

# COUNSELING

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## Counseling Center

General counselors provide an array of services to students with a Campus-Wide ID (CWID) number. To schedule an appointment, see the [Counseling website](#), visit Room 8302 or call 650.949.7423.

### Academic Counseling

- Explore majors, educational choices and set academic goals
- Get up-to-date information on admissions and transfer requirements
- Develop a Student Educational Plan (SEP) to complete a certificate, associate's degree, and/or transfer
- Address academic and progress probation
- Get referrals to other support services on campus
- Certify Cal-GETC, IGETC, or CSU GE Breadth (work with a counselor to determine which pattern is most appropriate for you)

### Career Counseling

- Explore career options and paths
- Learn about different career and college success courses
- Use career search resources

### Personal Counseling

- Get support in safe, non-judgmental spaces
- Address personal issues affecting college success
- Receive referrals to on-campus and community resources as needed

## Orientation

Orientation allows all students to learn important information about Foothill College. It satisfies one of the five required components to be eligible for priority registration (orientation, assessment, declared major, declared qualifying educational goal and a completed educational plan). Orientation can be completed in person during a registration workshop or class, or online.

Students are encouraged to enroll in CNSL 5 or SPED 8. These classes are taught by counselors who will help you develop an educational plan to meet your academic goals and provide valuable information about Foothill College. For more information, visit [foothill.edu/counseling](http://foothill.edu/counseling).

## Mental Health & Wellness Services

Licensed mental health professionals offer short-term (eight sessions per academic year), confidential, no-fee personal counseling to enrolled Foothill students. Services include individual, couples, family and group counseling. Brief daily drop-in sessions are also available M-F 12-1, no appointment needed. Services are provided in the **Mental Health & Wellness Center** office and virtually. Ongoing wellness resources are also available. For mental health appointments or information about additional services, visit Lower Campus Center, Bldg., room 2120, call 650.949.7910, or visit the [Mental Health & Wellness Center website](#).