

BEAT THE RUSH! SCHEDULE YOUR APPT. ONLINE!

Click on www.canyons.edu/offices/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 19, 2007. 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 introduce you to the many new members of our Counseling Office and to encourage you to utilize our services and enroll in our Counseling classes, whether in person or online. It is never too soon to take charge of your future by developing an educational plan with a COC counselor!

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

Important Dates:

- | | |
|--------------|--|
| October 1 | *Application filing begins for Fall Semester/Quarter 2008 CSU Transfer |
| October 18 + | CPR workshop in R-206 from 1:30 – 3:30 PM |
| 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 2008 UC Transfer |
| Nov. 1 + | CPR workshop in BYKH-206 from 12:30 – 2:30 PM |
| Nov. 5 | Tentative- Registration for 2007 Winter/Spring terms begins |
| Nov. 7 + | CPR workshop in BYKH-206 from 2:30 – 4:30 PM |
| Nov. 11-12 | Veteran’s Day Holiday |
| Nov. 22-25 | Thanksgiving Holiday |
| Dec. 10 | Deadline to apply for Spring 2008 Graduation |
| Dec. 10-15 | Final Exams for semester-length classes |
| Dec.19-Jan.1 | Winter Break |

*Check with the Counseling office for more detailed information

+ Workshops designed for students in academic difficulty are required for students notified by the matriculation and/or counseling offices. Sign up online at <http://www.canyons.edu/offices/Counseling/acadCPR/WorkshopList.asp>

Counseling Services at the Canyon Country Campus

Are you taking classes at the Canyon Country Campus this semester? Would it be more convenient to meet with a counselor at the new campus? Counseling Services are now available at the Canyon Country Campus in Quad 1A. All students are welcome to schedule an appointment to meet with a counselor at either campus. To book an appointment you may call (661) 362-3287, or drop by the Admissions & Records office at the Canyon Country Campus.

Canyon Country Counseling Office Hours for fall 2007:
Monday & Wednesday 8:30-4:00 p.m.
Thursday 12:00 p.m. – 7:00 p.m.

KEY SERVICES PROVIDED IN THE COUNSELING OFFICE

What Counselors can do to assist students

- Develop individual educational plans listing courses each semester to reach a specific educational goal
- Assist students who are “undecided” to facilitate their decision making relating to educational goals, majors, careers and/or selection of transfer universities
- Evaluate previous college coursework relative to COC and transfer requirements
- Assist students with Academic standing issues (e.g. Probation/Subject to Dismissal/Dismissal status)
- Counsel students with personal concerns that negatively impact college success
- Provide career counseling, career testing in our counseling courses and interpretation of career assessment results

What Program Advisors do to assist students

Provide information about:

- Articulation agreements with private California universities
- Associate degree general education requirements
- Associate degree major requirements
- Certificates of Achievement and/or Specialization requirements
- Placement into appropriate course levels
- Courses to take the first semester of college
- UC and CSU General Education transfer course requirements
- Forms such as the Petition for Graduation, Appeal for Dismissal, Academic Standards Petition, etc...

NEW FACES IN THE COUNSELING OFFICE



Connie Perez



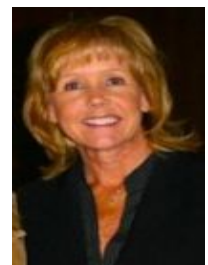
Saideh Behbood



Garrett Hooper



April Reardon



Linda Maricle

PROGRAM ADVISOR SPOTLIGHT

April Reardon

My name is April Reardon and I am the newest full time Program Advisor in Counseling. I started college at College of the Canyons in 2002 and graduated in 2006 with an Associate Degree in Transfer Studies. When I began at COC, my major was Kinesiology and I wanted to teach high school physical education. I took a Counseling class in 2003 and met my mentor, Pamela Brogdon-Wynne (Director and Counselor of EOPS/CARE). She was in need of peer advisors, so I decided this was perfect for me. I met with about 40 students weekly to make sure they stayed on track and were aware of any college resources that would help them to be successful in college. In 2006, I transferred to CSUN. Without question I missed COC, and so I decided to transfer over to Chapman University at the COC University Center, and major in Social Science. I missed working with students and I decided that College Counseling was for me. I will be starting the University of La Verne next summer where I will obtain a Master's in Educational Counseling. I recently became a full time Program Advisor at College of the Canyons in the Counseling Department and I am loving it to the fullest. I am happily married (1 ½ years) and have two beautiful boys (3 yrs and 4 months). I am proud to say that although I have had 2 children, I have never stopped going to college. It has been a challenge at times, but I am addicted to college and I really do not think that I will ever stop going. College is my passion and I cannot wait until I begin my professional career and am able to motivate and encourage other students to follow through with their goals.

Saideh Behbood

I am happily married and the proud mother of two children. I enjoy a number of hobbies which include dancing, traveling, reading, and spending time with my family. I was born and raised in the country of Iran, where I received my Bachelor Degree in Social Science at Tehran University. After earning my degree, I began teaching social science, psychology, and economics at a high school. A few years later, my husband and I moved to the United States where we have been living for the past 23 years. I began working at College of the Canyons on July 26, 2001, as an Adult Hourly employee in the Counseling Office. In 2005, I became a part-time Program Advisor in the same department and this is when I realized I would love to make this my full-time career. At the beginning of this year, I had the opportunity to apply to become a full-time Program Advisor. I immediately took advantage of this wonderful opportunity and by the end of March, I officially became a full-time member of the Counseling office staff. I am so happy to be working in a field that brings me so much joy and satisfaction, and I truly feel privileged to be working with such amazing people at College of the Canyons.

Our newest fulltime counselor: *Connie Perez*

My mother was born in Kingman, Arizona, but was raised in Mexico City. It was there that she married and had 10 children. As with any large family, my parents struggled to make ends meet and so my grandfather encouraged my mother to take her family to the United States. With many sacrifices, hard work and endless tears, my mother set off to establish a life in Los Angeles. It was only after my parents were established with a home, steady work and an income to support 11 children that the United States Immigration Office allowed for the rest of the family to reunite and begin our new life in America.

Work and survival became the family's top priority; therefore, higher education was not emphasized, not because it was not important or valued, but simply because my parents were preoccupied with work to support their eleven children. Having very little education themselves and lack of information, education beyond high school was not encouraged or expected. Most of my siblings worked, married young, and although a few took courses at the local community college, only one of my sisters received her AA from Los Angeles City College. I was the first to receive a Bachelor's and Master's degree.

I graduated with my Bachelor's degree from California State University, Fullerton where I majored in Human Services with an emphasis in Administration. I envisioned myself working in a helping profession, and perhaps one day being a Director of a program. Little did I know that it would take time and experience before I knew exactly what I wanted to do. I found myself, as many young graduates often do upon graduation, trying to figure what to do with my life. I was lost and felt unprepared in not knowing what direction I should follow. In my desperation and eagerness to work and make money, I found myself applying to many different types of jobs, and I took the first job that was offered to me as a Senior Clerk Typist at UCLA's Placement and Career Planning Center. I soon found out that I disliked the job answering telephones and typing (on a typewriter) job orders for student employment. But I will always remember my mother telling me, "Well, you have to start somewhere." She was right; my first job opened a world of opportunity in the field of higher education. I took advantage of every opportunity and after six months was promoted to Internship Coordinator. I held several other positions in various departments during my 6+ years at UCLA. It was about three years later that I applied to a position as Counselor, and it was then that I realized that this is what I wanted to do. I decided to go back to school and received my Master's Degree in Educational Psychology Counseling from California State University, Northridge in 1995, and a Career Counseling Certificate in 1998 and became a National Certified Counselor in 2000. By then I had left UCLA and started a new Counseling position at CSUN in the Office of Student Services & Advisement/EOP in the College of Business & Economics. I worked there for 14 years. I held several positions including Associate Director, Interim Director and Director of the Center. This year marks my 20th year working in higher education. It has been an amazing journey full of great satisfaction and rewards.

Last year I was offered an Adjunct Counseling position at College of the Canyons. I always wanted to work at community college, so I took the position while still working at CSUN, and this only confirmed that I wanted to become part of the COC team. I was very lucky and fortunate to be hired as a full-time Counselor in July. Every day I thank my mother for encouraging me to continue with my first job and to follow my dream. I am looking forward to continuing my professional career in higher education at COC and helping students achieve their goals.

It is with knowledge that you can come to make a better decision. And it is quite normal if later on you change your mind, as most people have more than one career in their lifetimes. As for me, I was quite lucky to have followed my aspiration of working with people, and working in a college setting has giving me what I always enjoyed doing, "Working with Students."

Garrett Hooper, Interim Athletic Counselor

My career at College of the Canyons began while I was still in graduate school. I obtained a position as a Program Advisor for the Counseling Department and found that I greatly enjoyed working with students and assisting them in their academic pursuits. I was able to draw on my academic experience attending College of the Canyons in addition to my education at both public and private universities. As a life-long resident of Santa Clarita, I was also able to use my knowledge of the community to assist our student body. Upon completion of my MS in Counseling at California State University Northridge, I knew that I wanted to continue my work at COC, specifically as a full-time Academic Counselor.

I have been a Counselor at College of the Canyons since January 2007. In that time I have been fortunate to be included in the implementation of two new programs on campus: the Gateway/Emerging Scholars program, and the Body-Mind-Wellness Challenge. As part of my training as a Counselor, I have developed a specialization in stress management and have enjoyed presenting lectures and workshops on the subject in my work with these two programs. I also teach two Counseling courses on campus, Developing Math Confidence and Introduction to College and Strategies for Success, Counseling 098J and 111 respectively.

Since July 1st 2007 I have also been acting as the Interim Athletic Counselor for College of the Canyons. My work with our student-athletes has been quite rewarding and has allowed me the opportunity to develop in a new area of counseling expertise. I look forward to my continued collaboration with these students in helping them to realize both their academic and athletic goals, as well as the opportunity to develop new programs and services to assist our student – athlete population.

Linda Maricle, Counseling Assistant

Linda graduated with honors from COC in 1984 with an AA in Business and was the first in her family to attend college. While raising her two young children, she worked at Helmers Elementary School as the Technology Coordinator, at home as a medical transcriptionist, and eventually, for the Department of Health Services as a Data Systems Analyst. Due to the long commute, she returned to COC in 2002 and began working part-time in the Counseling Office. At the beginning of this year, Linda was hired as the full-time Counseling Assistant and she feels honored to be working with such caring and professional people. Linda does everything she can do behind the scenes to make sure the office runs smoothly to enable the counselors to fully prepare for the students and provide them with their expertise and undivided attention. In addition to this, she is responsible for the numerous handouts provided by the Counseling Office such as the IGETC, CSUGE, Associate Degree Requirements and the 100+ individual AA/AS Degree and Certificate sheets. In her spare time, Linda spends as much time as she can with her two children, Michael, who graduated with honors from UCLA in 2006 and Danielle, who attends Villanova University in Pennsylvania on an athletic scholarship.

**STUDENT
SUCCESS
SPOTLIGHT
SECTION!!!**

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

Charlene
Bregaudit

Age: 20

Major: Civil
Engineering



**WE ARE
PROUD OF
YOU,
CHARLENE!**

I just turned twenty and I'm now in my third and final year at College of the Canyons preparing myself to transfer to California State University Northridge. Looking back on my experiences, I realize that I have grown so much in only two years. I started at COC as a part-time student and part-time model. My first year was the easiest because I was doing mainly my general education and prerequisite classes. I would somehow juggle my regular school schedule with my spontaneous modeling schedule. It was tiring, but I did it. Since then, I have been in several runway shows and television shows as a featured extra. Because school was more important to me, I would choose to miss multiple castings that could have offered me a good amount of money and some exposure. The moment I started taking Calculus courses, my stress level reached new highs. Loss of sleep, family and relationship stress, and modeling jobs that ranged from ending at midnight to early the next morning, all took a toll on my appearance. I could cover my face with make-up, but I did not like wearing much at all. I decided I needed to change things.

I have a close relationship with COC counselor Julie Visner. She is not only my school counselor, but a source of guidance when all else fails. She would laugh almost every time she saw me because she knew I was coming to see her about some issue I was stressing about – that issue usually being something I had absolutely nothing to worry about. I would make appointments and we basically set out my plan to transfer to CSUN as an engineering major. This all happened during my first semester at COC. If there were any issue about school that I was unsure of, you can bet that I had already e-mailed or visited Julie to inform her that I needed to meet with her. The people in the Counseling Office know me so well that every time I come in they ask “So are you here to see Julie?” It was great! If I had a problem, and even if Julie were unavailable, there was always someone there to help me.

I informed Julie about everything that seemed to be going wrong in my life and we examined different ways to fix my problems. I doubted from the beginning that I would be able to juggle school and modeling. My parents weren't too happy about that either. My problem was that I wanted to please everyone first and myself last. Another problem was the fact that the money I made from modeling was really good, but it was never steady. I talked it over with Julie and I decided that I needed to start thinking about what was best for me outside of school as well. I decided to find a different job, and I now work as one of your friendly neighborhood Starbucks barista! I figured I would commit to modeling full-time (which is what is needed to truly succeed) after I graduate from college. I am also a “Friend of MESA” which stands for Mathematics Engineering Science Achievement. It is now located in the new Aliso Lab building. That is basically where I do all my studying aside from home. I have met so many friends in my classes, and we all have our little study sessions at MESA. I like it better than the TLC room mainly because it is a lot more quiet and everyone has similar majors so it is easy to get tips on how to survive through the really tough classes. The biggest mistake, I think, for future students of College of the Canyons is to not ask for help. There are so many places around the campus that offer it. Visiting a Counselor is a major step in making sure you take the classes you need instead of wasting time taking classes you “think” you need. Study groups with friends are a major key to helping a struggling student succeed in his or her classes. Another key tip to success is to show you want it. Do everything possible to prove that you are serious about getting an education. It is not too difficult to have a great time here at COC. I know I did. I have met so many amazing people that have influenced my life in many ways, great and small. For that, I am forever grateful.