

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
- Option to 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 90 **scholarships** with a single application. Deadline: April 6 Apply online at <http://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

Early Spring is the *BEST* time to set an appointment with a Counselor!

Greetings from the COC Counseling Staff. The months of February, March and April are often the easiest time of the year to schedule counseling appointments so **DON'T MISS OUT!** Schedule yours online, via the phone or in person today!



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

YOU CANNOT FAIL WITH A PLAN*

Wanting success isn't sufficient enough to get it.

You have to ask yourself, "What am I going to do to get the things I want?"

Your problem is how to bridge the gap which exists between where you are now and the goal you intend to reach.

You cannot fail with a definite step-by-step plan, because each step carries you along to the next step, like a track.

All you need is the plan, the road map, and the courage to press on to your destination.

You cannot get lost on a straight road.

*From Positive Quote of the Day- 12/21/06 (<http://archives.zinestar.com>)

How Can COC Counselors help you get where YOU want to go?

We encourage all COC students to set up counseling appointments to develop a Student Education Plan - your roadmap to your educational/career future.

What can you expect at this appointment?

1. **If you have an educational / career goal**, counselors can assist you in analyzing (using a variety of technology tools and information) which courses can be used to meet your goals and help you arrange them in a semester-by-semester plan or roadmap so that you know approximately how long it will take you to reach your goal of a degree, certificate, and/or transfer to a university.
2. **If you do not yet have a definite educational/career goal**, COC counselors can assist you in getting started with the career planning process or transfer decision-making process. This may involve referral to the Career Center, a career-planning Counseling course, instruction in utilizing various helpful career/university websites, and tools such as ASSIST.org. Once you have selected a possible goal, COC counselors can help you develop a semester-by-semester educational plan to reach it.

DID YOU KNOW?

- ❖ Students identifying availability of counseling as “somewhat of a problem” to “very much a problem” on the annual student survey has declined from 56% in 2004 to 25% in 2007.
- ❖ Of the 8,804 half-hour counseling appointments made by students last year, 16% of our students made their appointments online.
- ❖ 9,314 students attended 5-10 minute drop-in counseling appointments.
- ❖ We have increased the number of available student appointments from last year by 4,392, or 24%.
- ❖ 336 ENGL 081 students were contacted individually by counselors for follow-up appointments.

NEW ONLINE COUNSELING SERVICES

ONLINE ADVISING

The COC Counseling Department unveiled a new service this past Fall which is especially helpful to the college's growing number of online students. Now accessible on our webpage (www.canyons.edu/offices/Counseling) is the ONLINE COUNSELOR. Students can ask counselors questions and be provide with advisement regarding:

Certificate, major, degree, and transfer requirements
Referral to campus learning resources/support services

Course pre-requisites
College procedures/academic policies

An online counselor will respond to questions within 48 hours, Monday through Friday. Online advising is not appropriate for developing educational plans, evaluating transcripts and personal and/or crisis counseling.

ONLINE TUTORIALS

The Counseling Webpage (www.canyons.edu/offices/Counseling/Tutorials.asp) now gives students access to the following multimedia tutorials:

- How to Read the Schedule of Classes (5 minutes)
- How to Register for Classes Online (10 minutes)
- How to Search for Class Sections (4 minutes)
- How to Read a COC Transcript (22 minutes)
- How to Choose Next Semester's Classes for students pursuing Certificate Programs (25 minutes)
- How to Choose Next Semester's Classes for students pursuing an Associate Degree (38 minutes)
- How to Choose a Major (produced by MissingMajor.com)
- Coming Soon:
 - How to Choose Next Semester's Classes for students pursuing university transfer
 - Decision-Making

100% ONLINE COUNSELING COURSES

COUNS 010 – Career Exploration (1 unit), LATE START class begins in March.

COUNS 070 – Becoming a Successful Distance Learning Student (1 unit), LATE START class begins in March.

COUNS 111 – Introduction to College and Strategies for Success (1 unit), LATE START class begins in April.

COUNS 120- University Transfer Planning (1 unit) –NEW for SPRING, 2008!

Some people can do math.... not me!!!

Does this sound familiar?

Researchers estimate that 50-80% of adults suffer from some degree of math anxiety.

COUNSELING 075 - BUILDING MATH CONFIDENCE - offers strategies to help alter negative attitudes toward learning math. In this short term course, we will debunk common myths about math.

After completing this course you will be able to:

1. Recognize levels of anxiety and symptoms (mental/emotional, physical, and behavioral)
2. Recognize and analyze behaviors and thought processes that contribute to math anxiety
3. Explain and apply successful math study and test-taking strategies

You can sign up for Counseling 075 this spring. It will be offered from February 20th-March 17th on Mondays & Wednesdays from 2:20pm-3:15pm. This course will be co-taught by Counselor, Christy Richter and Math professor and TLC Director, Mojdeh Mahn.

Meet Liz Shaker Fulltime Counselor @ CCC

The 2007-2008 academic year has truly been an exciting year with the opening of the Canyon Country Campus! Starting this spring our department will be offering counseling services Monday – Friday at the new campus. I have permanently moved to the Canyon Country Campus and am looking forward to working with the students, faculty and staff in Canyon Country.

I am the first in my family to attend college; and as a first generation college student, I personally struggled through my college experience. I must have changed my major about four or five times. I finally declared psychology as my major during my junior year. I received my bachelor's degree from University of California San Diego and my master's in higher education from University of Southern California.

I am committed to empowering students to reach their potential and consider it an honor and privilege to be able to work with students through their journey while at College of the Canyons. I enjoy teaching career exploration courses (Counseling 010 & 110) which I highly recommend for anyone who is undeclared or not sure what major or career to pursue.

My personal interests include spending time with my family and friends. I have two boys ages five and six. My hobbies include cooking and playing tennis. My philosophy in life is to do what you love and enjoy the world around you!

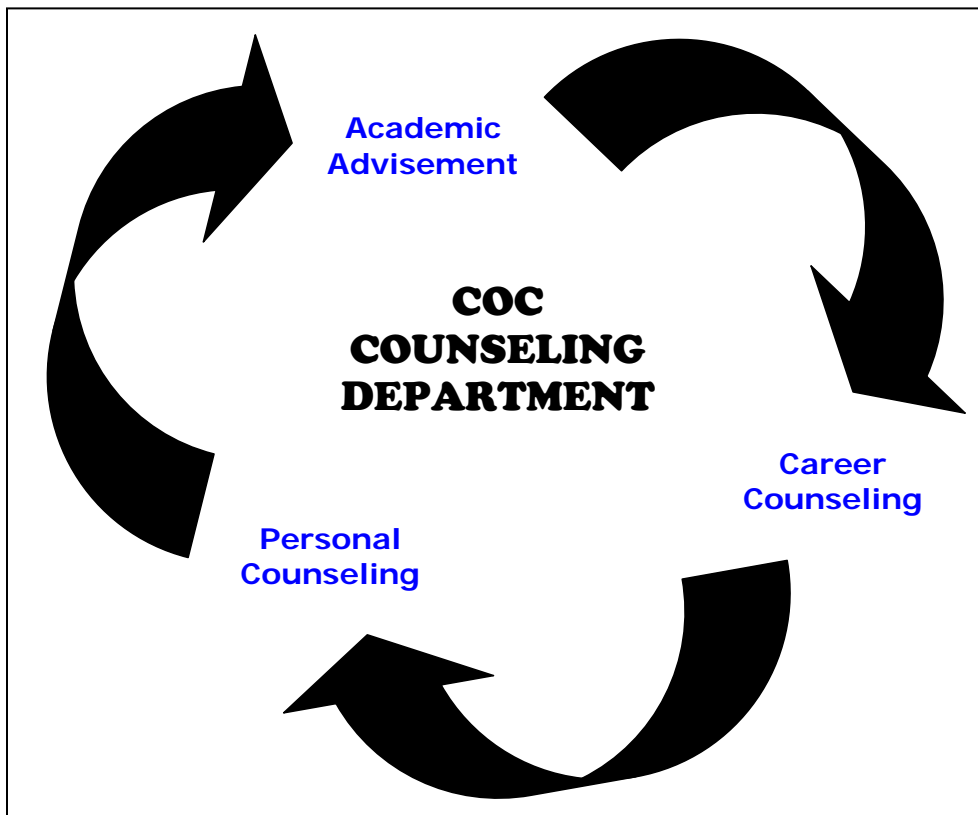
I am glad to be part of the Counseling team at College of the Canyons and look forward to getting to know more of the students, faculty and staff at the Canyon Country Campus.

The Canyon Country Counseling Department is open:

Monday – Wednesday, 8:30-3:30 p.m.
Thursday, 8:30-7 p.m.
Friday, 10-3 p.m.

EXPANDED HOURS FOR PROGRAM ADVISEMENT!

Program Advisor, April Reardon, will be available on Saturdays from 9am – 1pm. For information on program advisement services, check our website at www.canyons.edu/offices/Counseling/Advisors.asp



Goal Setting

– Because you can’t get anywhere if you don’t know where you want to go!

Step 1	Develop a desire to achieve a goal. The desire must be intense. How do you intensify desire? Sit down and write out all the benefits and advantages of achieving your goal. Once the list gets to between 50 and 100 benefits, your goal becomes unstoppable.
Step 2	Write your goal down and post it where you can see it and be reminded of it everyday. Read it. Say it. Repeat it. Mean it.
Step 3	Identify the obstacles you will encounter along the way and need to overcome to reach your goal. Write a list that includes people, attitudes, bad habits, and social factors. Include your own personal negativity: procrastination, lack of confidence, fear of failure, etc. Then next to each obstacle, write down what you can do to overcome each and every one.
Step 4	Set a deadline by which you will accomplish your goal. Mark your calendar and write a reward for your achievement. Be realistic and give yourself enough time
Step 5	Write an Action Plan that includes every step to take to reach your goal, one activity at a time, and a deadline for each one. Consider each steps priority and logical sequence.
Step 6	Visualize the goal. See a clear mental picture of yourself accomplishing your goal. See it in your mind’s eyes and hear the sounds associated with it. Play that picture daily in your mind the first thing in the morning when you wake up and the last thing at night before going to sleep.
Step 7	Be persistent and don’t give up!