

BEAT THE RUSH!

NOW is the BEST time to make Counseling Appointments beginning on Monday mornings for the following week. Occasional same week and same day are available. Call **(661) 362-3287** or make your appointment in person in the Counseling Office.

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

New Spring Office Hours

M-Th 9 am – 7 pm
Fri 9 am – 2 pm

Drop-In

Advisement by Counselors:

M-F 11am – 1 pm
M-Th 6-7pm

DON'T FORGET:

COC PAYDAY 2005

You can apply for more than 70 **scholarships** with a single application. Apply online at www.canyons.edu/scholarships

Deadline:

March 20, 2005

We're on the Web!
www.canyons.edu

Counseling Department Motto: “Helping Students build their futures today!”

Our Vision: Counseling faculty at college of the canyons will enhance student learning by providing education, support, resources and information to promote academic career, and personal development in a supportive and positive environment that inspires students to successfully pursue and achieve their academic dreams.

~ Joan (Chair), Julie, Carolyn, Kerry, Bob, Edel, Garrett, Chelley, Michelle, Sami & Liz.

Important Dates:

March 15	Deadline to apply for Summer 2005 Graduation
March 21	Last day to drop with a “W” on your transcript for full semester classes
March 28- April 2	Spring Break- No Weekend classes
May 4	Registration for Summer Begins for continuing Students
May 16-21	Final Exams
May 20	Graduation
June 1	*Application filing begins for Winter Qtr 2006 CSU Transfer
June 6	1 st Summer Session Begins
June 14	Deadline to Apply for Fall 2005 Graduation
July 1	*Application filing begins for Winter Qtr 2006 UC Transfer
August 1	*Application filing begins for Spring Sem. 2006 CSU Transfer



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

NEWSFLASH!

Make your Counseling appointments ONLINE tentatively beginning March, 2005

Details available in the Counseling Office.

Looking for great summer courses?

Check online for specific dates/times at www.canyons.edu

PERDEV 010 – Career Exploration – 1 unit (5 week course) Perfect way to learn more about which careers most closely relate you your interest, abilities, goals & values.

PERDEV 070 – Becoming a Successful Distance Learning Student – 1unit (5 week course) Become a whiz at taking online classes!

PERDEV 111 – Planning for College Success – 1 unit (4 & 5 week courses) Learn how to study, choose a major and much, much more while earning 1 unit of Area E, CSU General Education credit.

PERDEV 150 – Student Success – 3 units (4 & 5 week courses) Study and life-survival skills with EOPS student emphasis.

Recommended Web Site:

www.assist.org

ASSIST is an online student transfer information system that shows how course credits earned at COC or any other California Community College can be applied when transferring to a California State University (CSU) or University of California (UC) campus.

NEW FEATURE in 2004-2005:

Exploring Majors

You can now search for UC majors that interest you or explore any major available at the UC. CSU Major Exploration is coming soon! Check it out!!

Counselor Spotlight:

Two New Full-time counselors joined our staff in 2004-2005.

Sami Salvatori

I earned my Associate of Arts from College of the Canyons my Bachelor of Arts from California State University, Northridge in Psychology, and my Masters of Science in Counseling from the University of LaVerne (at the University Center). The most significant part of my education occurred during the pursuit of my AA at COC, since it was here that I learned I could be a successful student. My experience as a 40 year old student at COC helped shape me into the person I wanted to be: someone who accepted the responsibility for my own destiny. I have been at COC as an employee for five years working in various positions in Outreach for the college. I was hired in August 2004 as a Counselor which was my long term objective. I thought I would like the job, but the satisfaction I feel at the end of each day is beyond what I had even hoped for. I consider myself a poster child for the “late blooming” students! I am very happily married with 3 children and three dogs. When I am not at COC, I enjoy all things athletic! My new favorite sport is snowshoeing.

Liz Shaker

As a first generation college student, I faced many challenges and personally struggled though my college experience. I questioned my abilities on several occasions yet always challenged myself to do my best. I changed my major and career goals many times. Through the process, I learned a lot about myself and made a commitment to empower others. I received my Bachelor of Arts degree in Psychology from the University of California, San Diego and my Master of Science Degree in Higher Education from the University of Southern California.

Before coming to College of the Canyons, I served as a counselor at Mount St. Mary’s College. I love the fact that COC serves over 13, 000 students yet manages to operate on a personal level. Through my short time at COC, I have truly enjoyed building relationships with my students and have felt inspired by each student that walks into my office. I feel very fortunate to be able to support students in their personal, academic and career goals.

I consider myself to be an optimistic and outgoing person. I am married and have two beautiful boys ages two and four. My children have taught me to take the time to appreciate the simple things in life. I love being a mom and am fascinated by the way my kids have grown to develop their own unique personalities. I enjoy spending time with my family and playing in the kitchen. I love to cook and experiment with new recipes. I enjoy the outdoors and play tennis whenever I get a chance. I am glad to be a part of the Counseling team at COC and look forward to getting to know more of the students, faculty and staff.

How to Choose Next Semesters' Classes

Step 1: Identify Educational Goal

Step 2: Review General Education Requirements for Associate Degree or Transfer University. Handouts are available in the Counseling office or online at:

http://www.canyons.edu/offices/Counseling/transfer_information.htm. Choose from:

- IGETC
- CSU GE
- Private University or out of state Pattern—see individual university

Step 3: Identify Remaining General Education Courses

- Mark requirements needed.
- Pay special attention to **“the Golden 4” with grades of “C” or Better:**
 - Oral Communication (for CSU only)
 - Written Composition
 - Critical Thinking
 - Math/Quantitative Reasoning
- Courses that have Pre-Requisites like Math, Chemistry, Physics, etc that involve multiple semesters

Step 4: Identify Major Preparation Courses using www.assist.org

- Make a list of major prep courses.
 - Identify if any of these courses can also meet GE requirements
- If you have a transfer major such as Liberal Studies (Elementary School teacher), Engineering, Computer Science, Natural Sciences or any major with an extensive lower division major prep. **FOCUS ON “THE GOLDEN 4” AND PREP FOR THE MAJOR.**
- Identify if any of these courses can also meet GE requirements

Step 5: Prepare your Schedule

- Prioritize math and English first (use Math/English flow chart). Take the next level of math & English if you have not met the Math & English requirements required for your educational goal—**fill those in first.**
- Identify any pre-requisites that may be needed to take classes in future semesters—fill those in
- Identify prep for the major courses that you can take
- Identify Gen Ed courses that are still needed.

Step 6: Choose your Classes

- Using the web allows you to select classes that are still open
- “Advanced Search” feature allows you to search for classes in a specific time slot.

Step 7: Register

- Use Web registration www.canyons.edu or use the STAR telephone system (661) 255-2867 or (888) 206-STAR. Web registration is recommended because you can print out your schedule and search for open classes.