

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 at (661) 362-3287 or in the Counseling Office (A 101).

DON'T FORGET: You can apply for more than 80 **scholarships** with a single application. Deadline: April 30. Apply online at www.canyons.edu/scholarships

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!

The primary **MISSION** of Counseling at COC is to promote student success. Professional counselors are available to facilitate students' clarification of their goals and values to assist them with the resources necessary for making important educational, career and personal decisions and to provide them with opportunities to develop greater self-esteem and self-direction. We're looking forward to working with you!

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

Important Dates:

- | | |
|-------------|--|
| April 7 | Last day to drop with a "W" on your transcript |
| April 10-16 | Spring Break – No weekend classes |
| April 17 | Deadline to apply for Summer 2006 Graduation |
| May 8 | Registration for Summer Begins |
| June 5-10 | Final Exams |
| June 9 | Graduation |
| June 12 | Summer Session I begins |
| June 19 | Summer Session II begins |
| July 17 | Summer Session III begins |
| June 1 | *Application filing begins for Winter Qtr 2007 CSU Transfer |
| July 1 | *Application filing begins for Winter Qtr 2007 UC Transfer |
| August 1 | *Application filing begins for Spring Sem. 2007 CSU Transfer |



*Check with the Counseling office for more detailed information

GOT CLASSES?

NEED HELP PLANNING YOUR FALL SEMESTER SCHEDULE?

Meet with a Counselor! Attend one of the following workshops designed for Continuing Students in Room S 129:

Monday,	July 17	4:30 pm
Tuesday,	July 18	12 noon
Thursday,	July 20	4:30 pm
Tuesday,	July 25	6:00 pm
Wednesday,	July 26	12 noon
Thursday,	July 27	12 noon
Tuesday,	August 1	6:00 pm
Wednesday,	August 2	12 noon

Be sure to bring an unofficial copy of your transcript - available in the Counseling Office

STUDENT SUCCESS SPOTLIGHT SECTION!!!

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

**Alejandro G.
Lichtscheidl**
alichtsc@uci.edu



**WE ARE
PROUD OF
YOU!!!!**

My name is Alejandro Lichtscheidl, I am a COC alumni and soon to be a UC-Irvine alumni too and I would like to tell you a little about me, my college experience at College of the Canyons, my transition to UC-Irvine, and some of my future plans. I was born in La Paz, Bolivia to a family of four, where I was the oldest sibling. I spent the first sixteen years of my life there and carried through all the way to third year of high school, where I experienced chemistry for the first time. I remember people talking nightmares about chemistry before I was assigned to take the class and I was very intimidated by it, almost scared. However, once I started taking the class I began to develop a sense of appreciation for the subject and a feeling of self-fulfillment. Meanwhile, my family was facing many economic challenges due to the lack of jobs and worst yet, the unexpected and sorrowful loss of my mother. Confusion and frustration was upon me and my siblings, but we got the comfort and help of my aunt and uncle from the U.S. to get us through those bad times. Probably the greatest of things that they did for us was to bring us to the United States to live with them. Once here, it was difficult to adjust to living here because everything was so different and English was not my first language. My two years of high school were spent at Hart High where I surrounded myself with a good variety of classes and topics in order to become more well rounded about my environment; this was a time when I adapted myself to people, life, and customs. After I graduated from Hart, I knew I wanted to continue my academic studies but I wasn't completely sure of what it was that I wanted to do. Therefore, I chose to attend College of the Canyons because it gave me the flexibility to experience different classes for a reasonable amount of money. One of the greatest influences on my decision of what career to follow was my Uncle when one afternoon he asked me what I wanted to do for the rest of my life and then pointed out my strengths in a particular area of science: Chemistry. I decided to give it a try and I officially entered COC as a chemistry major. As soon as I began my studies in chemistry, I fell in love with it. I couldn't stop reading or thinking about it and as a consequence I began running workshops for general chemistry under the Mathematics Engineering and Science Achievement (MESA) program. In this program I found many other fans of science with whom I still keep in contact. Following two successful and meaningful years of study at COC, I obtained my A.S. in Physical and Biological Sciences and moved on towards the B.S. I had many choices of where to go, but I chose UC-Irvine as my undergraduate school because it gave me the possibility to do things I had never experienced before; for instance, experimental research. Life in a four-year university used to sound so intimidating to me and all my fellow COC friends, but now I look back at it as one of the best experiences that I could ever have had. Transferring had both its pros and cons; for example, classes got harder as the level of experience increased but they also got more interesting and motivating too. Class sizes tended to be a bigger but you got to interact with real life scientists. Moreover, I became involved in research projects; which allowed me to improve my transition from a theoretical to a practical chemist; as well as, attend many national scientific symposia where I was able to interact with the highest authorities of science: noble-prize winners! My advice to all those who plan on transferring is to really enjoy and make the most of the area you are trying to pursue because to those that show a spark of enthusiasm, a great deal of support is given. By no means do I try to say that the journey will be easy, but it sure will be one to remember always. Finally, as I approach my last quarter as an undergraduate at U.C. Irvine, I am even more excited. Not only because I will finally obtain my B.S. in Chemistry and Biochemistry, but also because I have opened doors for myself to an even greater and deeper career experience, one that will involve another 4-5 years of my life in a program towards the doctorate in chemistry at the Massachusetts Institute of Technology. MIT is the home of the 2005 chemistry Nobel laureate: Dr. Dick Schrock. In closing, I would like to remind everyone who reads this article that even the most difficult things are possible for a mind that is determined, has a set goal, and is willing to work hard for that goal. In other words, if I can do it so can you.

Counseling Course

NEWS FLASH!!!!

College Success classes

Now 100% ONLINE!

COUNSELING 111: Introduction to College and Strategies for Success- 1 unit, will be offered online for the first time in Summer Session I, beginning on June 12.

COUNSELING 070: Becoming a Successful Distance Learning Student-1 unit, will be offered in Summer Session I, beginning on June 12 and in Summer Session III, beginning on July 17.

New Counseling Classes

COUNSELING 085–Career and Job Search Preparation, ½ unit - Students attend required workshops in the Career Center that include self-assessment, occupational research, job search strategies, résumé development and interview preparation. Available on an open-entry basis this Summer.

COUNSELING 090–College Orientation, ½ unit - Part of the Steps to Success program designed for all new students to orient them to the college environment and educational opportunities. For new students starting Fall, 2006 and beyond.

COUNSELING 098J-Developing Math Confidence, ½ unit - Designed to build math confidence and develop successful math study strategies while maintaining a positive attitude toward learning math. To be offered in Fall, 2006.



Program Advisors

From open to close, there is a Program Advisor available in the Counseling office to help answer questions regarding graduation, degree audits, petitions to the Academic Standards Committee, counseling appointments, as well as Associate degree, certificate and transfer requirements. No appointment is necessary!

Program Advisor Spotlight : *Ana Bomberger*

Ana began her career in 1985 as a computer programmer / systems analyst after attending UCLA & Merit College of Computer Programming. After taking some time off to start a family, she re-entered the work-force in the educational field teaching computer classes at the elementary school level. For the past three years, Ana has worked as a Program Advisor in the Counseling Office answering students' questions regarding everything related to student requirements, college policies and procedures, and how to get started as a student at COC. Ana was born in Cuba and is fluent in Spanish, which is very helpful when working with our Spanish-speaking students. In her spare time, Ana enjoys working out at the gym and spending time with her friends and family.

Meet our next Department Chair: *Dr. Edel Alonso*

Dr. Edel Alonso was born in Havana, Cuba. She holds a Doctor of Education in Organizational Leadership from University of LaVerne, a Master of Arts in Counseling from Loyola Marymount University, and a Bachelor of Arts in Spanish and French from Montclair State University in New Jersey. She came to COC in 1999 after many years as a high school counselor. A full-time general counselor, Edel also counsels students in the Math, Engineering and Science Achievement (MESA) program. She is Vice-President of the Academic Senate and involved in a myriad of projects on campus including Student Equity, Student Learning Outcomes, Matriculation, and the Cultural Heritage Committee. Her professional interests are to help students take ownership of their academic planning, achieve success, and realize their educational goals. She enjoys reading, traveling, learning languages, scrap-booking and spending time with her husband and family, especially her grandchildren.

Spanish/English Bilingual Counseling Services

The Counseling Department has increased its Spanish/English bilingual services in an effort to service the growing number of Spanish-speaking students at COC. We have two Spanish speaking program advisors, Ana Bomberger and Mayra Rodriguez, who field questions and provide guidance to students at the front counter in the Counseling Office. Students scheduling counseling appointments in person, on the phone, or online can now also request to meet with a Spanish-speaking counselor specifically. We have a full-time counselor, Dr. Edel Alonso, and an adjunct counselor, Cristina Rodriguez, who speak Spanish.

In addition, Matriculation and Counseling have translated several key documents and websites into Spanish. Among them is the handout "Steps to Success for New Students." This flyer explains the five-step matriculation process: application, assessment, orientation, counseling, and registration. A list of COC majors has been translated and a Spanish version of the orientation is available online.

Outreach to the Spanish-speaking community has included an annual bilingual presentation to "Padres Unidos" and their students at Wm. S. Hart High School and a presentation to the "Teen Group" at the Community Center in East Newhall.

Take our Survey! Win Prizes!

Help us to learn more about the topics YOU want to see the Counseling Department cover in its Counseling courses. This Spring and Summer, watch for the survey at key campus locations, in Counseling classes, and online on the Counseling website. You could win COC logo-wear, Java and Jazz drink coupons and Cougar Café cash!!!



New Online Orientation

Counseling faculty Dr. Edel Alonso and Michelle LaBrie have been core members of a Matriculation subcommittee created to design and implement a new online orientation program. The committee was chaired by Chelley Maple, Director of Matriculation. The online orientation will debut in mid-April and promises to be a state of the art program. It has everything that our student focus groups have said that they wanted: interactivity, choices on how they navigate through the site, and multimedia. The orientation revision committee translated those requests into a program that meets the needs of all learning styles. There are also situational scenarios that allow students opportunities to solve real college-life challenges. There will also be text only and Spanish versions of the orientation.

The program is designed to celebrate the instructional faculty, showcase the rich variety of curricular offerings, feature current students, and welcome the new student to College of the Canyons. Why don't you explore the campus from a different perspective this April? See if you can find all the cameos of our instructors, staff and students as you wander through the virtual campus. Go to www.canyons.edu and click on "New Student Info"

Counseling Interventions

Counseling faculty provide interventions for students who experience academic difficulty. Students who are subject to dismissal participate in a two-hour Academic CPR Workshop to help them identify obstacles to their academic success and introduces the problem solving model to implement an action plan to address these obstacles. In addition, our new "Intensive" offers a one-day comprehensive model that addresses the academic, career and personality domains in an active, engaging curriculum. Participation in the Intensive allows a student to remain enrolled at COC who otherwise would have been dismissed, and students earn $\frac{1}{2}$ unit of credit.