

# COUNSELING

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Counseling is a comprehensive academic and service program designed to promote student success and personal development at Chandler-Gilbert Community College. As a professional discipline, Counseling is based on values that include respecting the dignity of all people, celebrating the dimensions of personal identity that make us unique, recognizing and building on one's strengths and abilities, and empowering individuals to identify and pursue their own life goals. We appreciate that each student enters college with different life experiences, whether entering directly from high school or returning to school after years of work or military service. It is our goal to help students to overcome challenges they may be facing and help them achieve success in their academic, career, and personal goals.

On the Pecos campus, Counseling is located in the Bradshaw Hall, room BRD101. At Williams, we are located in Bluford Hall, room BLUF141. Find us online at [www.cgcc.edu/counseling](http://www.cgcc.edu/counseling) (<http://www.cgcc.edu/counseling/>) for information about hours, maps, and current program offerings.

## CAP Courses

To support the next generation of counseling and other human services professionals, CGCC now offers an Associate of Arts, Emphasis in Counseling and Applied Psychological Science (CAP). These courses include CAP120 Introduction to Counseling, CAP220 The Counselor in a Multicultural Society, CAP240 Introduction to Counseling Skills, and CAP260 Career and Professional Preparation for the Helping Professions. Learn more at [www.cgcc.edu/degrees-certificates/counseling](http://www.cgcc.edu/degrees-certificates/counseling) (<http://www.cgcc.edu/degrees-certificates/counseling/>).

## CLASI Workshops

In addition to teaching CPD courses, our Counseling Faculty also offer a variety of CLASI (Classroom Academic Skill Integration) workshops each semester. These interactive workshops, which can be attended in person, offer students the opportunity to learn about common academic challenges and techniques to overcome them. Topics offered include: Motivation & Procrastination, Time Management, Listening & Note-taking, Transition to College, and Test Anxiety.

## Individual Student Support

Outside the classroom, students sometimes need additional support to manage specific concerns or issues that are hindering their best efforts to be successful. Our Counseling faculty provide free, appointments and consultations for enrolled students.

## Academic Counseling

- Balancing life, work, and school demands
- Study strategies
- Time management
- Overcoming procrastination
- Test anxiety

## Career Counseling

- Interpretation of career assessments
- Exploring interests, values, and skills related to the world of work

- Selecting fields of interest, majors and career pathways
- Goal setting and decision-making

## Personal Support

- Solution-focused problem solving
- Successful college adjustment
- Stress management and coping skills
- Support in managing emotional, social, and physical distress

## Crisis Support

- Supporting students, faculty, and staff to promote the safety and well-being of the campus community

## Referrals

- Provide referral information for students seeking clinical mental health services, psychological assessments, and other community resources

## Online Resources

- To help students manage and overcome life obstacles, we have gathered valuable resources both at CGCC and within the community.

These are located at [www.cgcc.edu/counseling](http://www.cgcc.edu/counseling) (<http://www.cgcc.edu/counseling/>) under the Resources tab. They include the following areas and more: Suicide/Crisis Support, Food & Basic Need Assistance, Domestic & Dating Violence and Mental Health Resources. For more information, or to schedule an appointment, please refer to our website at [www.cgcc.edu/counseling](http://www.cgcc.edu/counseling) (<http://www.cgcc.edu/counseling/>), or call 480-732-7158 during normal business hours.