

Counseling News

June, 2009

Counseling Updates

OFFICE HOURS:

M-Thurs 8-8, Fri 8-4

Coming This Fall!

Connect with your Counseling Department Liaison.

Join our staff meetings Thursdays 10–11am.

Contact [Rudy Dompe](#) Counseling Department Chair to schedule your department.

PERSONAL COUNSELING is available in the Counseling Center for students whose problems are interfering with their academic, career, or social functioning. This is meant to be short term counseling (about 6 sessions). Community referrals are given to students for more long term issues. Instructors are often the first to observe problems that students are having. Don't hesitate to call counselors with questions or refer students directly. Students are often overwhelmed balancing school, work, family, and friends. Contact [Eileen Sheff](#), Coordinator of Personal Counseling at 818- 710-4356

Greetings from the Counseling Faculty!

Who's Who in the Counseling Office?



Meet Roberta Brodie, one of our adjunct counselors originally from Ventura County. She has a BA in Drama and a MS in Counseling and Guidance from California Lutheran University. Roberta is also an adjunct counselor

at Moorpark College, and teaches in the Counseling and Guidance program at Cal Lutheran . She has a passion for adult learning theory and is working toward a graduate certificate program at Buffalo State University online. Roberta loves learning about cultures, trying new foods, drawing, and painting. Stop by and say hello to Roberta!

Counselors Connect with Academic Faculty

The Counseling Department is coordinating with the academic departments on campus in an effort to increase communication and exchange of information. Each academic department has one counselor liaison who will be available for a variety of services and activities which may include: attending occasional faculty meetings, communicating curriculum changes and updates, offering class presentations to students on academic planning and counseling services. You should consider your counselor liaison your direct link to the Counseling Department and the students we assist. We feel that this new addition to our services is a positive way to get up-to-date and current information to students and faculty. [Please click here to view the department liaison list.](#)

I Want it and I Want it NOW How to work effectively with "Millennial" students

Millennial students are college students who are entering higher education after the new millennium. This generation of students have brought with them very specific behaviors and needs that faculty and student affairs professionals need to consider in order to serve them effectively. "Millennials" are characterized as being; optimistic, structured, high-achievers, confident, follow authority and rules, display feelings of entitlement, and are often under prepared for the challenges of an independent lifestyle. This may be due to over attentive parenting and a tendency to shelter children from obstacles that might be important for healthy development. College is a time when students face independence for the first time. Virginia Tech researchers found that Millennial students are inclined to be more academically disengaged than past generations. While Millennials have been getting higher grades than ever before, they lack connection with the material perhaps due to parental emphasis on end products rather than the methods of achieving them. Current research shows that all campus professionals can do their part to facilitate growth and development toward independence. Some strategies might include; discussing the realities and expectations of what it means to be a successful college student, giving students incentive and continual reinforcement through spaced out assignments, providing opportunities for group work can help these students apply learned skills from high school. Consequently college is a time to provide support for new challenges. Faculty can help students break away from their structured and dualistic outlook and begin thinking creatively and expressively through assignments and classroom lessons that promote critical thinking and abstract thought.

Dear Counselor

Dear Counselor Robin

I will be graduating from high school this June, and I plan to attend Pierce in the summer. I already filled out an application and I've taken the assessment test which placed me into English 21. Do you have any suggestions on what classes I should take?
Signed Ambitious Sophia

Dear Ambitious Sophia:

I recommend that you drop in to the counseling office so that we can help you with an academic plan. This summer you should consider our **Summer Bridge Program** which is geared toward first time freshmen. It is setup as a cohort, you will be taking English 21 and Personal Development 40 together with the

same group of students. This program is also open to students who place into English 28.

To get into this program you will need to fill out an application through our **Outreach Office by June 12th**. They will give you all the necessary information you need to get started.

I hope this helps.
Sincerely,

Counselor Robin