

BEAT THE RUSH!

Counseling Appointments are made beginning on Monday mornings for the following week.

Students are encouraged to call (661) 362-3287 or come in to the Counseling Office, at 10:00 am on Monday mornings, as **appointments fill up quickly.**

If you have transcripts from another college, they must be **RECEIVED before** making an appt.

DON'T FORGET: You can apply for more than 70 **scholarships** with a single application. 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

Greetings from the Counseling Faculty!

After the outstanding feedback we received from the campus community regarding the first edition, we are confident that this newsletter is an effective way for the Counseling Department to disseminate relevant information designed to maximize effective student educational planning. We hope that you find this edition of our newsletter to be helpful to you in understanding more about the counseling services that we can provide to assist you.

~ Joan (Interim Chair), Julie, Stu, Carolyn, Kerry, Bob, Edel, Garrett, Chelley, and Michelle.

Important Dates:

- | | |
|------------|--|
| March 15 | Deadline to apply for Summer 2004 Graduation |
| March 22 | Last day to drop with a "W" on your transcript |
| April 5-11 | Spring Break- No Weekend classes |
| April 19 | Registration for Summer Begins |
| May 17-22 | Final Exams |
| May 21 | Graduation |
| May 24 | Summer Session Begins |
| June 1 | *Application filing begins for Winter Qtr 2005 CSU Transfer |
| July 1 | *Application filing begins for Winter Qtr 2005 UC Transfer |
| August 1 | *Application filing begins for Spring Sem. 2005 CSU Transfer |



*Check with the Counseling office for more detailed information

Degree Audit Update:

We are continuing to use Degree Audit to check students' progress towards the Associate Degree, a certificate, the Cal State General Ed plan or IGETC. The major benefit of this new tool is that the Degree Audit can be run in a couple of minutes. This is significantly faster than running a transcript and manually checking for degree requirements. Students can obtain a degree audit by meeting with a Program Advisor in the counseling office. NOTE: If you took courses prior to 1995 at COC or if you have significant coursework from other colleges, a manual degree check (rather than the electronic degree audit) MAY still need to be done.

Personal Development NEWS FLASH!!!!

We'd like to share with all of our students and staff some of the special courses our Counseling Department has to offer.

We have Personal Development course offerings--both AA/AS and CSU degree applicable--which include: Strategies for Student Success, Career Planning, Student Leadership Development and Personal Growth --classes of all types! It's not too late to sign up for PD late start classes which begin mid-March. Come into the Administration Building and check out our Late Start Personal Development 111, Strategies for College Success, which can be applied to Category 'E', on the CSU General Ed Plan for transfer. These classes will show you how to take charge of your educational plan and be successful in your college life.

New English Sequence!

The English department has revised and reorganized course offerings below English 101. In the past, the English department has offered separate reading and writing courses. In the new course sequence, which will be offered in the fall of 2004, reading and writing will be taught together, allowing students to work on these closely related skills in the same course. ~ Adam Kempler, English Department Chair.

Counselor Spotlight:



Julie Visner

Julie has her AA from LA Pierce College in General Arts and Sciences, her BA from CSUN in Psychology (with a minor in Foreign Literature) and a MA from CSUN in Educational Counseling with an emphasis in college counseling and MFT. Julie began her career in Student Services at LAPC while a student at LAPC and CSUN. Julie joined the COC Counseling Faculty in 1985. She thoroughly enjoys her career and is dedicated to facilitating student success! Julie is married, has a teenage son and daughter, and when not at COC, you can find her training and riding horses!

Program Advisors

From open to close, there is a Program Advisor available in the counseling office to help answer questions regarding graduation, petitions to the Academic Standards Committee, counseling appointments, as well as Associate's degree, certificate and transfer requirements. No appointment is necessary and they can assist you with your questions!



Recommended Web Sites:

The COC Counseling website has a number of incredible links to help students. Access these sites from the main COC webpage.

Specific Career Information and additional links can be found here:

<http://www.canyons.edu/offices/Counseling/SpecificField.asp>

This site has resources related to majors, job search and professional programs in Medicine, Law, Business, Forensic Science, Architecture & Education (just to name a few).

Does your ideal career need a license to practice? Find out here: http://www.acinet.org/acinet/lois_start.asp. Search for occupational licensing requirements by state, occupation or agency. This tool includes information on licenses that may be required by law in order for you to practice a particular occupation.

Do your study skills need a tune up? <http://www.canyons.edu/offices/Counseling/StudySkills.asp> contains several links addressing various topics related to study skills such as writing research papers and research citation, in-depth tutorials and practice problems for Math, sites that clarify questions about grammar, usage, punctuation, and spelling, and controlling procrastination.

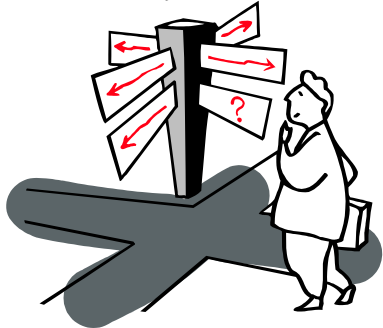
Myths & Facts

MYTH: If I have a Counseling-related question, I should make an appointment.

FACT: Program Advisors can answer many of your questions and are available any time the Counseling office is open. Walk-In counseling is available for 5 minute consultations regarding class selection for the upcoming semester, transfer and Associate Degree requirements. A program advisor can help you schedule an appointment if your needs require in-depth transcript analysis or Student Educational Plan.

MYTH: Admission to a 4 year college is as easy and open as it used to be.

FACT: With budget cuts looming at the state level, the UC's and CSU's have been forced to restrict admission practices. More majors have become impacted and GPA requirements have risen. Universities are making admission more strict requiring higher GPA's, General Education Certification and completion of Major preparation courses. Some universities have limited admission to fall term only. In addition, more universities enforce the published application deadlines for admission. We highly recommend that you have a counseling appointment at least one time per year in order to keep current with the many changes that are occurring at the University level.



MYTH: I can only book a counseling appointment on Mondays.

FACT: We book our appointments one week in advance beginning on Monday mornings. The appointments are open until they are filled. A few weeks after the semester starts, we often have appointment space throughout the week, but early in the semester is the BEST time to make an appointment. The glass display class in the lobby outside of the counseling office features the best times during the semester for making appointments. Planning ahead will save you frustration and confusion when registration begins.

A Message from the Interim Associate Dean of Students:

One of the many important functions of the Counseling Department is to empower students to actively participate in their educational and academic decision making thereby taking responsibility for this decision making. The best way to accomplish active participation is to plan early and effectively.

Here are a few suggestions that will allow you, the student, to be proactive rather than reactive in your educational process:

- Make an appointment to see a counselor early in the semester, not during peak times such as registration, when individual appointments are limited. In other words, don't wait until the Schedule of Classes for the next term comes out to suddenly realize you need to speak with a counselor. Once you've developed an educational plan in conjunction with a counselor, unless you change your major, you should have a plan in hand to guide you in making appropriate and relevant course selections.
- If you are undecided on a major, transfer school, or degree objective, utilize the many resources available to you **prior** to making an appointment with a counselor. Visit the Transfer Center or Career Services to do research and obtain information that you can then share with the counselor. Together, you and the counselor can evaluate and discuss the information. This will assist you with the decision making process.

Now is the time to make that counseling appointment to develop your educational plan for the Fall 2004 semester and beyond. Don't miss the opportunity to meet individually with a counselor!

~Audrey Green