

GENERAL COUNSELING INFORMATION

About General Counseling:

The Counseling Department provides academic, career, and personal counseling to Oxnard College students. Oxnard College counselors are here to support students in their educational journey. We recognize that the college process can be confusing and overwhelming, and our goal is to make the process easier for students to reach their personal, academic, and career goals. Our department provides in-person, Zoom, and phone counseling services.

The overall goal and purpose of the General Counseling Department is to assist full-time and part-time students with the process of determining their educational objective and developing a plan to achieve that goal. Attention to the individual needs of each student is particularly vital at Oxnard College, where its open-access policy attracts students of diversified backgrounds, interests, abilities, and needs. Counselors aid students with self-assessment, self-reliance, and self-directed activities. Students are encouraged to meet with a counselor at least once a semester to develop an educational plan and modify it as needed while developing and exploring their educational options. Oxnard College also has centers dedicated to exploring university transfer options (University Transfer Center (<http://catalog.vcccd.edu/oxnard/counseling-services/transfer-center/>)) and major and career options (Career Center (<http://catalog.vcccd.edu/oxnard/counseling-services/careercenter/>)). Areas of services provided by the General Counseling Department that support student needs are:

- **Academic Counseling:**

One of the primary responsibilities of Oxnard College counselors is to assist students in planning for a program of study that appropriately reflects their educational and career objectives including earning a certificate of achievement, associate degree, associate degree for transfer, and/or university transfer. The counselor's function, however, is an advisory one. Ultimately, the responsibility for knowing program requirements and enrolling in proper courses rests with the student.

- **Career Counseling**

Counselors can provide students with information about a variety of learning and career pathways. Students may also enroll in Personal Growth courses taught by counseling faculty. By enrolling in Personal Growth courses and meeting with counselors, students have the opportunity to explore relationships between career choice, decision-making procedures, and personal values. Personal Growth classes allow students the opportunity to gain insight into the occupational outlook of specific careers while providing a supportive atmosphere for self-exploration.

- **Personal Counseling**

Through a self-help holistic approach, counselors will help students explore immediate alternatives for crisis situations or assist in decision-making to provide for maximum student success while in attendance at Oxnard College. When further assistance is necessary, counselors can provide students with referral services for personal and social problems. Mental health therapists are available through the Student Health Center (<http://catalog.vcccd.edu/oxnard/student-instructional-support-services/student-health-center/>) at (805) 678-5832.

Contact Us:

- Website: OC General Counseling Department (<https://www.oxnardcollege.edu/departments/student-services/counseling/>)
- Phone: (805) 678-5816
- Location: Student Services Building, 2nd Floor