



A member of Minnesota State

Personal and Career Counseling Services



What can students expect from a personal counseling appointment?

- Confidential and non-judgmental conversation to address issues and concerns that impede a student's academic success.
- An opportunity to enhance their emotional and social development while at Century College.
- Personal growth through a supportive environment in which a student can express themselves freely.
- An exploration of areas of concern that may interfere with academic success such as transition to college, test anxiety, time management, stress management, mental well-being, relationships, and identity issues.

What can students expect from a career counseling appointment?

- Career exploration resources and how to make informed decisions about their career path and future.
- Long and short-term career and educational goal planning.
- How work can provide meaning and purpose to a person's life.
- Career counseling is a process in which 2 - 3 appointments are ideal.

Academic Counseling

Counselors also provide holistic academic counseling. Services include helping students clarify academic goals, select programs of study and courses, develop planning and decision-making skills, as well as transfer and transition assistance. Counselors intervene when student academic performance is at risk and make referrals to other support services when needed.

What is the difference between a Counselor and an Advisor?

Counselors and Advisors

Assist students with:

- Course selection and registration
- Creating an academic plan
- Planning for transfer
- Academic related questions
- Intervene when academic performance is at risk
- Make referrals to academic and student support services

Counselors

Also provide the following services and support:

- Personal counseling, crisis intervention and support
- Referrals for long-term therapy
- Career counseling and career assessment
- Basic needs support
- Applying for emergency resources

Career Counseling

Many students are undecided about their career plans or which academic program to pursue. Counselors can assist students in career decision-making, including strategies to explore interests, values, skills, personality, and life circumstances and how they relate to a student's career choices.

Career Counseling Services include:

- Career counseling appointments which are typically 60 minutes long.
- Professional career assessment interpretation such as the Strong Interest Inventory and the Myers-Briggs Type Indicator which are typically 90 minutes long.
- Other assessments including personality, interests, values, and skills assessments.
- Assistance with choosing an appropriate major or program of study.
- Workshops and other groups related to career development.

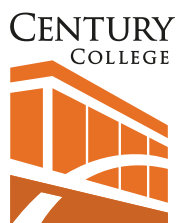
Personal Counseling

Personal counseling includes helping students with personal life issues that interfere with their academic success. Appointments are typically 60 minutes long.

Personal Counseling Services include, but are not limited to:

- Individual and group counseling.
- Holistic support for personal and emotional needs.
- Crisis intervention.
- Group sessions and workshops focused on various wellness topics.
- Psychoeducation: education about topics related to wellness.
- Teaching students how to navigate the college experience and how to advocate for themselves.
- Outreach programming including both preventative and developmental interventions.
- Supporting the successful completion of educational goals.

Personal counseling services do not include any medical treatment, diagnosis, or long-term therapy for chronic issues. Counselors make referrals for long-term therapy for mental health services, medication, county case management, social service resources, medical diagnosis, addiction counseling, and eating disorders.



3300 Century Avenue North
White Bear Lake, MN 55110

century.edu



How do I schedule a career or personal counseling appointment?

Students can schedule an appointment with their assigned counselor through:

- Starfish located in myCentury.
- Advising, Counseling, and Career Center front desk by phone, email, or in person.

We are committed to creating an experience where all students are:

- welcomed, respected, and valued.
- heard and served.
- acknowledged and honored.
- empowered to be resilient, resourceful, and successful.

We Are Here to Help!

Phone: 651.779.3285

Email: acc@century.edu

Location: West Campus, W2410

Business Hours:

Monday, Tuesday 8am – 6pm

Wednesday, Thursday 8am – 4:30pm

Friday 8am – 4pm

summer hours vary