From Counseling@canyons.edu

Reply To donotreply@canyons.edu

**BCC** 

Subject Counseling Support - Yolanda Gold

Hi Rachel,

The Counseling Department has been asked to contact you to support your success at College of the Canyons.

Whether your goal is to earn a certificate, associate's degree, transfer, or enhance job skills, our counselors are here to help you with educational planning to reach your academic goals.

Are you still searching for a major or career path? Through focused career exploration, assessment, and instruction, counselors are ready to help you identify a career that aligns with your interests, values, and abilities. Or, are you looking for industry-specific skills to help you advance in your current career? We can help!

Counselors also help students build a solid foundation of resilience and self-regulation. Having difficulty with stress or time management? Need help with setting and achieving goals, or creating a growth mindset? Counselors can also help students build these critical success strategies.

We would love to talk to you further about your path at College of the Canyons. Counselors can also help you create a success plan or evaluate options if you are having difficulties in a course. A Counselor will reach out to you through COC email within 2-3 business days to set up an in-person or online appointment.

If you have questions or would like to speak to us further, please don't hesitate to contact us:

Counseling Department - Valencia Campus Canyons Hall, Second Floor 661-362-3288

Counseling Department - Canyon Country Campus Student Services and Learning Resource Center (SSLRC), First Floor, Room #122 661-362-3811

We look forward to speaking with you,

College of the Canyons Counseling Department