

COUNSELING



Counseling is an academic discipline and service area concerned with the study of career exploration, student success strategies, and transfer readiness. The counseling department also serves a diverse student population with academic, career, transfer, vocational, and personal counseling needs. The counseling faculty and staff are committed to empower and educate students on how to achieve their academic goals by development of a student educational plan and referrals to campus and community resources.

The skills developed within this discipline's courses include personal responsibility, self-management, and decision making skills.

Transfer requirements vary among four year institutions. In all cases, students should consult with a counselor for specific transfer requirements.

Contact Information

For detailed contact information visit the Counseling Department (<https://www.cos.edu/en-us/student-support/counseling/>) page.

Student Services Division Chair

Lisa Loewen | (559) 583-2521 | lialo@cos.edu
E52 | Hanford Campus

Dean of Student Services

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Associate Degree

- Associate of Arts in Liberal Arts – Pathway to Educational Occupations (AA) (<https://catalog.cos.edu/areas-study/transfer-university-studies/associate-arts-transfer-studies-area-emphasis-elementary-teaching-preparation-transfer-aa/>)

- Associate of Arts in Liberal Arts - Pathway to Social Behavioral Science (AA) (<https://catalog.cos.edu/areas-study/liberal-studies/associate-arts-liberal-arts-area-emphasis-social-behavioral-science-not-for-transfer-aa/>)
- Associate of Science in Liberal Arts - Pathway to Health Science (AS) (<https://catalog.cos.edu/areas-study/liberal-studies/associate-arts-liberal-arts-pathway-health-science/>)
- Associate of Arts in University Studies - Pathway to Math and Science (AA) (<https://catalog.cos.edu/areas-study/transfer-university-studies/associate-arts-university-studies-math-science-transfer-aa/>)

Certificate

- Certificate of Achievement in CSU GE Breadth
- Certificate of Achievement in IGETC GE
- Skill Certificate in Leadership (<https://catalog.cos.edu/areas-study/counseling/skill-certificate-leadership/>)

For a complete list of courses and descriptions visit: COURSES (<https://catalog.cos.edu/course-descriptions/>)

COUN 010 Career and Life Planning

3unit(s)

Hours: 3 Lecture/Discussion

Equivalent Course: COUN 100

An introduction to career and life planning, including the survey of interests, skills, values, personality traits, past experiences, and life stages. Students will develop a comprehensive educational and career plan using gathered self-information, career research and planning, and decision-making strategies with an awareness of the impact of psychological, sociological and physiological factors related to career and lifelong satisfaction and development over a lifetime.

COUN 025 College and Life Success

3unit(s)

Hours: 3 Lecture/Discussion

Equivalent Course: COUN 125

This course covers the exploration of physiological, psychological and sociological factors that impact college and lifelong learning, personal growth and development, well-being, and overall success. Topics include self-awareness, academic awareness and resources, learning processes and styles, health and wellness, effective communication in a diverse setting, and financial literacy.

HDEV 221 Applied Learning and Study Strategies

3unit(s)

Hours: 3 Lecture/Discussion

This course is designed to prepare students for the college academic learning environment with emphasis on applied learning/study strategies and effective planning. Strategies include learning styles and preferences, reading and critical thinking, time management, goal setting, note taking and writing skills, memory principles, and test taking techniques.

IS 210 Leadership Development

2unit(s)

Hours: 2 Lecture/Discussion

Theory and practice of leadership. Prepares students for productive involvement in community service, college activities, and civic governance. Designed especially, but not exclusively, for students participating in student government and club activities.

IS 211 Student Governance

Hours: 2 Lecture/Discussion

This course is designed to familiarize students with the Student Senate Constitution and governance process within the community college system. Students will learn methods and techniques to conduct effective meetings and skills to serve as student representatives within the participatory governance structure. Students will develop an understanding of the community college culture, learn methods to lead with integrity and moral purpose, develop critical thinking skills, and strategies for active citizenship.

2unit(s)B.A., California State University, Fresno
M.A., California State University, FresnoBriones, Emily
B.A., University Of Southern California
M.S.W., University Of California, Los AngelesDuarte, Adrienne
A.A., Fresno City College;
B.A., California State University, Fresno
M.S., California State University, Fresno**IS 212 Peer Mentoring and Leadership**

Hours: 2 Lecture/Discussion

This course is designed to give students leadership, peer mentoring, and peer advising skills. Helping skills such as methods of problem-solving essential for the college student, communication, time management, knowledge of resources are emphasized, as well as leadership training. This course will prepare students to act as peer-mentors for the college student population.

2unit(s)Faulkner, Brittney
A.A., College of the Sequoias
B.A., California State University, Chico
M.S., California State University, FresnoFelix-Mora, Monica
B.A., California State University, Fresno
M.S., California State University, Fresno**IS 213 Student Senate Development**

Hours: 2 Lecture/Discussion

A class devoted to the practical application of the governmental process through participation in student government.

2unit(s)Ford, Jason
B.A., California State University, Chico
M.A., Brandman UniversityGarcia, Jennie
A.A., Reedley College
B.S., California State University, Fresno
M.S., M.A., National University**LS 315 Transition to College**

Hours: 1 Lecture/Discussion

This course is designed to assist students in preparing for a successful semester in a community college. The focus will be on educational planning, time management, navigating the college campus and computer applications (Canvas, Banner, MyGiant Portal), and utilizing support resources to assist them in successfully achieving their goals. This course will focus on adjusting to the college environment and is designed for students who are eligible for Access and Ability Center services, but open to all students.

1unit(s)Hamid, Maria
A.A., College Of The Sequoias
B.S., California State University, Fresno
M.S., Wayne State CollegeHer, Mainou
A.A., Fresno City College
B.A., California State University, Fresno
M.S., California State University, Fresno**LS 320 Personal Development**

Hours: 1 Lecture/Discussion

This course is designed to assist students in furthering their Personal Development and Social Skills, including: awareness and investigation of self and others, self-advocacy, and techniques for interacting and engaging with others or groups of others. This course is recommended for students who may identify with social anxieties, fears, or low self-esteem possibly resulting from Mental Health barriers, Autism Spectrum, or other conditions/disabilities. This course is open to anyone; all students seeking support in Personal Development and Social Skills are encouraged to enroll. The class will emphasize discussion and creative thinking, as well as group collaboration and respect for others.

1unit(s)Hodges, Kristine
B.A., California State University, Fresno
M.A., California State University, FresnoLedesma, Casandra
B.A., San Francisco State University
M.Ed., San Francisco State UniversityLoewen, Lisa
A.A., San Joaquin Delta College
B.A., Fresno Pacific University
M.A., Fresno Pacific UniversityNoyes, Robyn
B.A., California State University, Fresno
M.S., California State University, FresnoPalomera, Deisy
B.A., California State University, Fresno
M.A., California State University, FresnoRamirez, Christopher
B.A., California State University, Fresno
M.A., California State University, Fresno

Sanchez, Deysi

Counseling

Aguilar-Jones, Belinda

B.A., Fresno Pacific University
M.S., California State University, Fresno

Alvarez Soto, Ambar

B.A., California State University, Fresno
M.A., California State University, Fresno

Beltran, Cynthia

B.A., California State University, Fresno
M.S., California State University, Fresno

Bentley, Matthew

B.A., University Of California, Santa Barbara
M.S., National University

Thomas, Amanda
B.S., California State University, Fresno
M.S., California State University, Fresno

Turk, Marvin
A.A., American River College
B.A., University Of Montana
M.S., California State University, Sacramento

Valenzuela, Sandy
A.S. College Of The Sequoias
B.A., California State University, Long Beach
M.A., California State University, Long Beach

Vang, Meng
B.A., University Of California, Santa Barbara
M.A., California State University, Fresno

Vang, Sunny
B.A., California State University, Fresno
M.A., California State University, Fresno

Velasquez, Leah
B.A., California State University, Fresno
M.S., California State University, Fresno

Yang, Chong
B.A., Brown University-Providence, Rhode Island
M.A., San Diego State University

Yang, Yer
B.A., California State University, Fresno
M.S., California State University, Fresno