



COUNSELING NEWS

FALL 2006

Volume 4 Issue 1

BEAT THE RUSH! SCHEDULE YOUR APPT. ONLINE!

Click on www.canyons.edu/office/Counseling

Advantages to online scheduling:
- 24 hour access
- Schedule 2-10 days in advance
- Schedule with Spanish-speaking Counselors

Appointments are also available by phone 661-362-3287 or in the Counseling Office (A 101).

DON'T FORGET: You can apply for more than 300 paid internships and earn units.

Enroll in CWEE through October 18, 2006. For more information, go to www.canyons.edu/offices/CWEE/

Counseling Office
College of the Canyons
26455 Rockwell Cyn. Rd
Santa Clarita, CA 91355

Phone:
(661) 362-3287

We're on the Web!
www.canyons.edu/offices/Counseling

Greetings from the Counseling Faculty!

In this Fall edition of our newsletter, we wish to focus on the importance of planning for transfer to a university, if this is your goal. We have included a useful Transfer Time-line developed by one of our counselors, Michelle LaBrie, for her Counseling 120 (University Transfer Planning) course. And we leave you with a question posed by COC Superintendent/President Dr Dianne Van Hook: "Have you begun to do today what you wish to be tomorrow?"

~ Edel (Dept. Chair), Joan, Julie, Carolyn, Kerry, Bob, Garrett, Michelle, Sami, Liz, and Christy.

Important Dates:

- October 1 *Application filing begins for Fall Semester/Quarter 2007 CSU Transfer
- October 19 Last day to drop with a "W" on your transcript (for full semester classes)
- Nov. 1 *Application filling begins for Fall Semester/Quarter 2007 UC Transfer
- Nov. 6 Tentative- Registration for 2007 Winter/Spring terms begins
- Nov. 10-11 Veteran's Day Holiday
- Nov. 23-26 Thanksgiving Holiday
- Dec. 11 Deadline to apply for Spring 2007 Graduation
- Dec. 7-13 Final Exams for semester-length classes
- Dec.18-Jan.1 Winter Break

*Check with the Counseling office for more detailed information

GOT CLASSES?

NEED HELP PLANNING YOUR SPRING SEMESTER SCHEDULE?

Meet with a Counselor! Attend one of the following Workshops designed for Continuing Students in Room S 129: (Bring unofficial transcript - available in Counseling)

Tuesday	Oct. 31	12:00 noon
Wednesday	Nov. 1	10:00 am
Thursday	Nov. 2	4:00 pm
Tuesday	Nov. 7	9:00 am
Wednesday	Nov. 8	12:00 noon
Tuesday	Nov. 14	12:00 noon
Wednesday	Nov. 15	10:00 am
Thursday	Nov. 16	4:30 pm
Wednesday	Jan. 10	10:00 am
Thursday	Jan. 25	3:00 pm

STUDENT SUCCESS
SPOTLIGHT SECTION!!!!



*WE WOULD LIKE FOR YOU TO
MEET OUR FORMER C.O.C.
STUDENT: Ms. Sara Baker*

Hi my name is Sara Baker. I am proud to say that I currently work in the Counseling Department at College of the Canyons and I am also a COC alumnus! My experience at College of the Canyons began as a high-school concurrent enrollment student. I began attending the college as a sophomore at Valencia High School. As a result, I was able to graduate from high-school a year early and by the time that I should have received my high school diploma (May 2005) I earned my Associate Degree in Transfer Studies. At first, the thought of a college environment with higher expectations was extremely intimidating but I was fortunate enough to attend a college with insightful instructors, helpful staff and supportive peers. I truly believe that attending college while enrolled in high school was one of the best decisions that I have made in my life. I strongly encourage any student who has this opportunity to take advantage of it here at COC.

I am presently attending Chapman University through the university center at College of the Canyons. Through Chapman, I have been able to learn about health psychology, motivation and emotion, adolescents, family interactions, different therapeutic methods, the history of psychology, ethics and legalities in psychology, just to name a few. I have been working hard towards earning my bachelors degree in psychology and I will finish my program in May 2007. I will only be 20 years old when I finish this next accomplishment but it has been a long road and a difficult but enlightening journey. I do not feel that one must be exceedingly intelligent in order to achieve success in their life. I believe that perseverance or the drive within, hard-work, dedication, support and self-confidence are some of the fundamental necessities. I always tell students, no matter what age they are and despite any barriers in their path, that they can achieve anything their heart desires. Envision yourself with that diploma in your hand or finally getting that job that you have always wanted and use this mental image to motivate you!

SARA, WE ARE PROUD OF YOU!!!

Program Advisor Spotlight :
Debbie Morlett



Debbie started at College of the Canyons in 1986 as an evening clerk in the Admissions and Records office. She transferred to the Counseling office in 1988 as the Counseling Secretary. In 1990, Debbie became a Program Advisor and helped to set up College of the Canyons' first Transfer Center. As a Program Advisor, Debbie gave paper and pencil placement tests and later helped to implement COC's Computerized Assessment Center in 1996 before returning to the Counseling office full time in 2005. Debbie earned her AA degree in Psychology at L.A. Pierce College. Debbie is married with 5 children and has 8 grandchildren. She enjoys outdoor sports and traveling.

Counseling Faculty Spotlight:
Michelle LaBrie

College of the Canyons is a second home for Michelle LaBrie. She is a College of the Canyons alumnus, who earned her Associate Degree in Social Science and learned from many of the same professors who continue to teach at COC. Michelle earned her Bachelors degree in Psychology from UC Santa Cruz, and completed her Masters Degree in Psychology from Pepperdine University. She completed her College Counseling Certificate from UCLA. Michelle began working at College of the Canyons in 1998. Since that time, she has worked as a Program Advisor, and as a Counselor in the Counseling, DSPS and EOPS offices. An active faculty member, Michelle teaches Counseling 120, University Transfer Planning. In addition to her busy Counseling schedule, Michelle also teaches Introductory, Developmental and Social Psychology and is a member of several important committees on campus, including the Student Services Innovation Team, Scholarship Committee, Financial Aid Advisory Committee and the Grade Review Committee. Michelle lives in Santa Clarita with her husband and two children.


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University Transfer Planning -- Transfer Time-line

<p>If you have ...</p> <p>Less than 15 transferable units</p>  <p> www.assist.org www.csumentor.edu www.collegesource.org www.ucop.edu/pathways/ www.californiacolleges.edu www.aiccumentor.org </p>	<p>Now is the time to begin your transfer plan</p> <p><u>Investigate</u></p> <ul style="list-style-type: none"> • Transfer with an Associates Degree vs. Transfer w/o Associates Degree • Explore majors offered at universities that spark your interest • Take a Career Planning Class like COUNS 110 to help you explore majors & careers • Explore potential fields/careers by searching the internet and conducting informational interviewing • I am interested in the following fields: _____ • What major does your career field require or suggest? _____ • Other majors to consider: _____ • Are there special requirements for this major? i.e. GPA, major prep, is it an impacted major? <p><u>Research:</u></p> <p>These are the four year schools that offer degrees in my major. I will look on their websites and research their school and major offerings. _____</p> <p><u>Plan</u></p> <p>Develop a tentative Educational plan that prioritizes English, Math and pre-requisite courses to work toward my goal.</p>
<p>15 - 30 units</p> 	<p>Now is the time to research universities and develop my transfer plan</p> <ul style="list-style-type: none"> • Continue to research University programs using catalogs and web <ul style="list-style-type: none"> ○ Narrow down your choices of universities by identifying qualities that you seek in your ideal university. Use the handout “College Comparison Worksheet” ○ Compare/Contrast majors and requirements at different schools ○ Make campus visits • Identify your major & Identify career options for the major • Meet with college representatives that visit COC at Transfer Day or have appointment times in the Transfer Center, S-123. • Research Acceptable General Education Patterns: IGETC, CSUGE or private articulation • Research Articulation Agreements for each University • Research Transfer Admission Agreement (TAA, TAG) requirements • Meet with a COC counselor to help you revise and update your Student Education Plan based on the research you’ve conducted. Your SEP is CRUCIAL to meeting admission requirements because it creates a visual path listing requirements, pre-requisites and a balance of coursework for each term.

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University Transfer Planning -- Transfer Time-line continued...

30 - 45 units	<p>Now is the time to finalize your transfer decisions and carry out your transfer plan!</p> <ul style="list-style-type: none"> • Make campus visits make sure the university is right for YOU. • Apply for Graduation from COC—petition for graduation. <ul style="list-style-type: none"> ◦ Check deadlines in the COC schedule of classes • Research application filing periods & apply to the universities <ul style="list-style-type: none"> • October-November for Fall admission • June & July for Winter Admission • August 1-30 for Spring Admission (semester system only) • Note: that some schools will only take Fall transfers • Continue to narrow down your university & major choices • More campus visits • Meet with college representatives as they are available. • Update your General Education Patterns (IGETC, CSUGE or private articulation) with the courses you've taken • Review university articulation agreements for updates/changes • Follow-up with Transfer Admission Agreement (TAA's, TAG's) • Finalize your course selection for the final term(s) at COC.
	
More than 45 units	<p>Now is the time to finalize your transfer decisions and carry out your transfer plan!</p> <p>Apply for financial aid (January-February)</p> <ul style="list-style-type: none"> • www.fafsa.ed.gov federal aid • www.fastweb.com free financial aid database • http://www.canyons.edu/offices/finaid/ScholarBoard.asp Scholarships for COC students • Obtain letters of recommendation, if needed, for scholarships <p>Find Housing</p> <p>Submit Statement of Intent to Register</p> <ul style="list-style-type: none"> • Most universities want a commitment by the end of May and a deposit. <p>Order transcripts to the University</p> <ul style="list-style-type: none"> • Universities are different regarding when they want transcripts. Follow the directions of the university where you are applying. • After your grades are posted in your final semester from COC, send final transcripts to your university. • <u>Request GE certification</u> (IGETC or CSUGE) with your final transcripts. If you attended any other colleges in addition to COC, send official transcripts from those colleges too. Many universities want high school transcripts also. <ul style="list-style-type: none"> • Complete Assessment tests/Upper Division Writing Assessments (if applicable) • Attend New Student Orientation at the University. It's helpful to understand what resources are available to help you succeed. • Meet with Advisor for your Major at the Transferring University
