SUPPORTING YOUR COC STUDENT

Helping Students Take ACTion on Their Future

We welcome the support of the important people in our students' lives. If you are accompanying a student to the Counseling Office, here are a few things to know:

- **The student takes the lead.** We encourage students to check in, ask questions, and speak directly with our staff.
- **The student requests your participation.** If a student would like a guest to participate in a counseling session, the student must request and advocate for their guest's inclusion.
- **The conversation stays centered on the student.** Counselors will direct questions to the student and encourage them to discuss their goals, concerns, and options.
- **Give the student an opportunity to answer first.** Guests are welcome to provide support and contribute when appropriate.
- **Some conversations may be one-on-one.** There may be times when a counselor needs to meet individually with the student.
- **Student-only workshops are just that—student only.** All counseling workshops are student group experiences that give students space to participate, ask questions, and build confidence and self-advocacy.

A SPECIAL NOTE TO PARENTS

Supporting your student now means giving them opportunities to step forward, speak for themselves, and build confidence along the way.

Starting college is a transition for you, too. Your student may still need your encouragement, advice, and support. College also gives them opportunities to become more confident and independent.

Help Your Student Step Forward

You can support their growth by:

- Encourage them to contact college offices themselves.
- Help them prepare questions rather than asking the questions for them.
- Give them the opportunity to speak first when meeting with Counselors.
- Ask what **they think** their next step should be.
- Encourage them to keep track of their own deadlines and responsibilities.
- Help them think through problems before stepping in to solve them.
- Remind them that asking for help is a form of self-advocacy.

www.canyons.edu/counseling

COLLEGE OF THE CANYONS
COUNSELING OFFICE