COUNSELING SERVICES

Student Center (SC 108) .......... 480.423.6524
www.scottsdalecc.edu/academics/departments/counseling

OFFICE HOURS
Fall/Spring
Monday & Thursday ........ 8:00 a.m. – 6:00 p.m.
Tuesday & Wednesday .... 8:00 a.m. – 6:00 p.m.

Summer
Monday–Thursday .......... 8:00 a.m. – 6:00 p.m.

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/academics/departments/counseling

COUNSELING FACULTY
TIA BRUISED HEAD, M.A.Ed., M.S.
KIMBERLY KINGSLEY, M.Ed.
DR. MIGUEL LUCAS, M.C., Ed.D.
MITRA MEHRABAN, M.C., M.Ed.
RAMONA SANTIESTEBAN, M.Ed., M.P.C.
ANDREA SCHERRER, M.C.

SCC MAP

9000 East Chaparral Road
Scottsdale AZ 85256–2626

www.scottsdalecc.edu
MISSION STATEMENT
The mission of Scottsdale Community College’s Counseling Services Division is to support learning and retention by helping students to identify and achieve their diverse personal, educational, and career goals. We work to achieve this mission by offering:

- Counseling
- Assessments
- Community Referral
- Crisis Intervention
- Classroom Instruction
- Workshop & Orientations

COUNSELING
Scottsdale Community College counselors are available to assist students both 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:

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?

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?

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?

Community 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?

CRISIS INTERVENTION
Counselors are available to assist students, faculty, staff, and administration with crisis intervention.

CLASSROOM INSTRUCTION
Each semester Counseling Faculty teach courses in personal, educational, and career development. They range from personal awareness to skill development. These two and three credit courses are offered both day and evening. In addition, CPD150, CPD102AB, and CPD160 are all transferable to all three AZ State Universities.

CPD COURSES INCLUDE:

- CPD150 Strategies for College Success (3 credits)
- CPD102AB Career Exploration (2 credits)
- CPD160 Intro to Multiculturalism (L)(C) (3 credits)
- CPD102AH Stress Management (2 credits)
- CPD103BE Native American Pride & Awareness (2 credits)

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
- Goal Setting
- Note-taking
- Mindset
- Emotional Intelligence
- Memory Techniques
- Suicide Prevention
- Career Inventories
- Cultural Diversity
- Substance Abuse
- Relationship Building
- Problem Solving
- Coping with Loss
- Self-esteem Building

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

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