

FALL 2005 - CUYAMACA COLLEGE COUNSELING CONNECTION

COUNSELOR LIAISONS Fall 2005 – Spring 2006

Vangie Meneses, Dean of Counseling & Matriculation. Ext.4301
Lilia Pulido, Counseling Department Chair. Ext. 4434

Division I: Madelaine R. Wolfe, Ed D., Dean ext. 4453

<i>Department</i>	<i>Counselor Liaison</i>	<i>Office extension</i>
Automotive Tech	Marjie K & Greg G.	4438 & 4431
Business & Professional Studies	Paul Boatner	4435
CADD Technology	Ingrid Tarikas	4427
CIS & Graphic Design	Donna Hajj	4440
Environmental Health & Safety Tech.	Greg Gomez	4431
Mathematical Science	Donna Hajj	4440
Science & Engineering	Ingrid T. & Teresa M.	4427 & 4530

Division II: Albert J. Taccone, Ph. D., Dean ext 4675

<i>Department</i>	<i>Counselor Liaison</i>	<i>Office extension</i>
Art	Marjie K. & Lilia P.	4438 & 4434
Communication Arts	Lilia Pulido	4434
Foreign Languages	Marsha Fralick	4432
History, Social & Behavioral Science	Ingrid T. & Marsha F.	4427 & 4432
Humanities & Performing Arts	Ingrid T. & Lilia P.	4427 & 4434
OH & Water/Wastewater Tech	Marsha Fralick	4432
University Transfer	Donna Hajj	4440

Division III: Marie Ramos, Ph D., Dean, ext. 4673

<i>Department</i>	<i>Counselor Liaison</i>	<i>Office extension</i>
Exercise Science/Health Education	Paul Boatner	4435
Child Development	Raad Jerjis	4546
Community Learning	Raad Jerjis	4546
Elementary Education	Teresa McNeil	4404

The counseling department holds weekly meetings on Wednesdays from 10:00 a.m. to 12:00 p.m. Faculty are invited to make a department presentation and/or give regular academic updates. Contact Lilia Pulido at: lilia.pulido@gcccd.net to reserve a block of time.

TRANSFER CENTER UPDATE

LIVE CSU/UC APPLICATION WORKSHOPS

Application workshops will be held in the LRC (Library) in L206, computer lab from October 1 – November 30, 2005. Following a short presentation, students will be able to fill out the online application with assistance from counselors. Dates and times are available at www.cuyamaca.edu/transfer_center. Reservations are required.

CSU/SDSU Fall 2006 Application Cycle Begins.

The application period for the CSU is October 1 – November 30, 2005. Any student planning to transfer to a CSU can access the application online at www.csumentor.edu.

UC/UCSD Spring 2006 & Fall 2006 Application Cycle Begins

The application period for Spring 2006 is October 1 – 31, 2005. Admission to UCSD for Spring 2006 is open only to those students with a Transfer Admissions Guarantee (TAG) on file. The application period for Fall 2006 is November 1 – 30, 2005. Students can access application information online at www.ucop.edu/pathways

ONLINE COUNSELING

Since its debut in 1998, online instruction at Cuyamaca College has evolved and grown to 46 courses. Today, students can also access the newest form of counseling- online counseling or formally known as, **Ask a Counselor**.

By using online counseling as a tool to provide access to students, especially first-year younger students, there is hope that Cuyamaca's retention and academic success rates will reflect a marked improvement.

In brief, the exponential growth of online counseling coincides with the continued expansion of online instruction. Both strengthen the institution by making quality instruction and valuable student services available to all.

NEW ON-LINE JOB SERVICE FOR STUDENTS

Students can now access on campus and off campus jobs through the Internet. The Career and Student Employment Office just launched a new service called Cuyamaca JobLink. Current

Cuyamaca students and alumni are eligible to use the JobLink. Students may search for jobs 24/7 at their convenience. Full-time and part-time, internships and seasonal opportunities are available. Students must come to the Career Center to register for the Cuyamaca JobLink.

For resume assistance, interview skills or other job search help, students and alumni can contact our office for individual assistance. Call 660-4450.

ENROLLMENT IN PDC 124 INCREASES

Enrollment in PDC 124 has increased from 483 students in Fall 04 to 563 students in Fall 05, a 17% increase. The largest increase was in online classes. Online PDC 124 classes increased from 70 students in Spring 2005 to 150 students in Fall 2005. These online courses are increasing access to college for students who work full time, care for children in the home, are disabled, or live a distance from the college. Class evaluations show that students enjoy the online course and find it useful and personally meaningful. They have made very positive comments about the self-analysis and career exploration that is done online. In this online course, students write journals, take quizzes and participate in online discussion groups at their convenience.

PDC 124 TEXTBOOK USED NATIONWIDE

The textbook, *College and Career Success*, written by Dr. Marsha Fralick is now being used nationwide. It has been adopted by colleges in Utah, Ohio, Montana, Hawaii, Kentucky, Louisiana, Georgia and North Carolina. It is also widely used in the local area including Southwestern, City, Miramar and Mesa Colleges as well as Hartnell College in Northern California. The new 3rd Edition of the text is available in print or as an interactive Internet version.

CRISIS COUNSELING

A young man comes in to find out how he can drop a class. As an inquiry is made as to the reasons, he unfolds a story of a monumental argument with his father several days earlier, after which he stormed out of the house to spend two days with a friend. To make his point, he had refused to answer his cell phone.

Finally, when he did answer he found that his father had died of a heart attack and the family had been trying to contact him to come to the hospital in his dying moments. Things said but not meant, things not said which can no longer be said. He was in crisis.

A staff member comes to work in tears. Her husband has just been diagnosed with terminal cancer. He has two months at the most. Her world has just fallen apart. She is in crisis.

While these may seem like unusual cases to some people on the campus, they are actually very typical of the types of situations faced daily in the counseling office of Cuyamaca College. Fortunately, for these two and many like them, the Cuyamaca College counseling office has individuals who are fully trained to meet the crisis needs of both students and employees.

Dr. Paul Boatner and Raad Jerjis have both been fully trained in the therapeutic techniques necessary to assist individuals through times of crisis. Sometimes it may require several sessions to help the individual past the adjustment period while at other times it may require a referral to various community services.

One student who wrote as part of an English class assignment of his plans for suicide was put on a 24-hour watch and connected with suicide prevention programs. He is still alive and attending Cuyamaca.

If you have a student in crisis or you are facing a personal situation which is overwhelming, you are welcome to call 660-4429 to utilize our crisis services.

HIGH SCHOOL AND COMMUNITY RELATIONS

Jennifer Abel and the Student Ambassador group have continued to thrive and grow as a team. This Fall they have seven large-scale campus tours scheduled as well as six comprehensive high school presentations, and a number of community events to include a college night, and the Annual College Fair, as well as student advising which will begin at the High Schools in January. This past summer all of the ambassadors, including four new ambassadors, received intense training to prepare for their high school visits. A new approach to high school advising will also be in effect this Spring which they hope will encourage high school students to apply and

enroll at Cuyamaca College. The Outreach Team is also happy to say that Barbara Meese has returned on a part-time basis. She, along with Jennifer Abel, have successfully planned and presented the 21st Annual High School Counselors Luncheon/Conference. The theme for this year's luncheon was transfer, which included presentations by Donna Hajj and Dr. Cristina Chiriboga, as well as a student panel who spoke to the high school staff about their transfer experiences. The Outreach Department would like to thank everyone who has continued to offer their help and support.