

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 dialing the Valencia Counseling Office at 661-362-3287 or stopping by A101. **OR** you may call the Canyon Country Counseling Office at 661-362-3900 or visit them in Quad 1A

DON'T FORGET:

You can apply for more than 300 paid internships and earn units.

Enroll in CWEE through October 17, 2008. For more information, go to www.canyons.edu/offices/CWEE/

Counseling Office

Valencia Campus
26455 Rockwell Cyn. Rd
Santa Clarita, CA 91355
(661) 362-3287

Canyon Country Campus

17200 Sierra Hwy.
Santa Clarita, CA 91351
(661) 362-3900



Greetings from the Counseling Faculty!

In this edition of our Newsletter, we wish to introduce you to our two new Counselors this Fall: Mike Sanders & Diane Solomon. They are replacing the positions held by Garrett Tujague, COC's new Head Football Coach and Michelle LaBrie, who is now teaching in the Psychology Department. Last year, we were also fortunate enough to hire two additional counselors: Connie Perez (who replaced Sami Salvatori) and Garrett Hooper (a new position) to better serve you. We urge you to take charge of your futures and take a Counseling class, set up a counseling appointment, and/or utilize our online tutorials (at www.canyons.edu/offices/Counseling)!

~ Edel (Dept. Chair), Joan, Julie, Carolyn, Kerry, Bob, Liz, Christy, Connie, Garrett, Diane, & Mike.

Important Dates:

- | | |
|--------------|--|
| October 1 | *Application filing begins for Fall Semester/Quarter 2009 CSU Transfer |
| October 17 | Last day to drop with a "W" on your transcript (for full semester classes) |
| Nov. 1 | *Application filling begins for Fall Semester/Quarter 2009 UC Transfer |
| Nov. 9-10 | Veteran's Day Holiday |
| Nov. 11 | Tentative- Registration for 2009 Winter/Spring terms begins |
| Nov. 27-30 | Thanksgiving Holiday |
| Dec. 8-13 | Final Exams for semester-length classes |
| Feb. 9 | Deadline to apply for Spring 2009 Graduation |
| Dec.20-Jan.4 | Winter Break |

*Check with the Counseling Office or Transfer Center for more detailed information

Counseling Services at the Canyon Country Campus

The Canyon Country Campus Counseling Office is proud to announce that their office hours have been expanded and the office is now fortunate to have Program Advisors staffing the front counter. Program Advisors are well-trained paraprofessionals able to answer general questions pertaining to academic programs, degree requirements, career technical education and college policies and procedures. For all your counseling needs, please go directly to the Counseling Office in Quad 1A. Also starting this Fall, Counselor Julie Visner will have office hours two days a week, making more counseling appointments available at the Canyon Country Campus! Drop-In Counseling remains available on a daily basis.

**Canyon Country Counseling Office Hours for Fall 2008:
Monday, Tuesday, Wednesday & Friday 8:00-4:00 p.m.
Thursday 8:00 p.m. – 5:00 p.m.**

COC's COUNSELING WEBPAGE:

A RICH INFORMATION RESOURCE FOR STUDENTS

www.canyons.edu/offices/Counseling

WHAT'S IN IT FOR ME?

- 1). Find brief online tutorials(with audio)**
Since last Spring, thousands of student have learned how to register online, search class sections, read the schedule of classes and COC transcripts, select courses, use www.assist.org, choose a major, etc.
- 2). Access Counseling Office forms and handouts** (without coming into the office!)
- 3). Access transfer articulation agreements** (general education requirements for the CSU System, UC System and several private colleges and universities)
- 4). Schedule your counseling appointments online**
- 5). Ask the Online Counselor a question**
- 6). Learn about our many Counseling classes**
- 7). Connect to counseling and career-related web resources**
- 8). Sign up for workshops**
- 9). AND MUCH MORE!**

ARE YOU INTERESTED IN TAKING COURSES WITHOUT EVER HAVING TO GO TO CLASS?

Learn how to become a successful distance learner.

COUNSELING 070 - DISTANCE LEARNING AND STRATEGIES FOR SUCCESS provides students with the skills necessary to be a successful online student and it is **100%** online!

After completing this course you will be able to:

1. Use both synchronous and asynchronous chat
2. Set priorities and manage your time using a weekly planner
3. Develop word documents
4. Identify your learning style
5. Use the internet for research
6. Utilize the features of Blackboard
7. Define online course/internet terminology
8. Identify online resources
9. Gain self-awareness of your own readiness for distance education

It's not too late! You can still sign up for Counseling 070 this fall. We have a late start class beginning October 20 that goes through December 13.

ATHLETIC COUNSELING HAS MOVED!

The Counseling Department is proud to welcome our new Fulltime Athletic Counselor, Mike Sanders, whose biography you can read in the next column. Please note that he is now located in the West PE Building in Room 107. As the Athletic Counselor, Mike provides educational, career, and personal counseling to student athletes. He has knowledge of many admission and transfer requirements for colleges and universities and the eligibility and transfer rules for student athletes according to NCAA/NAIA/COA.

Cougar athletes must schedule a counseling appointment to meet with Mike every semester to develop and/or update their Student Education Plan (SEP). The SEP lists educational and transfer goals as well as the courses needed each term to achieve such goals.

This past summer, all athletes attended a newly developed Student-Athlete Advisement Workshop that taught them which factors to consider when planning schedules to meet academic and athletic goals and resulted in an education plan for the Fall Semester.

Student athletes are encouraged to enroll in a 1-unit course that Mike teaches each semester, **COUNSELING 111** – Introduction to College and Strategies for Success with an emphasis on Student Athletes. This Counseling course focuses on the various components necessary for college planning and academic success. Readiness for college is explored with special attention given to students' responsibilities, study skills assessment, personal values, motivation, goal setting, time management, decision making, choosing a major, and educational planning.

The Counseling Department is also pleased to announce that it worked collaboratively with the Athletic Department and with the TLC to develop a special place on campus to support the academic success of student athletes. **"THE ZONE"** is a study and learning center especially designed to support COC athletes. Located in HSLH 203, The Zone offers English, Math, and Computer Information Technology tutoring at no charge. It is open Monday-Friday 8am-1pm and on Tuesdays and Wednesdays, it re-opens 5-9pm. For information, please contact the Interim Zone Director, Lisa Helfrich at (661) 362-3798. Athletes are required to spend a set number of hours per week in The Zone.



Mike Sanders

I originally moved to California from Tucson, Arizona to attend the University of Redlands in 1984. I completed my BA in 1988 and continued on to complete my MA in Education Counseling in 1991. I then served the university full time as Head Strength, Assistant Football and Assistant Baseball Coach before moving on to my career in secondary education. In my sixteen years in secondary education I wore many hats, including: Classroom Teacher, Head Football Coach, and Athletic Director. For the past eight years I served the Conejo Valley Unified School District as a full time Counselor. My wife Teri is a high school English teacher; together we are raising our 3 year old son, Michael. My favorite things include: spending time with my family at the beach, traveling the California coast and reading Michael Connelly novels.

INTERNATIONAL STUDENT SUCCESS STORY!!!

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

Britta Zimmer

Age: 32

Major: Chemistry

*WE ARE PROUD OF YOU,
BRITTA!*

My name is Britta Zimmer and I am an International Student from Munich, Germany. I have been going to College of the Canyons since Summer Intersession 2003. It seems that it took me forever to finally graduate in Summer 2008. This means a lot to me, because I had times where I thought that I would never be able to reach that goal. But I stubbornly took classes, even though I had some breaks in between when I had to travel back and forth between Germany and L.A. because of family and personal matters. With the help of my family, great friends, a wonderful counselor, Michelle LaBrie (who went through all the ups and downs with me), and the Hite and Honors office, I succeeded in reaching my goal. My advice to everybody: Never ever give up! I am moving back to Munich where I am enrolled in an International certified Neuro-Linguistic program and I am planning to work somewhere in the world with children with special needs.

EXTRA EXTRA:



Thousands of Students Assisted by New Online Tutorials

In the past 6 months, over 3,000 students have been assisted by the helpful Online Tutorials found on the Counseling webpage at www.canyons.edu/offices/Counseling/Tutorials.asp. These multi-media presentations allow students to hear a counselor and see visuals just as if they were in face-to-face workshops. They are also brief and to-the-point, ranging from 4 minutes to just a bit over a half-hour each.

Topics include:

Choosing a Major, Choosing Next Semester's Classes, How to Register Online, Reading a COC Transcript, Reading the Schedule of Classes, and How to Search for Class Sections.

DIANE SOLOMON, Counselor



My name is Diane Solomon and I am extremely excited to join the counseling team. I am new to the Counseling Department but not new to College of the Canyons (C.O.C.). This year, I received my 10-year service pin. It has been an honor to work at such a wonderful institution.

I received my B.S. in Psychology from San Diego State University and then received my M.Ed. in Educational and Counseling Psychology from the University of Missouri-Columbia. I spent one semester as a foreign exchange student at the University of Madrid in Spain. After graduation, I lived in Kansas City and worked for a non-for-profit mental health counseling facility. I primarily worked with first time drug offenders, repeat DUI offenders and performed evaluations for the Division of Family Services to determine the best placement for children. This line of work was challenging and draining. I did not like going to court and dealing with so many angry individuals. They were not pleased with my recommendation to have them spend time in jail or to lose custody of their children. In 1995, I moved to California and decided to change careers.

I started working at College of the Canyons in 1996 in the Disabled Students Programs and Services (DSPS) office as an adjunct counselor. In 1998, I was hired as the full time DSPS counselor. The time I have spent in DSPS has been very special to me. I worked with a great team and enjoyed working with the DSPS students. I transferred to the Counseling Department in July, 2008. This has been such a wonderful change for me. Everyone has been so warm and welcoming.

I love to learn and love to teach. Over the years, I have taught several classes at C.O.C.; COUNS 010 (Career Exploration), COUNS 070 (Distance Learning and Strategies for Success) and COUNS 111 (Introduction to College and Strategies for Success). I enjoy being in the classroom and try to teach a few classes every semester. I also teach online classes. Online education has opened many doors for students. I encourage all students to take a Counseling course during their stay at C.O.C. I am a first generation college student and had to struggle through the college process. My parents did the best they could; my mother was from another country and did not understand the educational system in the United States. COUNS 111 is an excellent way to help those that are new to the college environment. I am committed to empower students to reach their potential and follow their dreams. I participate on several committees at the college because I feel it is important to get involved and be part of the team.

I live in Porter Ranch with my husband and two children: a 13 year old and a 5 year old. They keep me very busy with a variety of activities: basketball, soccer, softball, volleyball, and Girl Scouts. I have a dog named Mocha and a cat named Boots. I enjoy spending time with my family, taking pictures, making cards, scrap booking, attending outdoor activities, traveling and shopping. I volunteer a few hours a week in my son's classroom. During the holidays, my family and I adopt a family and provide them with food and gifts to make their holiday season as joyful as ours. I have been blessed and try to give back to others when I can. I am looking forward to working with each and every one of you.