

COUNSELING MISSION STATEMENT

The Counseling Mission is two-fold:

- ◆ First, to promote student success and retention by helping students achieve their educational, career, and personal goals.
- ◆ Second, to serve as a resource to the college community by providing a variety of services and programs.

“We’ll help reach new heights and overcome obstacles”



Students who need disability accommodations should contact Disability Support Services in Bldg. 27 on the 2nd floor, e-mail dss@spscc.ctc.edu or call (360) 596-5306.

South Puget Sound Community College’s equal opportunity policy prohibits discrimination in our services and in employment against any person on the basis of race, creed, color, national origin, sex, marital status, sexual orientation, age, religion, Vietnam era or disabled veteran status, the presence of any sensory, physical, or mental disability except in the case of a bona fide occupational qualifications. South Puget Sound Community College is an Equal Opportunity / Affirmative Action Employer and complies with the Americans with Disabilities Act (ADA).

COUNSELING HOURS

Fall | Winter | Spring

Monday—Friday 8:00 a.m.—5:00 p.m.



Safe Zones are designed to provide a safe space or a place of refuge, where members of the campus community can turn when they:

- ◆ Feel that their safety is immediately threatened, and/or
- ◆ Have been on the receiving end of bigotry of any kind

Counseling Resources is located in portable M-2, and is part of the Office of Student Life

South Puget Sound Community College
2011 Mottman Road S.W.
Olympia, WA 98512-6292

Phone: 360-596-5306

Fax Line: 360-596-5708

E-mail: counseling@spscc.ctc.edu

SOUTH PUGET SOUND
COMMUNITY COLLEGE

COUNSELING RESOURCES



OFFICE OF STUDENT LIFE

2011 MOTTMAN ROAD SW
OLYMPIA, WA 98512-6292

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SOUTH PUGET SOUND
COMMUNITY COLLEGE



COUNSELING SERVICES

The Counseling staff is committed to helping students achieve success with their personal, academic, and career goals. We offer various resources designed to help students as they grow academically, acquire skills for employment, improve personal wellness and develop effective skills for self-advocacy and interacting in a diverse environment. Our counselors are trained professionals any information shared with them is confidential.

ACADEMIC SUCCESS COUNSELING

Counselors assist students with issues that improve college success such as; reducing test anxiety, managing time more effectively, establishing, and reaching realistic goals and adjusting to college life. Educational skills counseling and instruction are available through classes, workshops, and individual appointments.

CAREER COUNSELING

Counselors help students examine career and life goals; assess interests, values, and skills, personality styles; make occupational decisions, select educational programs and majors; and explore the world of work. Career counseling is available through classes, Workshops and individual appointments.

PERSONAL COUNSELING

Personal counseling gives students the opportunity to meet with a professional counselor to discuss issues and concerns that may be interfering with their ability to achieve educational and personal goals. Personal counseling is available by appointment or on an emergency basis.

COUNSELORS:

◆ **Yolanda Machado, M.ED.**

Ph: (360) 596-5318

Email: ymachado@spscc.ctc.edu

◆ **Sally Sharbaugh, M.C., L.M.H.C.**

Ph: (360) 596-5263

Email: ssharbaugh@spscc.ctc.edu

◆ **Colleen Clukey, M.A., M.H.C.A.**

Ph: (360) 596-5523

Email: cclukey@spscc.ctc.edu

◆ **Julie Kunz, M.S., N.B.C.C**

Ph: (360) 596-5331

Email: jkunz@spscc.ctc.edu

How to Schedule an Appointment

Please call 360-596-5306 or stop by Counseling Resources on the 2nd floor of Bldg. 22 to schedule an appointment with one of the counselors.

Drop-in time is available for quick questions or immediate needs. Please call for times.



COMMON REASONS STUDENTS SEEK COUNSELING SERVICES

- ◆ Abuse—physical, emotional
- ◆ Academic probation & dismissal
- ◆ Anxiety, stress and panic attacks
- ◆ Career exploration & decision making
- ◆ Crisis support
- ◆ Depression
- ◆ Drug & alcohol issues
- ◆ Eating disorders
- ◆ Harassment
- ◆ LGBTQ support, concerns & questions
- ◆ Loss & grief
- ◆ Major life transitions
- ◆ Rape
- ◆ Relationship & interpersonal issues
- ◆ Sexual abuse history
- ◆ Sexual orientation & questioning
- ◆ Study skills
- ◆ Suicide & suicidal thoughts
- ◆ Support groups
- ◆ Test anxiety