

# Loneliness symptoms in college students

Psychology



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The article especially draws on the benefits of using dogs in the animal-assisted therapy, which as animals are arguably the most faithful in nature. The article contains very useful information that the college counselors can avail to improve the quality and effectiveness of their counseling services over the depressed college students in particular and outside the college in general.

I picked this article firstly because it was recently published, and secondly because the results of the research cited in the article were drawn from a credible and reliable source i. e. Georgia State University. Thirdly, I chose this article because it contains very interesting and useful information about the effects of animal-assisted therapy on college-going students. This article is particularly useful because many college students already have dogs as their pets, so they can better identify with and rely upon the information provided in the article.