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?

<table>
<thead>
<tr>
<th>Counselors and Advisors</th>
<th>Counselors</th>
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<tbody>
<tr>
<td><strong>Assist students with:</strong></td>
<td><strong>Also provide the following services and support:</strong></td>
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<tr>
<td>• Course selection and registration</td>
<td>• Personal counseling, crisis intervention and support</td>
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<td>• Creating an academic plan</td>
<td>• Referrals for long-term therapy</td>
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<tr>
<td>• Planning for transfer</td>
<td>• Career counseling and career assessment</td>
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<td>• Academic related questions</td>
<td>• Basic needs support</td>
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<tr>
<td>• Intervene when academic performance is at risk</td>
<td>• Applying for emergency resources</td>
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<tr>
<td>• Make referrals to academic and student support services</td>
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</tbody>
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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.

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

We are an affirmative action, equal opportunity employer and educator. This document can be available in alternative formats to individuals with disabilities by calling 651.773.1745 or emailing access.center@century.edu.