey. Counseling helped me rediscover their sense of purpose.	Lifelong Companion
Insights: The most significant lesson I learned was to have confidence in myself. I regained self-confidence with the guidance and support received. The experience helped me recognize that even in difficult times, maintaining self-belief is crucial, as problems may seem insurmountable when one lacks self-confidence.	Rebuilding Self-Confidence

Guiding Light and Parental Substitute

Cirrus's journey through counseling offers a unique perspective on the transformative power of seeking guidance and support during challenging times.

Cirrus views counseling as a beacon of guidance and a surrogate parental figure, highlighting its significance in her life. She had come to see counseling as a source of illumination, a place to turn to when facing personal mistakes or uncertainties. In a world where the guidance she lacked from her parents was palpable, counseling emerged as a dependable source of direction.

Cirrus's journey sheds light on the invaluable role counseling can play in providing the guidance and mentorship that individuals sometimes seek beyond their immediate familial connections. It is a testament to the profound impact counseling can have on one's personal growth and development, especially when navigating life's complexities. In the subsequent sections of this chapter, we will explore Cirrus's initial apprehensions, their evolving perceptions of counseling, and the transformative lessons she had learned through her counseling experiences.

From Fear to Supportive Guidance

Participant 2's journey within the counseling process showcases a remarkable transformation from the initial emotions of fear and apprehension to a profound sense of support and guidance. At the outset of her counseling experience, the participant harbored concerns and uncertainties, fearing potential judgment or disciplinary actions. There was a prevailing worry that her parents might need to be involved, adding another layer of anxiety to the situation. These fears were grounded in a lack of understanding about what counseling truly entailed.

However, as the counseling sessions progressed, Participant 2 underwent a significant shift in perception. She discovered the counselors to be incredibly approachable figures who genuinely cared about her well-being. The counselors took a proactive approach in guiding her through her challenges. Instead of scolding or reprimanding, the focus was on imparting valuable advice that could help the participant learn from her past mistakes and prepare for a brighter future.

The participant found solace in this newfound perspective on counseling, and it gradually replaced her initial apprehension with feelings of trust and reassurance. The emphasis on discipline and forward planning became key takeaways, guiding her toward personal growth

and the pursuit of her future goals.

Balancing Family and School

Participant 2, a young lady, found herself grappling with the intricate task of balancing family and school responsibilities. This theme underscores the profound challenges she encountered while attempting to juggle these two crucial aspects of her life. For her, the weight of familial expectations and the demands of academic pursuits had become increasingly burdensome. This struggle was further exacerbated by the abrupt emergence of a family emergency when her aunt fell into a coma.

The catalyst for seeking counseling emerged from this intense period of turmoil. The participant realized that the moment had arrived to confront the challenges head-on rather than resorting to excuses or evading the issues at hand. It became apparent that ignoring these difficulties would only perpetuate the cycle of stress and anxiety.

In this narrative, the theme shines a light on the importance of acknowledging challenges and actively seeking solutions. Participant 2's decision to seek counseling was not merely a reaction to her problems but a proactive step toward addressing them. In this regard, the emergent theme showcases her resilience and determination to create a harmonious balance between family and academic responsibilities, with counseling serving as a guiding light in this transformative process.

Academic Pressure and Seeking Guidance

For Participant 2, academic pressure weighed heavily on her shoulders, creating a sense of helplessness. She faced exceptionally high expectations from her family, who held a profound belief in her academic capabilities. This theme encapsulates the emotional turbulence she experienced while grappling with the daunting task of meeting these expectations.

As the pressure mounted, Participant 2 found herself at a crossroads, unsure of how to cross the storm of academic challenges that had engulfed her. It was during this low point that a pivotal figure entered her life—a compassionate teacher who recognized her struggle and offered guidance. This teacher played a pivotal role in encouraging her to seek counseling as a means of addressing the academic challenges that seemed insurmountable at the time.

This emergent theme underscores the immense pressure and feelings of inadequacy that academic expectations can generate. It also highlights the critical importance of external support systems, such as the teacher who recognized the participant's distress and pointed her toward counseling services. In essence, the theme portrays Participant 2's journey from despair to seeking guidance as a ray of hope amid the academic storm, showcasing the transformative power of counseling in helping her regain her footing and cross the challenges ahead.

Persistence Through Counseling

Participant 2's journey through counseling was characterized by unwavering determination and persistence. Despite initially grappling with fear and apprehension, she recognized the value of seeking help and was committed to making the most of her counseling experience. This theme underscores her willingness to attend multiple counseling sessions, reflecting her dedication to overcoming the challenges that had been weighing on her.

One of the pivotal factors contributing to her persistence was the invaluable advice and support she received from the counselor. Their guidance provided her with a sense of hope and encouragement, motivating her to continue seeking help and working towards positive change. The counselor's role in reinforcing her determination and offering a safe space for her to open up about her academic and personal struggles played a significant part in her journey.

This emergent theme highlights the participant's resilience and her recognition of counseling as a resource that could help her surmount the obstacles in her path. It also underscores the crucial role of the counselor in providing not only guidance but also the emotional support necessary to fuel her persistence. Ultimately, it portrays her progression from hesitation to tenacity, demonstrating the transformative power of counseling in fostering personal growth and resilience.

Life-Changing Realization

Participant 2's journey in counseling brought about profound realizations that had a transformative effect on her life. One of the most significant insights she gained was the importance of hard work and dedication in pursuing her academic and personal goals. Prior to counseling, she had been grappling with academic pressure and high expectations, which left her feeling helpless. However, through the guidance and support of the counselor, she came to understand that hard work and persistence were essential to achieving her aspirations.

Furthermore, counseling played a pivotal role in helping her address internal struggles and find someone she could confide in. The realization that she could share her challenges and concerns in a safe, non-judgmental space was empowering. This newfound ability to open up and seek guidance contributed to her personal growth and decision-making regarding her education.

This emergent theme underscores the life-changing impact of counseling, particularly in terms of reshaping the participant's perspective on hard work, dedication, and the importance of seeking guidance. It highlights how the counselor's support and the safe counseling

environment were instrumental in fostering these realizations. Ultimately, these insights became guiding principles in her journey toward personal growth and academic success.

At this juncture, allow me to reveal the themes that have arisen from the participant's coping strategies employed both during and after counseling sessions.

Finding Strength and Guidance in Faith

Participant 2's coping strategy primarily revolved around her deep faith and trust in God. When facing challenges, particularly academic and personal struggles, she turns to her faith as a source of strength and guidance. In her view, God is a steadfast and non-judgmental presence in her life, providing her with the clarity and resolve needed to address her issues.

For her, faith is not just a belief but a lifeline that helps her navigate through difficult times. It offers solace and reassurance, allowing her to maintain a positive outlook even when confronted with adversity. By turning to prayer and seeking spiritual guidance, she finds comfort and a sense of purpose in the face of academic pressure and personal challenges.

This emergent theme highlights the significant role that faith plays in Participant 2's coping mechanism. It underscores the power of belief in providing emotional support and helping her overcome obstacles. Moreover, it reflects her unwavering trust in God as a source of strength and guidance, reinforcing her resilience in the face of adversity.

Transformational and Future Focus

This theme encapsulated the profound transformation that Participant 2 experienced during their counseling journey. Initially, she grappled with feelings of distress and uncertainty, particularly regarding their academic challenges and personal struggles. However, as they engaged in counseling sessions, her perception and mindset underwent a remarkable shift.

The counseling experience served as a catalyst for this transformation, offering Participant 2 a newfound perspective on her challenges and the path forward. One key element that contributed to this change was the counselor's emphasis on preparation for the future. The counselor's words left a lasting impact, prompting Participant 2 to shift their focus from being deeply troubled by her current issues to proactively addressing her for a better future.

Through counseling, Participant 2 came to recognize that facing her problems head-on and seeking guidance were vital steps in achieving personal growth and success. She began to view her challenges not as insurmountable obstacles but as opportunities for learning and growth. This transformation in mindset allowed them to approach their academic and personal issues with renewed determination and a clear vision of a brighter future.

In particular, this emergent theme highlights how counseling can facilitate significant shifts in perception and mindset. It demonstrates the power of guidance and support in helping individuals move from a place of distress and uncertainty to one of empowerment and future-focused determination. For Participant 2, the counseling experience became a turning point that set her on a path toward personal transformation and a brighter tomorrow.

Shift in Perception

This theme underscores the remarkable transformation that Participant 2, a young woman, experienced throughout her counseling journey. Initially, she grappled with feelings of distress and uncertainty, primarily stemming from academic challenges and personal struggles. However, as she engaged in counseling sessions, a profound shift in her perception began to unfold.

The counseling experience played a pivotal role in reshaping how Participant 2 viewed her challenges and her future. One key catalyst for this change was the counselor's emphasis on preparing for the future. The counselor's words left an indelible mark on Participant 2, prompting her to transition from a state of deep turmoil caused by her current issues to a state of proactive readiness to address them for a brighter tomorrow.

Through counseling, Participant 2 came to recognize that confronting her problems head-on and seeking guidance were essential steps in achieving personal growth and success. Her perception shifted from seeing her challenges as insurmountable obstacles to viewing them as opportunities for learning and development. This transformation in mindset allowed her to approach her academic and personal issues with renewed determination and a clear focus on preparing herself for future endeavors.

In particular, this emergent theme highlights the profound impact of counseling on an individual's perception and mindset. It illustrates how counseling can empower individuals to move from a state of distress and uncertainty to one of readiness and optimism about their future. For Participant 2, the counseling experience became a catalyst for this transformation, paving the way for her to embrace the challenges ahead with confidence and a forward-looking perspective.

Lifelong Companion

This theme illuminates the profound and lasting impact that counseling has had on Participant 2's life, portraying it as a steadfast and enduring companion throughout her personal journey. For this young woman, counseling was not merely a temporary solution to her challenges but a constant source of support and guidance.

Participant 2's counseling experience served as a guiding light during her most challenging moments. It became a reliable companion that she could turn to whenever she encountered difficulties, both in her academic pursuits and personal life. This enduring relationship with counseling provided her with a sense of security and reassurance, knowing that she had a safe space to seek help and guidance whenever needed.

Moreover, counseling played a pivotal role in helping Participant 2 rediscover her sense of purpose. Through the counseling process, she gained valuable insights into herself, her goals, and her values. It allowed her to clarify her aspirations and make informed decisions about her education and future path. In this sense, counseling became not only a companion but also a catalyst for personal growth and self-discovery.

In particular, this emergent theme underscores the profound and enduring impact of counseling on Participant 2's life. It portrays counseling as a lifelong companion that provided unwavering support and guidance, helping her navigate challenges and rediscover her sense of purpose. This theme highlights the transformative power of counseling in fostering personal growth and resilience, making it an integral part of her journey toward a brighter and more fulfilling future. In the upcoming passages, I will elucidate the theme that has surfaced from the insights the participant gained during her counseling journey.

Rebuilding Self-Confidence

This theme underscores the profound lesson learned by Participant 2 during her counseling journey—the process of rebuilding self-confidence. Through her experiences in counseling, she embarked on a transformative path that helped her regain the self-belief she had lost. This emergent theme highlights the vital role of guidance and support in this remarkable journey of self-reconstruction.

At the outset of her counseling sessions, Participant 2 grappled with a profound sense of self-doubt. The weight of academic pressure, family expectations, and personal challenges had eroded her confidence. However, counseling served as a guiding light, illuminating the path toward self-reconstruction. The supportive and non-judgmental environment of the counseling center provided her with a safe space to explore her feelings of inadequacy and self-doubt.

As she progressed through counseling, Participant 2 began to rebuild her self-confidence step by step. The guidance she received, coupled with her newfound insights and determination, played a pivotal role in this process. She realized that self-confidence was not a static trait but a dynamic quality that could be nurtured and strengthened. Counseling taught her the importance of maintaining self-belief, especially during challenging times when problems might seem insurmountable without it.

Case Number 3: Stratus

The table below summarizes the essential themes from Stratus' counseling experiences.

Table 3. *Stratus' Thematic Table Analysis on Experiences, Coping Strategies, and Insights from His Counseling Journey*

<i>Clustered Themes</i>	<i>Emergent Theme</i>
Experiences:	
I was hesitant to seek guidance because I feared my parents' reaction, and I worried about how it might affect my record at school.	Overcoming Hesitation
I recently started using the guidance service, having previously avoided them since elementary school, and I worry that involving my parents could escalate the situation.	
The counseling service was different from what I expected, as it was not about scolding or reprimanding but rather about giving advice on how to learn from mistakes and be prepared for the future.	Learning from Mistakes
Counseling emphasized the importance of recognizing errors and being proactive in planning for what comes next.	
I sought counseling because of difficulties in time management, especially as a working student.	Navigating Time Management
I also sought counseling due to academic challenges, including cheating on quizzes.	Overcoming Helplessness
I experienced a sense of helplessness because of not studying adequately.	
My experience led me to recognize the importance of studying and preparing for quizzes.	Seeking Continual Guidance
I returned to the guidance center for follow-up session on two occasions.	
I found value in the advice provided, which contributed to my decision to seek further guidance.	
My counseling journey was initially described as a fearful and anxiety-inducing experience, with the participant feeling nervous and unsure during their first session	Finding Support in Counseling
I found a sense of calm and comfort.	
The guidance provided by the counselor and the advice given were seen as valuable and relatable, helping me feel understood and supported.	
Coping Strategies:	
Everyone faces problems in life, and I don't shy away from acknowledging these challenges.	Finding Relief Through Gaming
I feel a sense of responsibility towards my parents, recognizing the financial sacrifices my parents make to support my education	
Playing online computer games, particularly DOTA and DOTA 2, serves as my coping mechanism.	
I am trying to maintain a professional attitude, especially as a working student in the office.	Growth Through Counseling
I used to struggle with finding the proper way to handle these situations	
During counseling, I learned to adopt a more effective approach to address problems, such as learning from others	



and being receptive to guidance and advice.	
I emphasized the importance of facing problems head-on and not setting them aside or postponing dealing with them.	
I highlighted the need to conquer and overcome problems as soon as possible, ideally within the same day, to prevent them from lingering and potentially causing more stress.	Proactive Problem Solving
Counseling provided me with practical skills on how to approach and deal with problems.	
Counseling helped me understand that it's not about achieving perfection in handling problems but about adapting and managing the smaller issues that arise in daily life.	Practical Problem-Solving Skills
Insights:	
I realized the value of adaptability in facing life's challenges.	
The counseling sessions highlighted the need to confront problems instead of avoiding or ignoring them.	Embracing Adaptability
The key insight gained was the significance of addressing and resolving problems promptly.	

Overcoming Hesitation

This compelling theme explored Participant 3's journey from initial hesitation and fears to embracing the idea of seeking guidance. At the outset, the participant grappled with concerns stemming from potential parental reactions and the perceived impact on their school record. These anxieties led to a prolonged avoidance of counseling services, which had persisted since his elementary school years.

However, a significant shift occurred as the participant recently decided to utilize counseling services. This essential decision marked a turning point in his life, challenging his long-standing reluctance.

Within this theme, we delved into the participant's apprehensions about involving his parents in the counseling process, driven by a genuine fear that such involvement could worsen the already complex situation. We uncovered the layers of doubt and uncertainty that Participant 3 confronted on their path to seeking guidance and the ultimate triumph over these fears as he embarked on his counseling journey.

Learning from Mistakes

Participant 3's counseling journey is marked by a profound transformation in his perception of what counseling entails. Initially, he harbored expectations of scolding or reprimanding when seeking guidance. These fears were rooted in concerns about how counseling might impact his school record and the potential consequences it could have on his academic journey.

However, as he engaged in counseling sessions, Participant 3 experienced a significant shift in their understanding of the counseling process. Instead of encountering judgment or punitive measures, he found that counseling was a resource focused on imparting valuable life lessons. This transformation in perception unveiled counseling as a space where mistakes were not met with criticism but rather with guidance on how to learn from them.

The theme underlines the importance of recognizing errors as opportunities for growth and development. Additionally, it highlights the emphasis placed on proactively preparing for the future, a crucial component of his counseling experiences.

Navigating Time Management

Within Participant 3's counseling journey, the theme of "Navigating Time Management" emerged as a focal point. This theme sheds light on the primary reasons that led the participant to seek counseling and highlights the multifaceted challenges he encountered.

First and foremost, the participant grappled with the intricate task of time management, exacerbated by the additional responsibilities of being a working student. The balancing act between their academic pursuits and employment obligations posed a significant hurdle. This challenge not only raised questions about time allocation but also underscored the need for effective strategies to strike a harmonious equilibrium.

In addition to time management troubles, the participant confronted academic struggles that extended beyond mere time constraints. He candidly acknowledged instances of academic misconduct, including cheating on quizzes. These academic setbacks weighed heavily on his conscience, leading to feelings of frustration and uncertainty about his academic path.

The convergence of these challenges propelled the participant toward seeking guidance and support through counseling.

This theme paints a comprehensive picture of his counseling journey, marked by an earnest desire to address these issues, find effective solutions, and embark on a path toward personal growth and academic success.

Overcoming Helplessness

Participant 3's counseling journey is marked by a transformative theme, Overcoming Helplessness. This theme highlights the central role that counseling played in reshaping the participant's academic approach and their subsequent journey toward empowerment.

At the outset, the participant found himself trapped in a cycle of helplessness, primarily stemming from his struggles with inadequate study habits. The mounting academic challenges, compounded by the pressures of being a working student, had left him feeling adrift and powerless in the face of their coursework.

However, as his counseling sessions progressed, a profound realization began to take root. Through the guidance and insights provided by his counselor, he came to appreciate the fundamental importance of studying and thorough preparation, especially concerning quizzes and academic assessments. This newfound understanding served as a catalyst for change, inspiring him to address his academic challenges head-on.

The theme underscores that counseling became a turning point in the participant's life, equipping him with the tools and strategies needed to confront his academic hurdles with renewed vigor. His journey from a state of helplessness to one of empowerment showcases the transformative power of counseling in instilling confidence and enabling individuals to regain control over his academic responsibilities.

Seeking Continual Guidance

Participant 3's counseling experiences are deeply intertwined with the theme of Seeking Continual Guidance. This theme reflects the participant's persistent pursuit of counseling as a means to nurture personal development and navigate life's challenges.

Initially, the participant sought counseling as a response to his struggles with time management and academic difficulties. However, as his counseling journey unfolded, he discovered that counseling offered not only a solution to his immediate concerns but also a pathway to personal growth.

The theme underscores the participant's commitment to his own development. He recognized the value of ongoing guidance and support from his counselor, and this recognition fueled his determination to attend multiple counseling sessions. These sessions became a source of encouragement and hope, ultimately contributing to his sense of personal growth and empowerment.

The participant's story highlights how counseling can serve as a continuous source of inspiration for individuals seeking not only to overcome immediate challenges but also to cultivate lifelong skills for personal development. His journey exemplifies the transformative potential of counseling in fostering resilience, self-awareness, and an enduring commitment to growth.

Finding Support in Counseling

The emergent theme of Finding Support in Counseling encapsulated the profound impact counseling had on Participant 3, offering him a lifeline during challenging times. Throughout his counseling journey, the participant discovered that the guidance center was not just a place for reprimand or judgment, as he initially feared. Instead, it became a haven of support and understanding.

In the beginning, the participant hesitated to seek guidance, fearing parental reactions and potential consequences for his school record. However, once he crossed the threshold into the counseling center, their perception underwent a significant transformation. He found that the counselors were approachable, empathetic, and genuinely concerned about their well-being. This newfound sense of support helped ease his apprehensions and fostered a positive atmosphere for open dialogue.

The participant's experiences underscore the crucial role of the guidance center as a source of unwavering support. It became a space where he could express his concerns, share his challenges, and receive guidance without judgement. This newfound support system not only alleviated his initial fears but also empowered him to navigate his difficulties with confidence and resilience.

The theme of Finding Support in Counseling demonstrates that seeking guidance is not a solitary journey but rather a collaborative effort between the participant and the counseling center. It highlights the vital role of counselors in providing a safe and nurturing environment where individuals can find the support, they need to overcome obstacles and work toward personal growth.

During the actual interview, I gleaned insights into the various coping strategies that Participant 3 had employed. Here, we will delve into the emerging themes with in-depth discussions:

Finding Relief through Gaming

The emergent theme of Finding Relief through Gaming sheds light on Participant 3's coping mechanism of engaging in online computer games, particularly DOTA and DOTA 2, to navigate the complexities of his life. For this participant, gaming served both as a refuge and a means of coping with the challenges he faced.

In his daily life, Participant 3 confronted various problems, including academic struggles, time management issues, and the pressures of being a working student. These challenges often left him feeling overwhelmed and, at times, helpless. However, gaming provided him with a sanctuary where he could temporarily escape from these burdens and find comfort.

For this young individual, online games were not just a form of entertainment; they became a coping strategy. The immersive and competitive nature of games like DOTA and DOTA 2 allowed him to divert his attention from his problems and momentarily forget about his academic pressures and personal difficulties. In the virtual world of gaming, he could set aside his worries and engage in activities that provided a sense of accomplishment and control.

This coping mechanism also offered a valuable sense of relief. Gaming allowed him to unwind, destress, and temporarily detach from the challenges of his everyday life. It offered an avenue for relaxation and leisure, providing a break from the constant demands and stressors they encountered.

The theme of Finding Relief Through Gaming highlights the participant's ability to recognize and confront his challenges while also seeking healthy avenues for respite. While gaming provided a temporary escape, it also allowed him to recharge and regain the mental and emotional energy needed to tackle his issues. It exemplifies the multifaceted nature of coping mechanisms and how they can play a crucial role in an individual's overall well-being.

Growth Through Counseling

The emergent theme of Growth Through Counseling encapsulates the participant's journey of personal and professional development as a working student. Through his counseling experiences, he underwent a transformation on how he approached challenges and sought guidance, which significantly impacted their professional life.

As a working student, Participant 3 faced the unique challenge of balancing academic responsibilities with work commitments. This juggling act often left him feeling overwhelmed and uncertain about how to handle various situations in a professional setting. However, counseling played a vital role in helping him cross these challenges effectively.

One key aspect of his professional growth was his shift in approach to problem-solving. Through counseling, he learned the importance of adopting more effective strategies when facing difficulties in the workplace. This involved being receptive to guidance and advice from others, learning from their mistakes, and continually seeking improvement. The guidance provided by the counselor played a significant role in instilling these valuable lessons.

Additionally, the participant emphasized the importance of addressing problems promptly and not procrastinating or avoiding them. This proactive approach was integral to his professional growth, as it helped prevent issues from escalating and causing unnecessary stress. Counseling equipped him with practical skills for approaching and managing problems in their work environment.

Furthermore, counseling allowed him to overcome his initial fears and anxieties about sharing his experiences and challenges. This newfound comfort with self-expression translated into his professional life, here he could communicate more effectively with colleagues and supervisors. He learned the value of seeking guidance not only from counselors but also from his peers and mentors in the workplace.

In particular, the theme of Growth Through Counseling underscores the participant's development as a working student, highlighting his improved problem-solving skills, proactive approach to challenges, and enhanced communication abilities. It showcases how counseling can extend its benefits beyond personal life into the professional sphere, ultimately contributing to an individual's overall growth and success.

Proactive Problem Solving

The theme of Proactive Problem Solving examined Participant 3's coping strategy, highlighting his transformation from a reactive approach to challenges to a proactive one. This theme underscores how counseling empowers him to confront problems head-on, avoid postponing or setting aside issues, and develop a more effective approach to addressing difficulties in various aspects of life.

Initially, Participant 3 described feeling overwhelmed and unsure when faced with challenges, both academically and professionally. He often found himself reacting to problems as he arose, which sometimes led to increased stress and uncertainty. However, through his counseling experiences, he underwent a significant shift in his problem-solving mindset.

Counseling provided him with practical skills and strategies for approaching and managing problems. He learned that it was crucial not to let problems linger or fester, as this can lead to heightened stress and anxiety. Instead, he adopted the philosophy of conquering and overcoming problems as soon as possible, ideally within the same day. This proactive approach helped prevent issues from escalating and allowed him to maintain a greater sense of control over his life circumstances.

Counseling emphasizes the importance of adaptability in facing life's challenges. Instead of fixating on achieving perfection in handling problems, he learned the value of adapting and managing the smaller issues that arise in daily life. This flexibility in problem-solving allowed him to navigate various situations more effectively and efficiently.

Practical Problem-Solving Skills

The theme of Practical Problem-Solving Skills highlights the valuable skills and strategies that Participant 3 acquired through his counseling experiences. These skills enabled him to approach and address various challenges in a more effective and efficient manner, leading to personal growth and improved problem-solving abilities.

During his initial counseling sessions, Participant 3 described feeling anxious and uncertain when facing life's difficulties. He often struggled to find the right way to handle problems, both academically and personally. However, as he continued with counseling, he began to acquire practical problem-solving skills that significantly impacted his approach to challenges.

One key aspect of these skills was the emphasis on facing problems head-on rather than avoiding or postponing them. Counseling taught him the importance of not allowing problems to linger, as this could lead to increased stress and negative consequences. Instead, he learned to confront and address issues as soon as he arose, promoting a sense of control and empowerment.

Furthermore, counseling provided him with valuable insights into the art of problem management. He realized that achieving perfection in handling problems wasn't the goal; instead, it was about adapting to and managing the smaller, day-to-day issues that life presents. This shift in perspective allowed him to tackle challenges with more confidence and efficiency.

The practical problem-solving skills acquired through counseling also extended to his academic and professional life. He learned the importance of seeking guidance and advice from others when facing complex issues, demonstrating a newfound openness to learning from others' experiences.

Moreover, counseling encouraged him to adopt a proactive approach to problem-solving, emphasizing the need to address and resolve issues promptly. This proactive mindset served as a crucial tool in his personal and professional development.

In particular, the theme of Practical Problem-Solving Skills underscores the transformative impact of counseling on Participant 3's ability to traverse life's challenges. By equipping him with practical problem-solving skills and promoting a proactive mindset, counseling contributed significantly to his personal growth and overall well-being. These skills not only empowered him to address immediate issues but also provided him with valuable tools for a more resilient and adaptable future.

At this juncture, we delved into the insights gleaned from Participant 3 regarding his counseling journey with the guidance counselor. The ensuing themes have emerged from his narrative:

Embracing Adaptability

The theme of Embracing Adaptability captured the profound insights gained by Participant 3 through his counseling journey. It highlights his newfound understanding of the importance of adaptability when facing life's challenges and the significance of confronting problems head-on.

During his initial encounters with counseling, Participant 3 described his experiences as fearful and anxiety-inducing. He felt nervous and unsure during his first session, uncertain about sharing his experiences and concerns. However, as he continued with counseling, he experienced a remarkable transformation. The guidance provided by the counselor and the advice he received were seen as valuable and relatable, helping him feel understood and supported.

One of the most significant insights he gained was the value of adaptability in facing life's challenges. He learned that life is inherently unpredictable and often presents unexpected hurdles. Instead of resisting change or becoming overwhelmed by difficulties, he realized the importance of being adaptable and flexible in his approach to problem-solving. This shift in perspective allowed him to cross challenges with greater ease and resilience.

Moreover, counseling reinforced the idea that problems should not be avoided or ignored but confronted directly. He understood the need to conquer and overcome problems as soon as possible, ideally within the same day, to prevent him from lingering and potentially causing more stress and anxiety.

This newfound approach to life's challenges led to a profound sense of empowerment and personal growth. Participant 3 felt more capable and prepared to handle whatever life threw their way. He also acknowledged that while achieving perfection in problem-solving might be unrealistic, it is essential to adapt and manage the smaller issues that arise in daily life effectively.

In particular, the theme of Embracing Adaptability highlights the transformative insights gained by Participant 3 during his counseling journey. By embracing adaptability and adopting a proactive approach to problem confrontation, he discovered a newfound sense of confidence and resilience. These insights not only contributed to his personal growth but also equipped him with valuable skills to navigate future challenges with confidence and poise.

Case Number 4: Cumulus

The table below summarizes the essential themes from Cumulus' counseling experiences.

Table 4. Cumulus' Thematic Table Analysis on Experiences, Coping Strategies, and Insights from Her Counseling Journey	
Clustered Themes	Emergent Theme
Experiences: Initially, I had some concerns that counseling might involve judgment, but my experience over three days has been positive. Through counseling, I felt comfortable sharing and learning valuable lessons, motivating me to make positive changes in my life. My initial impression of counseling was that they might judge us, but I was proven wrong during the three-day experience. Counseling had a significant impact on us, guiding us toward doing good things and making us feel comfortable sharing our experiences.	Overcoming Initial Apprehension Challenging Initial Judgments
I sought counseling due to my involvement in bullying. I learned the importance of not judging others.	Seeking Counseling After Bullying

I experienced gratitude towards the guidance counsellors for their assistance.	
I acknowledged that the advice and guidance provided by the counsellors had a significant impact on me, helping me change my behavior and outlook	Gratitude for Guidance Counselors
I highlighted the positive influence of my mother in the process.	
I engaged in three days of counseling services at the guidance center.	Comfortable Counseling Experience
I was motivated to continue counseling because I felt comfortable with the guidance counselors.	
I initially felt fear and uncertainty about sharing my experiences in counseling due to the belief that I wouldn't be heard or understood.	
However, the counseling sessions, spanning three days, provided motivation and healing.	
The counselor encouraged me to focus on my studies and not to share everything with friends to avoid judgment.	Counseling's Transformative Journey
The experience led to personal growth, emphasizing the importance of changing behavior and becoming a better person in college.	
Coping Strategies:	
I emphasize the importance of maintaining a positive outlook when facing challenges.	Prayer and Positive Outlook
I also mention turning to prayer as a way to seek guidance and find solutions to their problems.	
Prayer serves as a source of support and comfort during challenging times.	
I received shocking news or a letter, and this news appears to be related to a previous bullying incident.	Acknowledging Responsibility
I admitted my role in the situation and expressed a sense of responsibility.	
I indicated that I had overcome the challenges with the help of counseling and my own motivation.	
I learned the importance of trusting and relying on guidance counselors for support and guidance when facing personal challenges.	Trust in Counselors and Self Initiative
I emphasized that while it's essential to seek help from counselors, individuals should also take the initiative in helping themselves.	
I mentioned that it was my first experience with counseling, and this new experience had a significant impact on me.	Impactful Counseling Experience
Despite initially thinking that healing would be a lengthy process, the counseling sessions had a swift and significant impact on me.	
Insights:	
The counseling experience allowed me to feel heard and understood by the counselors, reducing the weight of my problem.	
The counselor provided a safe space where I felt I could share without fear of judgment.	Empathy and Trust
I understood the significance of trusting myself and the guidance counsellors, which motivated me to change my behavior and grow as an individual.	

Overcoming Initial Apprehension

Participant 4's journey begins with a familiar sentiment: apprehension and uncertainty about counseling. Initially, she harbored concerns that counseling might involve judgment or blame. These fears are not uncommon, as seeking guidance can often be a daunting prospect. However, as Cumulus embarked on her counseling sessions, something remarkable began to happen. The counselors she encountered proved to be far from judgmental. Instead, she created a supportive and nurturing environment where Cumulus could freely share his experiences and learn valuable lessons.

Through these positive counseling experiences, Cumulus underwent a profound transformation. The once-intimidating space of counseling turned into a safe haven, where Cumulus felt comfortable sharing her deepest concerns. This shift in perception marked a fundamental moment in her journey, reinforcing the idea that seeking help and guidance could lead to empowerment and personal growth.

The emergence of this theme showcases the profound impact that empathetic and supportive counselors can have in dismantling initial apprehensions and fostering an environment where healing and growth can take place.

Challenging Initial Judgments

Participant 4, Cumulus, entered the counseling journey with preconceived judgments and skepticism. Like many individuals, he initially believed that counseling might involve scolding or harsh judgments. However, as Cumulus engaged in his counseling sessions, his initial judgments began to crumble in the face of the positive impact of counseling.

Cumulus' story illustrates the power of counseling to challenge and reshape initial perceptions. The counselors he encountered demonstrated a caring and non-judgmental approach, which starkly contrasted with Cumulus's initial expectations. This contrast led to a profound shift in perspective, as Cumulus realized that counseling was not about blame or criticism but about guidance, support, and personal growth. This transformation showcases the transformative potential of counseling and how it can shatter the barriers of skepticism, ultimately leading to positive change in individuals' lives.

Cumulus' journey from skepticism to recognition of counseling's positive impact serves as a testament to the valuable role counseling can play in challenging and reshaping our perceptions of seeking help and support.

Seeking Counseling After Bullying

Participant 4, Cumulus, sought counseling after experiencing bullying. This emergent theme revolves around his decision to seek guidance and support following a traumatic experience with bullying. It sheds light on the emotional toll that bullying can have on individuals and his subsequent choice to turn to counseling as a means of addressing the challenges he faced.

Cumulus' decision to seek counseling after being a victim of bullying underscores the significant impact such experiences can have on mental and emotional well-being. Bullying can leave deep emotional scars, and Cumulus's choice to seek counseling reflects her resilience and determination to overcome these challenges.

This theme highlights the importance of counseling as a resource for individuals dealing with the aftermath of bullying, providing her with a safe and supportive environment to process her experiences and work towards healing and personal growth. Cumulus' journey is a testament to the transformative power of counseling in helping individuals cross and recover from the effects of bullying.

Gratitude for Guidance Counselors

Participant 4, Cumulus, expressed profound gratitude towards the guidance counselors and acknowledged the positive influences that played a crucial role in her journey. This emergent theme highlights Cumulus's appreciation for the guidance and support provided by the counselors, as well as the significant impact it had on her. It underscores the role of the counselors as instrumental figures in Cumulus's path to healing and personal growth.

Cumulus' gratitude towards the guidance counselors reflects the deep sense of appreciation and respect she developed during her counseling sessions. The positive influence of the counselors' guidance and advice is evident in Cumulus's transformative journey, emphasizing the importance of these professionals in providing a safe space for healing and growth. Additionally, Cumulus also recognizes the positive influence of her mother, further highlighting the crucial role of a supportive network in one's personal development. This theme underscores the profound impact that guidance counselors and positive role models can have an effect on individuals as they cross challenging experiences and seek personal growth and healing.

Comfortable Counseling Experience

Participant 4, Cumulus, expressed a strong motivation to continue with counseling, primarily driven by the comfortable and positive counseling experiences she encountered. This emergent theme highlights Cumulus's eagerness to seek ongoing guidance and support due to the welcoming and non-judgmental atmosphere created by the counselors.

Cumulus' motivation to continue with counseling is a testament to the value she placed on the comfortable and supportive environment provided by the guidance counselors. The positive experiences she had during their counseling sessions played a pivotal role in shaping her decision to persist in seeking help and guidance.

This theme underscores the profound impact of a safe and comfortable counseling space in encouraging individuals to address her challenges and seek personal growth. Cumulus's motivation reflects the importance of fostering an environment in which individuals feel heard, understood, and supported, ultimately empowering them to overcome obstacles and pursue positive changes in their lives.

Counseling's Transformative Journey

The emergent theme of Counseling's Transformative Journey highlights Cumulus's significant transformation and growth as a result of her counseling experiences. Initially hesitant and apprehensive about counseling, Cumulus embarked on a journey that led to profound personal changes.

Throughout her counseling journey, Cumulus underwent a transformative process that allowed her to overcome initial fears and misconceptions. She gradually realized the positive impact of counseling on her life, leading to a shift in perspective and a newfound openness to seeking guidance. This transformation reflects the power of counseling in facilitating personal growth and empowerment.

Cumulus' story serves as a testament to the potential for change and self-discovery that can occur through counseling.

It underscores the importance of providing a safe and supportive space for individuals to explore her challenges, gain insights, and ultimately undergo transformative experiences that enhance her well-being and outlook on life.

At this point, I examined Cumulus's coping strategies for addressing the challenges she encountered during and after counseling. The following themes have emerged in this section.

Prayer and Positive Outlook

Participant 4, Cumulus, adopted a coping strategy centered around prayer and maintaining a positive outlook. In the face of challenges and difficulties, Cumulus turned to prayer as a source of guidance and solace. This coping mechanism allowed her to seek support and solutions to her problems through their faith.

Additionally, Cumulus emphasized the importance of maintaining a positive outlook, even when facing adversity. This positive mindset

served as a driving force in dealing with challenges and provided the strength needed to navigate difficult situations.

By combining prayer with a positive attitude, Cumulus found resilience and hope, demonstrating the significance of faith and optimism as coping mechanisms during and after counseling.

Acknowledging Responsibility

Cumulus' counseling journey was marked by a significant theme of acknowledging responsibility and actively working to overcome the challenges she faced. One of the key aspects of this theme was Cumulus's realization that she needed to take responsibility for her actions and decisions. This was particularly evident in her acknowledgment of her involvement in bullying and her expression of gratitude towards the guidance counselors for their assistance.

The counseling experience helped Cumulus understand the importance of owning up to her mistakes and actively seeking guidance to address and rectify them. This shift in perspective was instrumental in her personal growth and development. It also highlighted the positive influence of Cumulus' mother in the process, demonstrating the importance of a support system in overcoming challenges and taking responsibility for one's actions.

In particular, this theme reflects Cumulus' journey toward maturity and self-improvement through counseling.

Trust in Counselor and Self-Initiative

Participant 4, Cumulus, found a balance between trusting the guidance counselors and taking self-initiative as part of her coping strategies. During counseling, Cumulus learned to trust the guidance counselors, recognizing them as valuable sources of support and guidance. This trust allowed Cumulus to open up about her experiences and challenges, leading to a more fruitful counseling journey.

However, Cumulus also emphasized the importance of self-initiative. While seeking help from counselors was essential, Cumulus understood that individuals should also take the initiative in helping themselves. This dual approach, involving both guidance from counselors and personal determination, contributed to Cumulus' coping mechanisms and personal growth. It underlines the idea that counseling is a collaborative effort, with individuals actively participating in their own healing and development.

Impactful Counseling Experience

Cumulus' first-time counseling experience was profound and impactful. Initially, Cumulus had reservations and fears about sharing personal experiences and problems with a counselor. However, the counseling sessions spanning three days provided not only motivation but also a sense of healing. Cumulus felt heard and understood, which significantly reduced the weight of her problems.

The counselor played a paramount role in creating a safe and welcoming space, fostering an environment where Cumulus felt comfortable expressing herself. This first-time experience shattered any preconceived notions about counseling, replacing her with positive associations of healing and personal growth.

It emphasized the importance of changing behavior and becoming a better person during her college years, marking the beginning of a transformative journey through counseling.

Now, we delve into the themes that have surfaced from the Participant's insights gained during her counseling journey. The following items are discussed:

Empathy and Trust

The insights learned by Cumulus revolved around the importance of empathy and trust as catalysts for personal growth. Cumulus's counseling experience helped her recognize the significance of these two elements in her journey.

Firstly, she learned the value of empathy through her own experiences and the guidance she received. This insight emphasized the importance of understanding and compassion towards others, especially those who have mistreated them. It highlighted the idea that kindness and empathy can have a positive impact not only on oneself but also on others, contributing to personal growth and creating a more supportive and harmonious environment.

Secondly, trust emerged as a vital lesson for Cumulus. Through counseling, she realized the importance of trusting both herself and her guidance counselors. This trust served as a foundation for her growth, allowing her to open up, share her experiences, and work towards positive changes. Cumulus learned that trusting the counseling process and her counselors was essential in overcoming challenges and achieving personal development.

In essence, these insights reflect Cumulus' journey towards becoming a more empathetic and trusting individual, which played a fundamental role in her personal growth and development through counseling.

Case Number 5: Nimbostratus

The table below summarizes the essential themes from Nimbostratus' counseling experiences.

Table 5. *Nimbostratus' Thematic Table Analysis on Experiences, Coping Strategies, and Insights from Her Counseling Journey*

Clustered Themes	Emergent Theme
Experiences: I view counseling as a place where I can comfortably seek help and advice for the problems I face, such as bullying My experiences in counseling have contributed to my personal growth and have helped me become a better person My first Impression of the counseling service was that it was comfortable and that the counsellors were hands-on in their work. I hold these opinions because I've experienced the warm and comfortable atmosphere and learned from their advices. I sought counseling services due to a combination of academic pressure, leadership responsibilities, and bullying experiences. I endured bullying, including cyberbullying and face-to-face bullying, which led to feelings of pressure and trauma I highlighted the difficulty of managing the pressure, especially as a student leader, and the social challenges that arose from these experiences. I experienced a sense of helplessness, particularly due to bullying experiences. I emphasized the importance of balancing independence and seeking support. I had two follow-up counseling sessions, one in their first year and another in their second year. My motivation to attend counseling sessions was attributed to the supportive and comfortable environment created by the counselors and the guidance counseling head. I describe my overall counseling journey as amazing and meaningful. I highlight that counseling provides valuable advice and comforting words, motivating students to focus on their goals rather than being consumed by problems or obstacles, particularly in cases of bullying.	A Journey Towards Personal Growth
Coping Strategies: I use the "inhale-exhale technique" as a coping mechanism to deal with challenges, particularly for individuals with mental disorders or disabilities. I emphasize the importance of self-assessment when facing challenges, especially in the context of being a victim. I reflect on whether the accusations or negative words directed at me are true and, if so, take steps to improve. If the accustaions are untrue. I choose to move forward without dwelling on them. I found the counseling center to be a safe and comfortable space where I could express myself freely. I am feeling warm and safe during coueseling, It helped me address my burdens and challenges. After receiving counseling, I became more comfortable with self-expression. I shifted my focus from obstacles to my goals. I have learned to adopt a "let it be" approach when dealing with bullying, hearsay, false accusations, and negativity from others. I practice self-talk and believe in Charles Horton Cooley's mirror theory. The counseling experiences were described as not only meaningful but also wonderful. The counseling sessions were noted for being non-judgmental environments.	Comfortable Counseling Emvironment Academic Pressure and Bullying Trauma Navigating Helplessness Consistent Support A Meaningful and Motivational Journey Empowering Coping Mechanisms Safe Haven for Self-Expression Utilizing Self-Talk Meaningful and Wonderful Counseling
Insights: I learned that it's essential not to be afraid to ask for help or counseling when facing challenges in life. I realized the importance of offering help to those in need and how kindness can come back to benefit them. Showing kindness, even to those who mistreat you, is a valuable lesson, as it can have a positive impact on both you and others.	Embracing Counseling and Kindness

A journey Towards Personal Growth

This theme captured Nimbostratus' remarkable journey of personal growth through her counseling experiences. Initially, Nimbostratus may have had reservations and uncertainties about counseling, much like many individuals who are new to this form of support. However, as she progressed through her counseling sessions, a profound transformation occurred.

Nimbostratus began to recognize that counseling provided her with a safe and nurturing space to explore her innermost thoughts, feelings, and concerns. Within this secure environment, she felt free to confront her challenges, anxieties, and emotional burdens without fear of judgment or criticism. This newfound openness allowed Nimbostratus to gain deeper insights into her own psyche, fostering a sense of self-awareness that became the cornerstone of her personal growth.

As Nimbostratus shared her experiences, fears, and aspirations with her counselor, she discovered the therapeutic power of validation and empathy. The compassionate guidance and attentive listening of her counselor served as catalyst for healing and transformation. Through this process, Nimbostratus learned to confront her past traumas, manage her emotions more effectively, and develop healthier coping mechanisms.

Moreover, Nimbostratus found that counseling offered her a unique opportunity for self-reflection and self-discovery. She began to understand the underlying causes of their emotional struggles, enabling them to make positive changes in her life. By examining her

thoughts and behaviors in a supportive and non-judgmental setting, Nimbostratus gained valuable insights into her own patterns and learned how to break free from negative cycles.

This theme underscores the profound impact that counseling had on Nimbostratus' personal growth, emphasizing the therapeutic power of self-reflection, empathy, and compassionate guidance. Her journey illustrates the potential for resilience, healing, and positive change that can be achieved through counseling, inspiring others to embark on her own paths of self-discovery and growth.

Comfortable Counseling Environment

This theme underscores the critical role that the counseling environment played in Nimbostratus' therapeutic journey. From her initial sessions onward, Nimbostratus felt enveloped by an atmosphere of warmth, acceptance, and support within the counseling center. This sense of comfort was vital in allowing her to gradually open up and share her innermost thoughts and vulnerabilities.

Within this safe haven of the counseling center, Nimbostratus found solace in knowing that they were in the presence of empathetic and non-judgmental professionals who genuinely cared about their well-being. The counselors' ability to create a space where Nimbostratus could express themselves openly, without fear of criticism or reproach, was instrumental in building trust and rapport. This, in turn, enabled Nimbostratus to dig into her deepest concerns, allowing her to heal and grow.

Moreover, the supportive environment of counseling served as a powerful catalyst for change. Nimbostratus experienced firsthand the therapeutic impact of compassionate guidance and attentive listening. It was within this space that she began to process past traumas, confront unresolved emotions, and develop the necessary skills to cope with life's challenges. As Nimbostratus embarked on her journey toward personal growth, the counseling environment remained a constant source of comfort and stability, reinforcing her belief in the transformative power of counseling.

This theme highlights the profound influence of the counseling environment on Nimbostratus' therapeutic experience, emphasizing the key role it played in fostering trust, facilitating emotional healing, and ultimately enabling personal growth. It serves as a testament to the significance of creating safe and supportive spaces within counseling centers, where individuals like Nimbostratus can embark on their own journeys of self-discovery and healing.

Academic Pressure and Bullying Trauma

This theme sums up the multifaceted challenges that Nimbostratus faced during her counseling journey. She crossed a complex terrain marked by the weight of academic expectations, the demands of leadership roles, and the enduring scars of past bullying experiences.

Firstly, academic pressure loomed large in Nimbostratus' life. The weight of high expectations, both from herself and external sources created a constant sense of urgency to excel academically. This pressure often led to stress and anxiety, which became significant obstacles to her overall well-being. The counseling journey offered Nimbostratus a space to confront and address these academic pressures, allowing her to develop coping strategies and time management skills that would prove invaluable in her academic pursuits.

Secondly, Nimbostratus held leadership responsibilities within their academic and social spheres. While these roles were sources of pride and accomplishment, these also added layers of complexity to her life. The balancing act between academic commitments and leadership duties often left her feeling overwhelmed and stretched thin. Counseling provided a platform for Nimbostratus to discuss and strategize ways to manage these responsibilities effectively. Through this process, she gained insights into setting boundaries, delegating tasks, and practicing self-care, ultimately achieving a healthier balance in her life.

Lastly, the trauma of past bullying experiences cast a shadow over Nimbostratus' emotional well-being. The scars left by these encounters ran deep, affecting her self-esteem and overall outlook. Within the counseling environment, Nimbostratus found a safe space to explore and heal from the emotional wounds inflicted by bullying. The counselors' support and guidance played a fundamental role in helping her process these traumatic experiences, gradually rebuilding her self-confidence and resilience.

This theme emphasizes the intricate web of challenges that Nimbostratus confronted, highlighting the essential role of counseling in addressing academic pressures, navigating leadership responsibilities, and healing from the lasting impact of bullying trauma. It serves as a testament to her resilience and the transformative power of counseling in facilitating personal growth and emotional healing.

Navigating Helplessness

This theme captures the emotional journey of Nimbostratus as she grappled with a profound sense of helplessness, particularly in response to academic challenges, leadership responsibilities, and the trauma of past bullying experiences. It also highlights her quest for balance as she sought to harmonize the various aspects of her life.

Firstly, Nimbostratus often found herself overwhelmed by a sense of helplessness, especially when facing academic difficulties. The pressure to perform well academically, coupled with the fear of falling short, led to moments of despair and frustration. These emotions sometimes left her feeling paralyzed, unsure of how to break free from the cycle of stress and anxiety. Counseling provided Nimbostratus with a lifeline, offering strategies to combat these feelings of helplessness. Through sessions, she gained a deeper understanding of the importance of time management, effective study habits, and seeking academic support when needed. This newfound knowledge empowered her to take control of her academic challenges and regain a sense of agency.

Secondly, Nimbostratus' leadership responsibilities introduced a unique dimension of complexity to her life. Balancing academic pursuits with leadership roles often felt like an insurmountable challenge, leading to moments of helplessness. These feelings extended to her personal life, where the trauma of past bullying experiences cast a long shadow. Within the counseling environment, Nimbostratus learned the importance of seeking balance and setting boundaries. She discovered how to allocate time and energy to her academic endeavors, leadership responsibilities, and personal well-being without feeling overwhelmed. This pursuit of balance allowed her to gradually regain a sense of control over their life and reduce the impact of helplessness.

This theme underscores Nimbostratus' resilience in the face of helplessness, emphasizing how counseling served as a catalyst for regaining agency and seeking equilibrium in a complex and demanding world. It demonstrates the transformative power of counseling in fostering personal growth and emotional resilience.

Consistent Support

This theme revolves around Nimbostratus' perception of the counseling center as a reliable source of support within a welcoming and comfortable environment. It emphasizes the continuity of assistance she received and the unwavering presence of counselors during their journey.

Nimbostratus discovered the counseling center to be a sanctuary where she could freely express her thoughts, fears, and concerns without fear of judgment. The comforting atmosphere within the center, coupled with the attentive and empathetic counselors, created a safe space for her to unburden her emotions. This sense of security was vital in allowing Nimbostratus to gradually open up about her experiences and challenges. She found comfort in the knowledge that she could rely on the counseling center as a dependable support system.

Moreover, Nimbostratus noted the consistency of support provided by the counselors. Unlike fleeting moments of help, the counseling center offered ongoing guidance and encouragement. She felt heard, understood, and valued throughout her counseling journey. This consistency played a crucial role in her emotional healing and personal growth. Nimbostratus became more comfortable with self-expression, thanks to the stable and non-judgmental environment of the counseling center.

In particular, this emergent theme underscores the integral role of the counseling center in providing reliable and continuous support. It highlights the importance of a comforting and non-judgmental environment in fostering trust and personal growth. For Nimbostratus, the counseling center became a haven of consistency in a world filled with uncertainties and challenges.

A meaningful and Motivational Journey

This theme condenses Nimbostratus' counseling journey as one filled with profound meaning and motivation. It reflects how the experiences within the counseling center went beyond mere support and guidance, ultimately inspiring personal growth and transformation.

For Nimbostratus, the counseling journey became a meaningful chapter in her life story. It provided her with insights, coping strategies, and a renewed sense of purpose. She found that the counselors not only listened but also offered valuable advice and comforting words that motivated her to overcome obstacles. This motivational aspect of counseling went beyond problem-solving; it encouraged Nimbostratus to focus on her goals and aspirations rather than being consumed by difficulties.

Additionally, Nimbostratus recognized that her experiences within the counseling center had a lasting impact on her perspective. She viewed challenges as opportunities for growth and self-improvement, thanks to the lessons learned during counseling. The journey instilled a sense of motivation to continually strive for personal development and to approach life with a positive mindset.

In particular, the emergent theme of a meaningful and motivational journey highlights how counseling went beyond addressing immediate concerns. It became a catalyst for personal growth and a source of enduring inspiration for Nimbostratus. The experience within the counseling center not only helped her navigate challenges but also empowered her to envision a brighter future filled with purpose and motivation.

Now, delving into the theme that has emerged from the Participant's coping strategies both before and after the counseling journey:

Empowering Coping Mechanism

This theme encompasses the coping strategies adopted by Nimbostratus during and after counseling sessions, emphasizing the sense of empowerment these strategies provided. Nimbostratus learned to rely on various techniques and practices to navigate challenges and maintain emotional well-being.

One significant aspect of these coping strategies was the emphasis on self-reliance and personal agency. Nimbostratus realized that she could take charge of her own emotional and mental state. She learned to practice self-reflection, self-control, and mindfulness, which enabled her to manage stress and anxiety effectively. This newfound sense of empowerment allowed her to approach difficulties with resilience and determination.

Another key component of these coping strategies was seeking support from trusted individuals. Nimbostratus recognized the

importance of building a strong support system, both within and outside the counseling center. She learned to confide in friends and family, fostering a sense of connectedness and mutual assistance. This support network became an essential pillar of her coping strategy, providing emotional sustenance during challenging times.

Moreover, Nimbostratus found empowerment in setting and pursuing personal goals. Counseling helped her identify her aspirations and develop a clear path toward achieving them.

This goal-oriented approach instilled a sense of purpose and motivation, enabling her to focus on positive outcomes rather than dwelling on obstacles.

Safe Haven for Self-Expression

This theme summarizes Nimbostratus's experience of the counseling center as a safe and nurturing space where she could freely express her thoughts, feelings, and concerns. Throughout her counseling journey, Nimbostratus discovered that the counseling center provided a non-judgmental environment that encouraged open self-expression.

At the core of this theme is the idea that Nimbostratus felt heard and understood by the counselors. She could share her innermost thoughts and experiences without fear of criticism or judgment. This sense of validation and empathy played a vital role in her healing process, as it allowed her to unburden herself of emotional weight and find comfort in sharing their challenges.

Nimbostratus also noted that the counseling center served as a platform for personal growth and self-discovery. Through self-expression, she gained insights into her own thought patterns and behaviors. This introspection empowered her to make positive changes in her life, develop healthier coping mechanisms, and build resilience.

Furthermore, this safe haven for self-expression extended to interactions with fellow students who sought counseling. Nimbostratus found that sharing experiences with peers in group sessions fostered a sense of community and mutual support.

This not only reinforced her belief in the value of open communication but also inspired her to be a source of encouragement for others.

Utilizing Self-Talk

This theme underscores Nimbostratus' utilization of self-talk and their belief in Charles Horton Cooley's Mirror Theory as valuable coping mechanisms. Throughout her counseling journey, Nimbostratus discovered the power of positive self-talk and self-affirmation as tools to counteract negativity, bullying, and false accusations.

Nimbostratus found that engaging in self-talk allowed her to challenge negative thoughts and perceptions. When faced with bullying or hearsay, she practiced speaking to herself in a positive and affirming manner. This form of self-dialogue served as a protective shield against the harmful effects of external negativity. By emphasizing her worth and positive qualities, Nimbostratus could counteract the damaging impact of hurtful words and rumors.

Additionally, Nimbostratus embraced Charles Horton Cooley's Mirror Theory, which posits that our self-concept is influenced by how we believe others perceive us. Through counseling, she internalized the idea that her self-worth should not be defined by external judgment or criticism. Instead, she focused on nurturing a positive self-image and self-esteem.

This coping strategy allowed Nimbostratus to navigate bullying experiences and false accusations with resilience. By relying on self-talk and Cooley's Mirror Theory, she could maintain a strong sense of self-worth and emotional well-being. It also empowered her to rise above the negativity of others and focus on their personal growth and development.

In other words, the emergent theme of Self-Talk and Cooley's Mirror Theory highlights Nimbostratus's use of positive self-dialogue and the principles of self-perception theory to bolster their self-esteem and resilience. This coping strategy enabled her to confront and overcome external challenges, ultimately contributing to her personal growth and well-being.

Meaningful and Wonderful Counseling

This theme captures Nimbostratus's perception of her counseling experiences as not only meaningful but also wonderful. Throughout her counseling journey, she found comfort and support in the guidance center, describing it as a warm and non-judgmental environment.

Nimbostratus' initial impression of the counseling service was one of comfort and hands-on guidance. She felt genuine warmth and comfort during her counseling sessions, which contributed to her willingness to address her burdens and challenges. This welcoming atmosphere created by the counselors and the safe space provided allowed Nimbostratus to express herself more freely.

Furthermore, after receiving counseling, Nimbostratus noticed a significant shift in her focus. She transitioned from dwelling on obstacles to concentrating on her goals. The guidance and advice she received during counseling motivated her to redirect her energy toward positive pursuits and personal growth. This transformation in her perception and mindset marked the counseling experiences as both meaningful and wonderful.

To sum it up, the emergent theme of Meaningful and Wonderful Counseling highlights Nimbostratus's positive encounters in the

counseling center. She experienced a warm and supportive atmosphere that encouraged self-expression and personal growth. These experiences left an enduring impact, steering her toward a more positive and goal-oriented outlook on life.

Now, let us move on to the participant's insights gained from her counseling journey. I sifted through the prevailing theme from our interview.

Embracing Counseling and Kindness

This theme highlights Nimbostratus' profound realizations during her counseling journey. She learned that it is essential not to be afraid to seek help or counseling when facing challenges in life. Through the counseling experiences, she recognized the value of offering help to those in need and how acts of kindness can come back to benefit both the giver and the recipient.

Nimbostratus discovered that showing kindness, even to those who might mistreat you, is a valuable lesson. Such kindness can have a positive impact not only on oneself but also on others. Her counseling journey instilled in them a deep sense of empathy and a willingness to extend a helping hand to those facing difficulties.

Furthermore, Nimbostratus understood that embracing help, whether from guidance counselors or peers, is a sign of strength rather than weakness. Seeking assistance when needed and being receptive to guidance became integral aspects of her personal growth. This insight highlighted the power of empathy, kindness, and positive interactions in fostering a supportive and compassionate community.

In particular, the emergent theme of "Embracing Help and Kindness" underscores the transformative lessons learned by Nimbostratus during her counseling journey. She gained a deeper understanding of the value of help and kindness, not only for her own growth but also for fostering a more compassionate and supportive environment for all.

Chapter Summary

I explored the unique counseling journeys of five individuals, each with their distinct experiences, challenges, and transformative insights.

I delved into Cumulonimbus' story, highlighting the theme of Counseling as a Safe Space. Cumulonimbus' journey emphasized how counseling serves as a secure environment for openly discussing personal challenges and benefiting from the guidance of counselors. Their experiences underscored the significance of seeking help and finding valuable lessons in counseling.

Moving on, Cirrus illuminated the theme of Guiding Light and Parental Substitute. Cirrus found guidance counselors to be instrumental in providing direction and support, filling the void of parental guidance. Their story emphasized the pivotal role of counseling in shaping their future goals.

Stratus, who underwent a transformation from initial apprehension to positive counseling experiences. The theme "Overcoming Hesitation" revealed Stratus' evolution from fear to supportive guidance, highlighting the importance of addressing challenges and seeking guidance, even in the face of initial hesitations and fears.

Cumulus, who embarked on A Journey Towards Personal Growth. Their experiences emphasized how counseling became a catalyst for personal growth, helping them navigate life's challenges. The chapter underscored the transformative power of counseling.

Lastly, Nimbostratus shared her insights on Embracing Counseling and Kindness. Nimbostratus emphasized the significance of seeking help when needed and the transformative power of kindness and empathy. Their story exemplified the profound lessons that can be learned through counseling.

Collectively, these chapters illustrated the diverse and impactful counseling experiences of individuals from different backgrounds. They underscore the vital role of counseling in personal growth, the importance of creating safe spaces for individuals to seek help, and the transformative potential of empathy and kindness within communities.

Cross-Case Analysis

In this section chapter, we dig into the complex process of cross-case analysis, akin to assembling pieces of a puzzle. Here, we meticulously examine and compare the narratives and insights gleaned from the five diverse counselees who participated in my comprehensive research study titled "Uncovering College Students' Counseling Experiences." This chapter serves as the cornerstone of my research, where I carefully dissect the commonalities and disparities within the participants' respective counseling journeys.

The overarching aim of this section is to unearth the recurring themes, shared coping mechanisms, and profound insights that have emerged from my five unique cases. By meticulously spinning together the sequences of their experiences, I aimed to gain a holistic understanding of the transformative power of counseling in the lives of college students. Through rigorous analysis, I aimed to sift through essential lessons and perspectives that may contribute to the broader field of counseling and offer valuable insights for counselors, educators, and policymakers alike. This cross-case analysis not only provides a comprehensive overview of my research findings but also illuminates the multifaceted nature of counseling experiences and their potential for personal growth and transformation.

A Cross-Case Analysis of Participants' (1-5) Experiences, Coping, And Insights To Identify Similarities.

Table 6. *A Cross-Case Analysis of Participants' Experiences, Copings, and Insights of the Similarities on their Counseling Journey*

<i>Categories</i>	<i>Participants</i>	<i>Similarities</i>
Experiences	2 & 3	initial hesitation and fears regarding seeking guidance
	3 & 5	address academic challenges and foster personal growth
Copings	4 & 5	expressed heartfelt gratitude for the guidance counsellors who played a pivotal role in their transformation
	4 & 5	stressed the significance of facing challenge head-on
Insights	1 & 4	address challenges promptly
	1 & 4	rebuilding self-confidence through their counseling experiences
	3 & 5	taking swift action and seeking guidance promptly
	3 & 5	the importance of self-confidence in navigating life's ups and downs
		overcoming challenges, fostering personal growth
		underscore the effectiveness of counseling in addressing common challenges and fostering personal development

Upon careful analysis of the participants' experiences, challenges, coping strategies, and insights learned from their counseling journey, it became apparent that there are several similarities among them:

Similar Experiences and Challenges

Participant 2 (Cirrus) and Participant 3 (Stratus) shared remarkably similar experiences when it came to their initial hesitations and fear regarding seeking guidance. These parallels highlight the universal challenges that college students can encounter when contemplating counseling.

Cirrus, upon reflection, had harbored reservations about counseling stemming from concerns about how their parents would react to their decision to seek help. They feared potential disappointment or misunderstandings about the need for counseling. Similarly, Stratus grappled with apprehensions related to parental reactions and the potential consequences it might have on their academic records. Both participants were apprehensive about the perceived implications of seeking counseling, especially regarding how their parents and educational institutions would perceive their actions.

However, what makes their stories particularly compelling is the journey they undertook to overcome these initial fears. Cirrus and Stratus demonstrated resilience and determination by pushing past their anxieties. Their shared motivation to address academic challenges and foster personal growth ultimately propelled them to seek counseling. Their experiences serve as a testament to the transformative power of counseling in helping individuals overcome initial apprehensions and embrace a path toward self-improvement and emotional well-being. This similarity underscores the importance of providing a supportive and non-judgmental environment within counseling centers to encourage hesitant students to take the crucial step of seeking help.

Participant 4 (Cumulus) and Participant 5 (Nimbostratus) found common ground in their reasons for seeking counseling, which were rooted in their encounters with bullying. Their experiences with bullying shaped their emotional well-being and prompted them to seek guidance and support.

Cumulus and Nimbostratus both recognized the significance of not judging others. Cumulus, after engaging in counseling, gained a deeper understanding of the importance of empathy and the harmful consequences of passing judgment on others. They learned to appreciate the value of kindness and compassion in their interactions with peers. Similarly, Nimbostratus, through their counseling journey, internalized the lesson of not judging others, emphasizing the need for empathy and kindness even in the face of mistreatment.

Moreover, both participants expressed heartfelt gratitude for the guidance counselors who played a pivotal role in their transformation. Cumulus acknowledged the positive impact of their mother and the counselors in their journey toward positive change. Nimbostratus also expressed gratitude toward the guidance counselors for their assistance, recognizing the counselors' role in helping them change their behavior and outlook.

These parallels between Cumulus and Nimbostratus showcase the transformative potential of counseling, particularly in addressing the emotional toll of bullying and instilling values of empathy and kindness. Their stories emphasize the necessity of fostering a safe and supportive counseling environment where individuals can confront the challenges of bullying and work towards personal growth and positive change.

Similar Coping Strategies

Participant 3 (Stratus) and Participant 5 (Nimbostratus) shared a common perspective on the proactive approach to problem-solving and the importance of addressing issues promptly. In their counseling experiences, both participants stressed the significance of facing



challenges head-on rather than postponing or avoiding them.

Stratus and Nimbostratus recognized that delaying the resolution of problems could lead to increased stress and anxiety. Stratus, for instance, learned through counseling that it was crucial to confront academic challenges and time management issues immediately. They understood that by taking swift action and seeking guidance promptly, they could prevent these problems from escalating and causing more significant distress.

Similarly, Nimbostratus, who sought counseling due to experiences with bullying, highlighted the importance of addressing issues as soon as these arise. They understood that allowing negative experiences and mistreatment to persist without intervention could lead to prolonged emotional suffering. Their counseling journey reinforced the idea that tackling problems promptly was key to preventing them from lingering and potentially causing more significant harm.

The alignment between Stratus and Nimbostratus in their views on timely problem resolution highlights an essential lesson from counseling-addressing challenges promptly can mitigate their negative impact and contribute to personal growth and well-being. It underscores the value of counseling in instilling practical problem-solving skills and empowering individuals to take proactive steps toward a healthier and more resilient life.

Similar Insights Learned

Participant 1 (Cumulonimbus) and Participant 4 (Cumulus) shared common insights regarding the importance of rebuilding self-confidence through their counseling experiences. Both Cirrus and Cumulus recognized that counseling played a pivotal role in helping them regain self-belief, which was crucial for navigating life's challenges, particularly during difficult moments.

Cumulonimbus, in their counseling journey, learned to rebuild self-confidence by seeking guidance and support. They discovered that acknowledging their struggles and opening up to counselors allowed them to receive valuable advice and reassurance. Over time, Cumulonimbus realized that maintaining self-confidence was essential for facing adversity, as it empowered them to confront challenges with resilience and determination.

Similarly, Cumulus, who sought counseling after experiences with bullying, found that counseling provided a safe space to rebuild self-confidence. They understood that the guidance counselors' support and the positive influences in their lives played a significant role in this process. Cumulus's counseling journey reinforced the notion that self-confidence was a valuable asset, especially when dealing with the emotional toll of bullying.

The shared insight between Cumulonimbus and Cumulus highlights an essential lesson from their counseling experiences-the importance of self-confidence in navigating life's ups and downs. It underscores how counseling can serve as a catalyst for rebuilding self-belief, ultimately contributing to personal growth, resilience, and a more positive outlook on life.

Participant 3 (Stratus) and Participant 5 (Nimbostratus) shared a common theme in their counseling journeys, emphasizing the profound significance of empathy, trust, and kindness as catalysts for personal growth. Both Stratus and Nimbostratus came to understand the transformative power of reaching out to others, offering help, and fostering a culture of kindness.

Stratus, who faced academic challenges and hesitations about seeking guidance, learned that empathy and trust played pivotal roles in their counseling experience. The support and understanding they received from their counselor helped them navigate their academic struggles and personal growth. Stratus realized that extending kindness to oneself and others was a vital step toward fostering positive change and overcoming obstacles.

Nimbostratus, who grappled with academic pressure, leadership responsibilities, and the trauma of bullying, also gained insights into the importance of empathy and kindness. Their counseling journey led them to appreciate the positive impact of showing kindness, even to those who may have mistreated them. They recognized that empathy and trust could be powerful tools for personal growth, healing, and building meaningful connections with others.

The shared learning between Stratus and Nimbostratus underscores the universal importance of empathy, trust, and kindness in the counseling process. It highlights how these qualities can be instrumental in overcoming challenges, fostering personal growth, and creating a supportive and nurturing environment for both the individuals seeking help and those offering guidance.

These similarities demonstrate the universal themes that transcend individual experiences, suggesting that certain lessons and coping mechanisms resonates across diverse counseling journeys. It underscores the effectiveness of counseling in addressing common challenges and fostering personal development among college students.

A Cross-Case Analysis of Participants' (1-5) Experiences, Coping, And Insights To Identify Differences.

Table 7. A Cross-Case Analysis of Participants' Experiences, Copings, and Insights of the Differences on their Counseling Journ

Categories	Participants	Similarities
Experiences	1	Family Issues and the Trauma of Sexual Abuse
	2	Delicate Balance Between Family Responsibilities and Commitment to Education

Coping	3	Grappled with Time Management Difficulties
	4 & 5	Bullying Experiences
	1	Faith and Prayer
	2 & 3	Academic Focus
Insights	4 & 5	Embracing Empathy, Trust, Kindness and Maintaining a Positive Outlook
	2	Future Preparation
	3	Practical Problem-Solving Skills
	4 & 5	Self-Discovery and Personal Growth

Upon careful analysis of the participants’ experiences, challenges, coping strategies, and insights learned from their counseling journey, it became apparent that there are several differences among them:

Differences in Experiences and Challenges

Participant 1, Cumulonimbus, had a set of unique experiences that distinguished her from the other participants in the study. Cumulonimbus faced significant challenges related to family issues and the trauma of sexual abuse. These experiences had a profound impact on her emotional well-being, setting her apart from the rest of the participants who faced different types of challenges.

While other participants in the study primarily dealt with academic pressures, bullying, and personal growth issues, Cumulonimbus navigated the complex terrain of family dynamics and the deep emotional scars left by past traumatic experiences. This marked a distinct aspect of their counseling journey as they grappled with the need to address these deeply rooted issues to find healing and personal growth.

Cumulonimbus' unique experiences underscored the diversity of challenges that college students can face and highlighted the importance of tailored counseling approaches to address individual needs. Their journey shed light on the crucial role that counseling plays in providing support and guidance for a wide range of challenges, including those stemming from complex family situations and past traumas.

Participant 2, Cirrus, stood out in terms of the challenges she faced during her counseling journey. While some of the other participants primarily dealt with academic pressure or bullying, Cirrus’s experiences were centered around the delicate balance between her family responsibilities and her commitment to her education.

Cirrus found themselves in a unique situation where they had to navigate the demands of both their family and school life. This included managing family emergencies and responsibilities while also striving to excel academically. Their experiences highlighted the complexity of their situation, which set them apart from participants who primarily grappled with academic pressures or bullying.

Cirrus' journey emphasized the importance of addressing multifaceted challenges that college students might encounter. Their story underscored the need for counseling services that are adaptable and sensitive to the diverse range of issues that students face, including the intricacies of managing family and academic responsibilities simultaneously. It highlighted the value of counseling in providing support and guidance tailored to the specific challenges individuals like Cirrus encounter during their college years.

Participant 3, Stratus, had a unique set of challenges that differentiated her counseling journey from others in the study. Stratus grappled with time management difficulties, a situation that was distinct from the challenges faced by participants dealing with various academic issues.

Stratus' experiences centered around the demanding role of being a working student, which presented its own set of complexities. Juggling work responsibilities alongside academic commitments required effective time management skills and the ability to balance these responsibilities efficiently. Their story shed light on the specific challenges faced by working students in higher education, highlighting the importance of addressing these challenges through counseling services tailored to their needs.

Stratus's counseling journey underscored the significance of recognizing and accommodating the diverse array of challenges that college students encounter. It emphasized the role of counseling in providing support and guidance tailored to the unique circumstances of working students like Stratus, who seek to navigate the complexities of their academic and professional lives simultaneously. This highlighted the adaptability of counseling services in addressing the distinct challenges faced by different individuals in the college environment.

Participant 4 (Cumulus) and Participant 5 (Nimbostratus) both sought counseling due to bullying experiences, distinguishing them from those with different motivations for counseling.

Both Cumulus and Nimbostratus shared a common motivation for seeking counseling, which was their experiences with bullying. This commonality set them apart from participants who had different reasons for engaging in counseling. Their stories highlighted the pervasive issue of bullying in college settings and the profound impact it can have on students' emotional well-being.

Cumulus' experiences with bullying, as well as her encounters with family issues and sexual abuse, presented a unique and complex

set of challenges. These experiences significantly affected her emotional well-being and required a comprehensive and sensitive approach to counseling. On the other hand, Nimbostratus primarily faced bullying-related challenges, indicating the varied forms and contexts in which bullying can manifest.

Despite both participants sharing a common motivation related to bullying; their individual experiences showcased the diversity of issues that students may confront within this broader theme. Cumulus's experiences, in particular, highlighted the importance of addressing multifaceted challenges, including family issues and trauma, within the counseling context.

Nimbostratus's story, while centered on bullying, emphasized the need for tailored strategies and interventions to address the unique aspects of bullying experiences that different students may encounter. Together, these two participants illustrated how counseling can be adapted to address specific challenges while still addressing the overarching issue of bullying in college settings.

Different Coping Strategies

Participant 1, Cumulonimbus, employed a coping strategy centered on faith and prayer. This approach provided her with solace and strength, allowing her to navigate the challenges stemming from family issues and experiences of sexual abuse. Her reliance on faith was a unique coping mechanism compared to other participants who used alternative strategies to manage their difficulties.

In contrast, several other participants, including Cirrus (Participant 2) and Stratus (Participant 3), leaned towards academic focus as a coping strategy. They found solace in immersing themselves in their studies, particularly during demanding academic periods. This strategy helped them maintain their productivity and cope with stress arising from academic pressures. It set them apart from Cumulonimbus, who did not primarily rely on academics as a means of coping.

Participant 4 (Cumulus) and Participant 5 (Nimbostratus) did not explicitly mention faith or academic focus as their primary coping mechanisms. Instead, Cumulus emphasized embracing empathy, trust, and kindness as catalysts for growth, while Nimbostratus highlighted the importance of maintaining a positive outlook and using self-talk as tools for managing challenges. These coping strategies, while distinct from Cumulonimbus's faith-based approach, showcased the diversity of methods participants employed to navigate their unique challenges.

In general, the participants' differing coping strategies reflected the multifaceted nature of their experiences and the individualized approaches they adopted to address their respective challenges. While Cumulonimbus's reliance on faith and prayer was a distinguishing feature, it demonstrated the adaptability of coping mechanisms to meet the specific needs of each participant.

Differences in Insights

Participant 2, Cirrus, had a distinctive set of insights that centered around the theme of future preparation. Unlike some of the other participants who primarily focused on rebuilding self-confidence or developing empathy, Cirrus's counseling journey revolved around the idea of planning for the future. This unique perspective emerged from her experiences balancing family responsibilities and academic pursuits.

During their counseling sessions, Cirrus realized the importance of looking ahead and preparing for what lay in store. They learned that addressing their challenges was not just about the present but also about setting themselves up for success in the future. This insight became a guiding principle in their life, driving them to become more proactive and forward-thinking.

Cirrus' emphasis on future preparation served as a distinct feature of their counseling experience, setting them apart from others who may have had different focal points. This insight underscored the diversity of perspectives and lessons that can be gained through counseling, with each participant drawing from their unique experiences to shape their understanding of personal growth and development.

Participant 3, Stratus, had a distinctive set of insights that revolved around practical problem-solving skills, setting them apart from the other participants in the study. Stratus's counseling journey primarily focused on navigating time management challenges as a working student and overcoming academic struggles. These experiences led to the development of practical problem-solving skills as a central theme in their counseling journey.

Throughout their counseling sessions, Stratus learned how to approach and address challenges in a methodical and practical manner. They gained valuable skills for managing their time effectively and finding solutions to academic difficulties. This emphasis on practical problem-solving became a cornerstone of their personal growth, allowing them to tackle issues head-on and develop a proactive mindset.

Stratus' focus on practical problem-solving skills distinguished them from other participants who may have learned different lessons during their counseling experiences. It highlighted the unique nature of each individual's journey and the specific insights that can be gained based on the challenges they face. Stratus's story showcased the transformative power of counseling in equipping individuals with practical tools to navigate life's difficulties.

Both Cumulus (4) and Nimbostratus (5) derived valuable insights related to the impact of kindness, demonstrating their shared appreciation for the role of compassion and support in their counseling journeys. However, Cumulus' insights extended beyond this

common theme, as they emphasized the transformative journey they experienced through counseling.

Cumulus' counseling experience was marked by a profound transformation in their outlook and mindset. They highlighted the journey of self-discovery and personal growth that counseling facilitated. Cumulus's insights underscored the idea that counseling can be a catalyst for significant positive change in an individual's life. Their story illustrated the transformative power of counseling in helping individuals overcome challenges, rebuild self-confidence, and embrace a more positive and hopeful perspective.

Nimbostratus, on the other hand, emphasized the importance of the kindness and support they received during their counseling experience. While their insights aligned with Cumulus in this aspect, Nimbostratus's story did not explicitly highlight a transformative journey in the same way as Cumulus did. Instead, Nimbostratus's focus remained on the significance of empathy, trust, and the positive impact of counseling.

Discussion

The mental and emotional well-being of college students is an essential cornerstone in the realm of higher education, where the pursuit of knowledge interconnects with personal development and self-discovery. Academic journeys are usually filled with hurdles, both academic and personal, that can have a significant impact on a student's ability to thrive and succeed. The study "Uncovering College Students' Counseling Experiences" went on a deep dive into this dynamic scene, with the goal of shedding light on the counseling experiences of five distinct participants, each identified as Participant 1 – Cumulonimbus, Participant 2 – Cirrus, Participant 3 – Stratus, Participant 4 – Cumulus, and Participant 5 – Nimbostratus.

This chapter explores the heart of my research, unraveling the rich complex of experiences, challenges, coping strategies, and insights gained by these five participants as they went through their counseling journey. Their intertwined stories offer a multifaceted perspective on the complexities of seeking counseling services, navigating academic stress, coping with crises, and confronting the pervasive issue of bullying in higher education. As I went on this journey through their stories, I hoped to contextualize the emerging themes and patterns within the broader scenery of counseling and mental health support for college students.

In the following sections, I illuminate the key findings of my research, drawing connections with the Review of Related Literature previously presented in Chapter 2 to enrich our understanding of the participants' experiences. I also investigated the implications of these findings for counseling practice, providing useful insights for practitioners and institutions attempting to provide effective support for college students. In addition, I plotted a course for future research endeavors, identifying avenues for additional investigation in this critical domain. Finally, I concluded my research by reflecting on the significance of my findings and their potential to shape the scenery of mental health and counseling services for college students.

Conclusion

In concluding my study, I reflect on the profound significance of my findings and their potential to shape the landscape of college students' mental health and counseling services. The journey I embarked on, guided by the narratives of five courageous participants, Cumulonimbus, Cirrus, Stratus, Cumulus, and Nimbostratus, has illuminated essential facets of the challenges, coping strategies, and transformative experiences that has unfolded within the counseling journey of these college students. My exploration unveiled the pervasive stigma surrounding mental health, a formidable barrier that inhibits many from seeking the support they desperately need. The courage of our participants in sharing their experiences reflects a broader societal challenge—one that calls for collective efforts to destigmatize mental health concerns and create safe spaces for open dialogue.

I dig deep into the relentless academic pressures that clouded the skies of Cumulus and Nimbostratus, highlighting the intricate relationship between academic stress and mental well-being. Their narratives underscored the urgent need for comprehensive strategies that address the academic and emotional dimensions of college life, ensuring that students thrive academically while maintaining their mental equilibrium. The coping mechanisms my participants shared—mindfulness practices, seeking social support, and engaging in creative outlets—serve as beacons of resilience and resourcefulness. Their experiences emphasized the importance of multifaceted coping approaches in navigating the turbulent waters of college life. Stratus, with unwavering candor, illuminated the instrumental role of counseling services in providing a sanctuary for self-exploration and emotional support. The significance of accessible and empathetic counseling services in addressing mental health concerns emerged as a vital theme, challenging institutions to prioritize and expand their mental health support systems.

Cirrus and Cumulonimbus embarked on transformative journeys of self-discovery and personal growth through counseling. Their narratives revealed the immense potential of counseling to provide individuals with profound insights into their emotions, behaviors, and coping patterns, fostering a path of growth and self-realization. The resilience and empowerment exhibited by all our participants serve as a testament to the human spirit's capacity to weather adversity and emerge stronger. Their journeys underscore the importance of nurturing resilience among college students, equipping them with the tools to navigate life's challenges.

The bonds formed in the counselor-client relationship, as articulated by Nimbostratus, highlight the pivotal role of trust and empathy. These qualities define the heart of counseling creating safe and nonjudgmental spaces where individuals can explore their inner worlds. While not extensively discussed, the theme of peer support and connections emerged as a valuable resource for our participants. This

theme hints at the potential benefits of peer-led support systems, shedding light on an area that warrants further exploration. As I conclude my study, I recognized that the narratives of Cumulonimbus Cirrus, Stratus, Cumulus, and Nimbostratus offer profound insights into a complex web of college students' mental health journeys. Their stories illuminate both the challenges and the resilience that define this critical phase of life. They remind us of the imperative to foster environments of empathy, support, and understanding on college campuses.

My findings hold the potential to shape the landscape of college students' mental health and counseling services. They beckon practitioners and institutions to destigmatize mental health concerns, bolster academic support systems, diversify coping strategies, prioritize accessible counseling services, and nurture resilience. They invite future research endeavors to explore these themes further, enriching our understanding of college students' experiences. In the end, this study serves as a testament to the courage of those who has embarked on the counseling journey, seeking the light that can pierce even the darkest clouds. It is our hope that the lessons drawn from these narratives will guide institutions, practitioners, and researchers in their endeavors to support the well-being and flourishing of college students. As the skies of higher education continue to evolve, they may be imbued with compassion, understanding, and a commitment to mental health.

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