# SCC COUNSELING SERVICES

**Dean of Advising and Counseling:**
Yvonne L. Terrell-Powell, Ph.D.

**Counseling Faculty:**
- Linda Sue Nelson, M.Ed., L.M.H.C.
- Diana Sampson, M.A.
- Jeanne Strieck, M.A., L.M.H.C.
- Alicia Zweifach, M.A.

Students may make an appointment for counseling to address any issues that may be interfering with their ability to be successful in college. If the concern requires more than short-term counseling, the counselor will assist the student in finding a referral in the community. To make an appointment, call 206-546-4559 or come in (5229 FOSS Building) and ask for an appointment. There is no charge, and counseling is confidential.

The following are examples of issues counselors address when working with students:

## PERSONAL COUNSELING
- Adjustment to disability
- Anger management
- Anxiety
- Conflict with others
- Depression
- Eating disorders
- Grief/Loss
- Community resource information
- Transition
- Occupational concerns
- Parenting
- Relationships
- Religious/Spiritual
- Self-Esteem
- Sexual abuse/Assault
- Stress management
- Substance abuse

## ACADEMIC COUNSELING
- Motivation
- Test anxiety
- Time management
- Fear of failure or success
- Perfectionism and/or procrastination
- Educational goal setting
- Study skills, skills for success
- Getting organized
- Choosing a major
- Educational pathways
- Adjustment to college
- Effective use of college resources

## CAREER COUNSELING
- Self-awareness
- Identifying interests
- Assessing strengths
- Clarifying values
- Exploring career possibilities
- Decision making skills
- Career goal setting
- Matching educational pathways to careers

10/06