

## OFFICE HOURS

Fall/Spring  
Monday–Thursday 8 am–7 pm  
Friday 8 am–5 pm

Summer  
Monday–Thursday 8 am–7 pm

Counseling services are available to current and former students

Please call **480.423.6524** for an appointment or visit our website at [www.scottsdalecc.edu/counseling](http://www.scottsdalecc.edu/counseling)

## COUNSELING SERVICES

Student Center (SC 108)

**480.423.6524**

[www.scottsdalecc.edu/counseling](http://www.scottsdalecc.edu/counseling)

## COUNSELING FACULTY

TIA BRUISED HEAD, M.A.ED.

LINDRA FISHLEDER, M.C.

MIGUEL LUCAS, M.C.

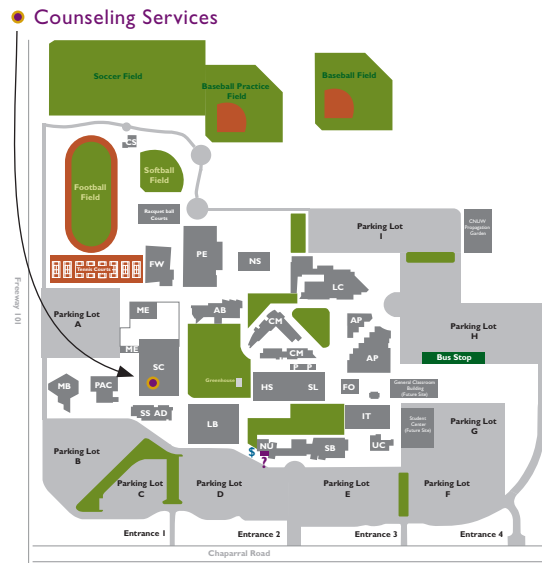
MITRA MEHRABAN, M.C., M.ED.

ZOILA TOVAR-BLANK, PH.D.

ROSEMARY ACOSTA M.A. ED.

GARY KILDUFF, M.A.

### SCC MAP



9000 East Chaparral Road  
Scottsdale AZ 85256–2626

A Maricopa Community College

COUNSELING SERVICES

## MISSION STATEMENT

The mission of Scottsdale Community College's Counseling Services department is to support learning and retention through helping students to identify and achieve their diverse personal, educational, and career goals. We work to achieve this mission through individual counseling, group counseling, classroom instruction, and crisis intervention. In addition, we offer consultation and training for SCC faculty and staff.

## INDIVIDUAL COUNSELING

Scottsdale Community College counselors are available to assist you during the day and evening. (Information discussed in meetings with counselors is confidential. However, limited disclosure may be necessary if in the professional judgment of the counselor this disclosure is needed to prevent any individual from physical harm.)

Meet with a counselor to explore the following:

**Educational Counseling:** What learning and study strategies will help me be more successful in school? How can I manage my time and schedule better? Why do I always have a hard time with tests? How can I get more out of my reading and notes?

**Career Counseling:** How do I pick a major or educational program? What should I consider when trying to pick a career? Which career direction should I choose? What careers best fit my needs and interests?

**Personal Counseling:** How do I deal with all the stress? How can I best balance my school and life at the same time? How can I handle difficult times in my life? How do I deal with relationship problems?

**Counseling Assessments:** Are there any inventories or tests that can help me choose a career? What inventories/tests would help me find out how I learn best?

**Referral:** What are the community resources that might help my situation? Where can I go to find low cost psychotherapy? Do you know of any AA groups for students? How can I find out if I have depression?

## CLASSROOM INSTRUCTION

Each semester the counseling faculty teach courses in personal, educational, and career development. They range from personal awareness to skill development. These one, two and three credit courses are offered both day and evening.

### CPD COURSES INCLUDE:

- CPDI02AA Assertiveness Training
- CPDI02AB Career Exploration
- CPDI02AD Eliminating Self-Defeating Behavior
- CPDI02AH Stress Management
- CPDI02AR Relaxation Training
- CPDI02AS Conflict Resolution
- CPDI03BE Personal Development Native Americans
- CPDI03BA Women in Transition
- CPDI03BH Male-Female Communication
- CPDI08 Personal Money Management
- CPDI15 Creating College Success
- CPDI50 Strategies for College Success
- CPDI60 Intro to Multiculturalism

## WORKSHOPS AND PRESENTATIONS

Short-term sessions are offered for students, faculty and the campus community.

Topics such as:

- Study Skills
- Stress Management
- Test Anxiety
- Time Management
- Procrastination
- Suicide Prevention
- Self-assessment for Careers
- Cultural Diversity
- College Success Strategies
- Substance Abuse
- Relationship Building
- Problem Solving
- Coping with Loss
- Jealousy
- Self-esteem Building
- Assertiveness

## CRISIS INTERVENTION

Counselors are available to assist students, faculty, staff, and administration with crisis issues.

## CONSULTATION & TRAINING

Counselors work to assure student success and foster a positive learning environment by providing consultation and training for SCC faculty and staff.

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