

COUNSELING

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 Bradshaw Hall, room BRD101. At Williams, we are located in Bluford Hall, room BLUF141. Find us online at www.cgc.edu/counseling (<http://www.cgc.edu/counseling/>) for information about hours, maps, and current program offerings.

Associate of Arts, Emphasis in Counseling and Applied Psychological Science (CAP)

To support the next generation of counseling and other human services professionals, CGCC 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.cgc.edu/degrees-certificates/counseling (<http://www.cgc.edu/degrees-certificates/counseling/>).

Individual Student Support

Counseling faculty also provide counseling support services to currently enrolled students, and assist with overcoming difficulties, problem-solving, and decision-making processes related to academic, career, and personal goal achievement. Come see us for:

Academic Counseling

- Balancing life, work, and school demands
- Organization skills and study strategies
- Time management
- Overcoming procrastination
- Test anxiety
- Navigating college, transitions, and next steps

Career Counseling

- Researching and selecting fields of interest, majors, and career pathways
- Exploring interests, values, and skills related to the world of work
- Goal setting and decision-making related to academic/career direction
- Interpretation of career assessments

Personal Support

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

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 <https://www.cgc.edu/student-resources/counseling/counseling-resources> (<https://www.cgc.edu/student-resources/counseling/counseling-resources/>). 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.cgc.edu/counseling (<http://www.cgc.edu/counseling/>), or call 480-732-7158 during normal business hours.