

# You and Your Counselor



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## Personal Counseling

The College Discovery Program at BMCC is committed to providing individual counseling for our students. Students can discuss personal concerns especially as they relate to their educational goals. The counselors hold graduate degrees in the areas of counseling, psychology, and social work and have extensive training in their fields.

## Career Counseling

Making a career decision can be one of the most important decisions students make. Numerous issues, such as interests, aptitudes, educational requirements, career mobility, projections of growth and salary must be considered. Counselors can help by offering guidance and information that may be useful in making informed decisions and choosing a curriculum. You should feel free to raise questions and discuss this topic with your assigned counselor.

## Group Counseling & Workshops

Group counseling and workshops are planned on a variety of topics throughout the semester and run by the College Discovery counselors. Some of these topics have included: stress management, test anxiety, relationship issues, and other personal and academic success skills. Don't forget to read your regular mail and college assigned email carefully for exact dates and times of scheduled activities. Students are strongly encouraged to attend when possible.

## Student Responsibilities:

- All College Discovery students are assigned a counselor. You can make an appointment to meet with your counselor at the College Discovery office or by contacting your counselor by telephone or through email.
- Students are expected to meet regularly with their assigned counselor. Freshman students meet with their counselor three times each semester for the first two semesters. Continuing students meet with their counselor at least twice during each subsequent semester. One contact must be made during the first two months of the semester.
- Students must consult with their counselor before dropping or adding courses or changing their curriculum.

\*See the College Discovery Handbook for more details:

<http://www.bmcc.cuny.edu/cd/upload/handbook.pdf>