

Virtual Counseling Services

Advising, Counseling and Career Center Front Desk: 651.779.3285

Century College Counselors are available to help you remotely through phone or video conferencing via ZOOM appointments and email. Please follow this process to connect most effectively with Counseling Services:

- 1. If it is NOT a crisis**, please make an appointment in [Starfish](#) with your assigned pathway counselor (see page 3 for a step-by-step guide on how you can schedule an appointment). If you have any questions or are not able to make an appointment in Starfish, please contact the front desk of the Advising, Counseling, and Career (ACC) Center at acc@century.edu or 651.779.3285.
- 2. If it IS a crisis**, please contact the front desk of the Advising, Counseling, and Career (ACC) Center at acc@century.edu or 651.779.3285. We will reach out to the you as soon as possible during our business hours (Mondays and Tuesdays 8am - 6pm, Wednesdays and Thursdays 8am - 4:30pm and Fridays 8am - 4pm - not including holidays). Please include your name, student ID, and your preferred contact information plus a brief summary of your crisis situation. **If it is outside of business hours, additional resources are listed below. If there is a threat to your immediate safety or the safety of others, call 911.**

If a crisis occurs outside of business hours, a county crisis team can assess your situation and provide follow-up if needed:

- Anoka: 763.755.3801
- Carver/Scott: 952.442.7601
- Dakota: 952.891.7171
- Hennepin: 612.596.1223
- Ramsey: 651.266.7900
- Washington: 651.777.5222

Other Community Resources to consider:

- **Walk-In Counseling Center:** Free and accessible mental health counseling with no appointment necessary/walk-in options. <https://walkin.org>
- **Crisis Text Line:** Free help to those who are having a mental health crisis or contemplating suicide. Text MN to 741741. Services are available 24/7 across Minnesota.
- **Tubman Family Alliance:** Emergency shelter and other services – see www.tubman.org for more details, 24 Hour Help Line: 612.825.0000
- **Rape/Sexual Abuse:** 651.777.1117
- **National Suicide Prevention Lifeline:** 1.800.273.TALK (8255)
- **National Domestic Abuse Hotline:** 1.800.799.SAFE (7233)
- **MN Department of Health Hotline:** 651.201.3920

Additional resources can be viewed at:
[Personal Counseling Webpage](#)

Counselors by Academic Pathways



Janet Wacker, Counselor
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Justin Hauer, Counselor
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Tashana Husom, Counselor
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Arts & Humanities Pathway

Programs: • Academic English Proficiency • Art • Chinese • Creative Writing • English • English for Speakers of Other Languages • Humanities • Individualized Studies • Music • Philosophy • Reading & Student Success • Spanish • Theatre Arts



Social & Behavioral Sciences Pathway

Programs: • Anthropology • Associate in Arts (AA) • Communication Studies • Economics • Exercise Science • Gender Studies • Geography • Global Studies • Health • History • Political Science • Psychology • Sociology



Health Sciences Pathway

Programs: • Dental Assistant • Dental Hygiene • Emergency Medical Services • Emergency Medical Technician • Health Sciences Broad Field • Medical Assistant • Nursing • Nursing Assistant • Orthotic and Prosthetic Clinical Applications • Orthotic and Prosthetic Orthotic and Prosthetic Fitter • Orthotic Technology • Paramedic Fire Science • Paramedic Science • Prosthetic Technology • Radiologic Technology



Applied Design Pathway

Programs: • 3D Animation • Filmmaking & Video Production • Graphic Design • Interior Design • Kitchen and Bath Design • Professional Photography • Visual Communications Technologies • Web Design



Industry Pathway

Programs: • Auto Body Technology • Automotive Service Technology • Facilities Maintenance Engineer • Heating, Ventilation, Air Conditioning and Refrigeration • Horticulture • Solar and Renewable Energy • Welding



Science, Technology, Engineering & Mathematics (STEM) Pathway

Programs: • Additive and Digital Manufacturing • Applied Big Data Analytics • Biology • Chemistry • Computer Information Systems • Computer Science • Cybersecurity, Virtualization and Forensics Science • Engineering • Engineering CAD Technology • Enterprise Computing Technology • Information and Telecommunications Technology • Mathematics • Physics



Michele Jersak, Counselor
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Crystal De Kam, Counselor
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Business Pathway

Programs: • Accounting • Business • Marketing • Office Technology • Office Technology Medical



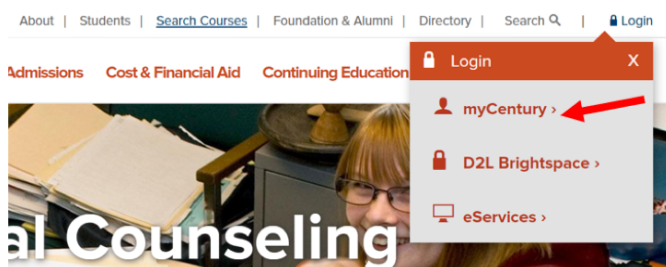
Human Services Pathway

Programs: • Addiction Counseling • Cosmetology • Criminal Justice • Education • Elementary Education • Human Services • Law Enforcement • Mental and Behavioral Health Worker • Paraeducator • Public Safety • Translation and Interpreting

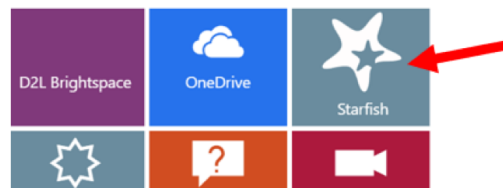
Charlotte Nordstrom is on sabbatical for the 2020-2021 academic year.
charlotte.nordstrom@century.edu

Finding Your Assigned Pathway Counselor

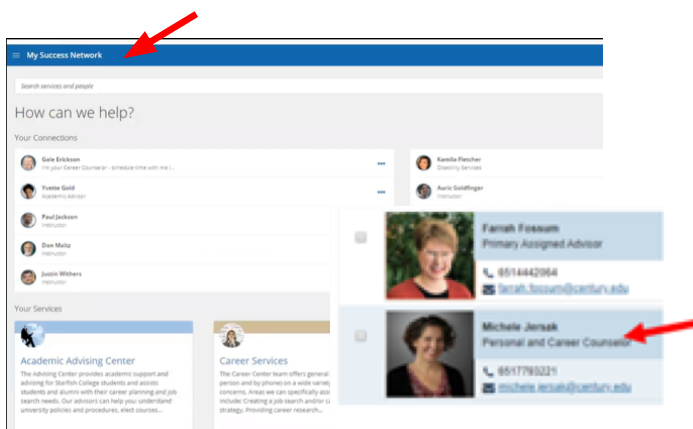
1. Your assigned pathway counselor can be found in the “My Success Network” on Starfish. To access Starfish, go into myCentury.



2. Once you are in myCentury, go to the Starfish button.



3. Once you are in Starfish, you can go into your “My Success Network” and see your assigned pathway counselor listed.



Free Online Program for Century Students

Learn to Live offers Century students **free, 100% confidential** online programs to maintain well-being in relation to:

- Stress
- Anxiety & Worry
- Depression
- Social Anxiety
- Insomnia

To enroll, visit learntolive.com/partners and enter the code CENTURY.



NOTE: This program is intended to be a supplemental resource in addition to connecting students to Century College Counselors and services listed above.