

Where are counselors located?

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COUNSELING SERVICES



SFCC is an equal opportunity/equal access institution.
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SANTA FE COMMUNITY COLLEGE

Welcome

Santa Fe Community College's Counseling Services

welcomes you to visit privately with licensed professional counselors who are trained to help with decisions about school and careers as well as providing assistance in resolving personal problems.

For SFCC students, the college's counseling services are free. Counseling is also available for area residents interested in pursuing educational opportunities at SFCC.

Appointments are necessary. For days and times, contact the academic school and/or school division counselor. A professional counselor is always available for crisis counseling. If you feel you're in trouble, don't hesitate to call or come in.

Who are we?

We are licensed professional clinical counselors.

What is counseling?

It is a confidential, respectful process where you can feel safe discussing your concerns or other sensitive issues. Counseling offers an opportunity to solve problems and learn new skills, such as conflict management, assertiveness, career development skills, etc. Counseling offers ways to manage college-related stress.

Why do people use Counseling Services?

Counselors can offer one-on-one assistance and support with many personal, social and academic issues. The reasons people use counseling include:

- To discuss concerns about classroom performance, procrastination, motivation, missing class, test anxiety, time management, organization skills and stress.
- To receive academic degree advisement.
- To investigate educational and career options.
- To receive transfer advisement for a smooth transition from a two-year to a four-year school.
- To get help resolving conflict and problems with family, friends, co-workers or instructors.
- To get support when experiencing a family or personal crisis.
- To learn how to respond effectively to issues including diversity, sexual orientation, lifestyle adjustment and discrimination.
- To deal with relationship issues.
- To manage feelings of depression or anxiety.
- To get support when feeling isolated or alone.
- To obtain referral information for community resources including mental health, substance abuse and other support services.

What can I expect from a counseling appointment?

A counselor will schedule an appointment with you. When you come for your appointment, the counselor will meet with you in a quiet private office where you can talk about your concerns. Counselors are located in each academic school. During the initial appointment with the counselor you may be asked to complete a brief, confidential information form.