

STUDENT TESTIMONIAL

From: Student (Name hidden for confidentiality)
Date: Fri, Jan 28, 2022 at 5:20 PM
Subject: Re: Gentle Reminder: Re: Feedback regarding Wellness Counseling
To: Student Welfare Unit, Office of Student Affairs, AIT <student-welfare@ait.asia>

Dear Student Welfare,
Thanks for your email. Please see my feedback below:

The wellness counselling sessions offered by OSA were very helpful for me during this hard time. The professional counsellors helped me to look at the hidden issues I am struggling in my mind by having a casual conversation so I didn't have to try hard to explain about my problems. They also provided some practical advices that can help reducing stress. I appreciate that I was able to join a few counselling sessions and would love to recommend anyone.

Hope this would be helpful!

Regards,
Student

EMAILS FROM OFFICE OF STUDENT AFFAIRS

From: **Office of Student Affairs** <osa@ait.asia>
Date: Tue, Mar 30, 2021 at 5:20 PM
Subject: Wellness Counselling - Now Available near Office of Student Affairs, Administration Building
To: <students@ait.ac.th>
Cc: <staff@ait.ac.th>, <faculty@ait.asia>

Dear students,
Greetings from the Office of Student Affairs (OSA) !

One of the missions of OSA is to provide the best possible welfare to AIT students which includes mental health counselling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties. To enable OSA to provide a broader service especially for student welfare, we are pleased to inform you that twice a week starting from **Friday, 2 April 2021**, special health counseling sessions will be conducted every *Wednesday* and *Friday* by a professional psychologist.

The schedule on **Wednesdays**, from **4:00 p.m. to 7:00 pm** is **on-site/in person** and on **Fridays**, from **5:00 p.m. - 8:00 p.m.** is **online through Zoom meeting**.

The first session will be on **2 April 2021 (Friday)** from **5:00 p.m. to 8:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student. The venue for the onsite/in person and also online meeting (laptop for Zoom meeting to be provided in the room as well) will be in the **Wellness Counselling** office, Ground Floor, Administration Building. The office is at the back of the Purchasing Office (OPIA), facing the Admin. football field and near the Office of Student Affairs.

Appointment will be on a first-come-first-serve basis through the Mental Health Counselling Center registration form in this [link](#)

We look forward to welcoming you and encourage you to make use of this opportunity, which is currently twice a week.

With warm regards,

Office of Student Affairs
Asian Institute of Technology
58 Moo 9, Klong Nueng
Km. 42, Paholyothin Highway
Klong Luang, Pathumthani 12120
Thailand
<https://www.ait.asia>
Tel No: (66-2) 524 5031-5037

=====

From: **Office of Student Affairs** <osa@ait.asia>
Date: Mon, Jul 5, 2021 at 10:46 AM
Subject: **Wellness Counselling - Available Online this July 2021**
To: <students@ait.ac.th>
Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this July starting from **Wednesday, 7 July 2021**, special health counseling sessions will be conducted again every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counselling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 p.m.** is **online through 2 platforms: Zoom Meeting and Google Meet.**

The first session will be on **7 July 2021 (Wednesday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counselling registration form in this [link](#)

We look forward to welcoming you and encourage you to make use of this opportunity, which is currently twice a week.

With warm regards,

Office of Student Affairs
Asian Institute of Technology (AIT)
58 Moo 9, Klong Nueng
Km. 42, Paholyothin Highway
Klong Luang, Pathumthani 12120
Thailand
<https://www.ait.asia>
Tel No: (66-2) 524 5031-5037

From: **Office of Student Affairs** <osa@ait.asia>
Date: Fri, Jul 23, 2021 at 3:50 PM
Subject: **Gentle Reminder : Wellness Counselling - Available Online this July 2021**
To: <students@ait.ac.th>
Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this July starting from **Wednesday, 7 July 2021**, special health counseling sessions will be conducted again every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counselling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 p.m.** is **online through 2 platforms: Zoom Meeting and Google Meet.**

The first session will be on **7 July 2021 (Wednesday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counselling registration form in this [link](#)

We look forward to welcoming you and encourage you to make use of this opportunity, which is currently twice a week.

With warm regards,

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=====
From: **Office of Student Affairs** <osa@ait.asia>
Date: Fri, Aug 6, 2021 at 9:22 AM
Subject: Wellness Counseling - Available Online this August 2021
To: <students@ait.ac.th>
Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this August starting from **Wednesday, 11 August 2021**, special health counseling sessions will be conducted again every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counseling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

[The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 pm** is **online through 2 platforms: Zoom Meeting and Google Meet**.

The first session will be on **11 August 2021 (Wednesday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counseling registration form in this [link](#)

We look forward to welcoming you and encourage you to make use of this opportunity, which is currently twice a week.

With warm regards,

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=====

From: **Office of Student Affairs** <osa@ait.asia>
Date: Fri, Aug 13, 2021 at 9:24 AM
Subject: Gentle Reminder: Wellness Counseling - Available Online this August 2021
To: <students@ait.ac.th>
Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this August starting from **Wednesday, 11 August 2021**, special health counseling sessions will be conducted again every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counseling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 pm** is **online through 2 platforms: Zoom Meeting and Google Meet**.

The first session will be on **11 August 2021 (Wednesday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counseling registration form in this [link](#)

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Tel No: (66-2) 524 5031-5037

=====
From: **Office of Student Affairs** <osa@ait.asia>
Date: Fri, Aug 27, 2021 at 3:46 PM
Subject: Wellness Counseling - Available Online this September 2021
To: <students@ait.ac.th>
Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this September starting from **Wednesday, 1 September 2021**, special health counseling sessions will be conducted again every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counseling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 pm** is **online through 2 platforms: Zoom Meeting and Google Meet**.

The first session will be on **1 September 2021 (Wednesday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counseling registration form in this [link](#)

We look forward to welcoming you and encourage you to make use of this opportunity, which is currently twice a week.

With warm regards,

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=====
From: **Office of Student Affairs** <osa@ait.asia>

Date: Wed, Sep 8, 2021 at 9:16 AM

Subject: Gentle Reminder: Wellness Counseling - Available Online this September 2021

To: <students@ait.ac.th>

Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this September starting from **Wednesday, 1 September 2021**, special health counseling sessions will be conducted again

every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counseling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 pm** is **online through 2 platforms: Zoom Meeting and Google Meet**.

The first session will be on **1 September 2021 (Wednesday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counseling registration form in this [link](#)

We look forward to welcoming you and encourage you to make use of this opportunity, which is currently twice a week.

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Tel No: (66-2) 524 5031-5037

From: **Office of Student Affairs** <osa@ait.asia>

Date: Fri, Sep 17, 2021 at 5:10 PM

Subject: Gentle Reminder: Wellness Counseling - Available Online this September 2021

To: <students@ait.ac.th>

Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this September starting from **Wednesday, 1 September 2021**, special health counseling sessions will be conducted again every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counseling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 pm** is online through 2 platforms: Zoom Meeting and Google Meet.

The first session started last **1 September 2021 (Wednesday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counseling registration form in this [link](#)

We look forward to welcoming you and encourage you to make use of this opportunity, which is currently twice a week.

With warm regards,

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Thailand

<https://www.ait.asia>

Tel No: (66-2) 524 5031-5037

=====
From: **Office of Student Affairs** <osa@ait.asia>

Date: Wed, Sep 29, 2021 at 2:54 PM

Subject: Wellness Counseling - Available Online this October 2021

To: <students@ait.ac.th>

Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this October starting from **Friday, 1 October 2021**, special health counseling sessions will be conducted again every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counseling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 pm** is online through 2 platforms: Zoom Meeting and Google Meet.

The first session will be on **1 October 2021 (Friday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counseling registration form in this [link](#)

We look forward to welcoming you and encourage you to make use of this opportunity, which is currently twice a week.

With warm regards,

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Thailand

<https://www.ait.asia>

Tel No: (66-2) 524 5031-5037

=====
From: **Office of Student Affairs** <osa@ait.asia>

Date: Fri, Oct 8, 2021 at 3:47 PM

Subject: Gentle Reminder: Wellness Counseling - Available Online this October 2021

To: <students@ait.ac.th>

Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this October starting from **Friday, 1 October 2021**, special health counseling sessions will be conducted again every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counseling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties. The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 pm** is **online through 2 platforms: Zoom Meeting and Google Meet**.

The first session started last **1 October 2021 (Friday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counseling registration form in this [link](#)

We look forward to welcoming you and encourage you to make use of this opportunity, which is currently twice a week.

With warm regards,

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Thailand

<https://www.ait.asia>

Tel No: (66-2) 524 5031-5037

From: **Office of Student Affairs** <osa@ait.asia>

Date: Fri, Oct 15, 2021 at 4:03 PM

Subject: Gentle Reminder: Wellness Counseling - Available Online this October 2021

To: <students@ait.ac.th>

Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this October starting from **Friday, 1 October 2021**, special health counseling sessions will be conducted again every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counseling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 pm** is **online through 2 platforms: Zoom Meeting and Google Meet**.

The first session started last **1 October 2021 (Friday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counseling registration form in this [link](#)

We look forward to welcoming you and encourage you to make use of this opportunity, which is currently twice a week.

With warm regards,

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Thailand

<https://www.ait.asia>

Tel No: (66-2) 524 5031-5037

From: **Office of Student Affairs** <osa@ait.asia>

Date: Fri, Oct 22, 2021 at 4:19 PM

Subject: Gentle Reminder: Wellness Counseling - Available Online this October 2021

To: <students@ait.ac.th>
Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this October starting from **Friday, 1 October 2021**, special health counseling sessions will be conducted again every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counseling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 pm** is **online through 2 platforms: Zoom Meeting and Google Meet**.

The first session started last **1 October 2021 (Friday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counseling registration form in this [link](#)

We look forward to welcoming you and encourage you to make use of this opportunity, which is currently twice a week.

With warm regards,

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Tel No: (66-2) 524 5031-5037

Thailand

<https://www.ait.asia>

Tel No: (66-2) 524 5031-5037

=====
From: **Office of Student Affairs** <osa@ait.asia>

Date: Fri, Oct 29, 2021 at 4:53 PM

Subject: Wellness Counseling - Available Online this November 2021

To: <students@ait.ac.th>
Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this November starting from **Wednesday, 3 November 2021**, special health counseling sessions will be conducted again every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counseling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 pm** is online **through 2 platforms: Zoom Meeting and Google Meet**.

The first session will be on **3 November 2021 (Wednesday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counseling registration form in this [link](#)

We look forward to welcoming you and encourage you to make use of this opportunity, which is currently twice a week.

With warm regards,

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Tel No: (66-2) 524 5031-5037

=====

From: **Office of Student Affairs** <osa@ait.asia>

Date: Fri, Nov 5, 2021 at 3:58 PM

Subject: Gentle Reminder: Wellness Counseling - Available Online this November 2021

To: <students@ait.ac.th>

Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this November starting from **Wednesday, 3 November 2021**, special health counseling sessions will be conducted again every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counseling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 pm** is **online through 2 platforms: Zoom Meeting and Google Meet**.

The first session started last **3 November 2021 (Wednesday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counseling registration form in this [link](#)

Students who wish to cancel or postpone their appointment with wellness counselor must inform osa@ait.ac.th one day in advance before their schedule so as not to lose appointment time and pay charges for missed appointments/ no show.

We look forward to welcoming you and encourage you to make use of this opportunity, which is currently twice a week.

With warm regards,

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Tel No: (66-2) 524 5031-5037

=====
From: **Office of Student Affairs** <osa@ait.asia>

Date: Fri, Nov 12, 2021 at 4:15 PM

Subject: Gentle Reminder: Wellness Counseling - Available Online this November 2021

To: <students@ait.ac.th>

Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this November starting from **Wednesday, 3 November 2021**, special health counseling sessions will be

conducted again every *Wednesday* and *Friday* by a professional psychologist. This is to provide the best possible welfare to AIT students which includes mental health counseling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 pm** is **online through 2 platforms: Zoom Meeting and Google Meet**.

The first session started last **3 November 2021 (Wednesday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

Appointment will be on a first-come-first-serve basis through the Wellness Counseling registration form in this [link](#)

Students who wish to cancel or postpone their appointment with a wellness counselor must inform osa@ait.ac.th one day in advance before their schedule so as not to lose appointment time and pay charges for missed appointments/ no show.

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Tel No: (66-2) 524 5031-5037

=====
From: **Office of Student Affairs** <osa@ait.asia>

Date: Fri, Nov 19, 2021 at 4:10 PM

Subject: Gentle Reminder: Wellness Counseling - Available Online this November 2021

To: <students@ait.ac.th>

Cc: <faculty@ait.asia>, <staff@ait.ac.th>

Dear students,

Greetings from the Office of Student Affairs (OSA) !

We are pleased to inform you that this November starting from **Wednesday, 3 November 2021**, special health counseling sessions will be conducted again every *Wednesday* and *Friday* by a professional psychologist. This is

to provide the best possible welfare to AIT students which includes mental health counseling and wellness, especially in this challenging time of the COVID-19 pandemic and social difficulties.

The schedule on **Wednesdays and Fridays**, from **1:00 p.m. to 7:00 pm** is **online through 2 platforms: Zoom Meeting and Google Meet**.

The first session started last **3 November 2021 (Wednesday)** from **1:00 p.m. to 7:00 p.m.** The doctor can accommodate approximately 45 mins counseling and mental health promotion for each student.

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