

Student Services

Professional Counselor

What is counseling?

Is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals. (ACA Governing Council 2010)

Purpose of counseling

Empower the client to deal adequately with life situations, reduce stress, experience personal growth, and make well-informed, rational decisions.”

(U.S. Dept. of Human Services, Mental Health, United States, 2002)

Counseling services

- Individual Counseling
- Academic Adjustments (ADA Law)

Individual Counseling

Student life is a transitional period and can bring pressure and stress. We try to help students understand this period, find ways of coping with crises and grow from their experiences.

You can contact your counselor if you need help with:

- Stress
- Depression
- Family Problems
- Communication Problems
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- **PROFESSIONAL COUNSELOR**

- **Lourdes M. Ramos, LPC**
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- Office Hours:
Monday-Friday
8:00 a.m. to 5:00 p.m.