

# 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/StudentServices/Counseling/Pages/Services-and-Staff.aspx>) page.

### Student Services Division Chair

Adrienne Duarte | (559) 737-6175 | [adrienned@cos.edu](mailto:adrienned@cos.edu)  
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### Dean of Student Services

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## Certificate

- 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

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 Student Success

3unit(s)

Hours: 3 Lecture/Discussion

This course will provide the student with an opportunity to learn and adopt techniques, tools, and methods that will enhance his/her success in college. In addition, this course will highlight key strategies for improving a student's understanding of personal responsibility and self-management.

### IS 180 Freshman Science Seminar

1unit(s)

Hours: 1 Lecture/Discussion

An orientation to the strategies needed to successfully complete a major in mathematics, science or engineering. This course assists students in acquiring the knowledge and skills necessary to reach their educational objectives in highly technical fields. Topics include: career planning, educational and personal enrichment, study skills and habits, time management, academic preparation, and self-discipline. This course serves as the orientation requirement for MESA, but is open to all students. Approved for Distance Education format.

### 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)**

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

Briones, Emily  
B.A., University Of Southern California  
M.S.W., University Of California, Los Angeles

Duarte, 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, Fresno

Felix-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 University

**IS 308 Instructional Support**

Hours: 3 Lab

This course provides instruction in applied study skills. Students will learn techniques to assist them with their current course of study or to prepare them for the ensuing semester.

**1unit(s)**

Garcia, Jennie  
A.A., Reedley College  
B.S., California State University, Fresno  
M.S., M.A., National University

**LS 308 Instructional Support**

Hours: 3 - 6 Lab

Students will learn strategies for approaching their academic courses and/or improve academic skills which may be affected by a condition qualifying them for AAC services.

**1 - 2unit(s)**

Hamid, Maria  
A.A., College Of The Sequoias  
B.S., California State University, Fresno  
M.S., Wayne State College

**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)**

Her, Mainou  
A.A., Fresno City College  
B.A., California State University, Fresno  
M.S., California State University, Fresno

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

Ledesma, Casandra  
B.A., San Francisco State University  
M.Ed., San Francisco State University

Loewen, Lisa  
A.A., San Joaquin Delta College  
B.A., Fresno Pacific University  
M.A., Fresno Pacific University

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

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

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

## 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

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

Velasquez, Leah

B.A., California State University, Fresno

M.S., California State University, Fresno

Yang, Yer

B.A., California State University, Fresno

M.S., California State University, Fresno