COUNSELING

Counseling Services
(408) 741-2009
https://www.westvalley.edu/services/counseling/

The College Counseling Services is staffed by competent, highly-trained and diversely experienced counselors. The primary goal of Counseling Services is to provide opportunities for students to clarify their personal, academic, career goals; develop self-confidence, self-esteem, and self-direction, to make informed decisions, and utilize resources. Additional counselors are located in support programs (DESP, EOPS, TRIO, Career Programs, and Veteran's Center). Counseling services include the following:

Academic Counseling
Academic counseling includes educational goal-setting, exploring educational options and opportunities, evaluating educational potential, and providing the student with clear, concise and up-to-date educational planning and transfer information.

Career Counseling
https://www.westvalley.edu/services/careers/

Career counseling provides the student with an opportunity for clarification and integration of career and educational goals, study of careers and life-styles, vocational and career inventories, and career decision making courses.

Personal Counseling
Personal counseling is provided to students who seek assistance in resolving personal, relational, self-identity, or health-related problems which are limiting or interfering with the student's ability to successfully pursue a college education.

Counseling Courses
Counseling 000A College Orientation, is a course that helps students with course selection while outlining WVC resources, policies and procedures. The following courses are transferable: Counseling 2, Academic and Personal Planning; Counseling 5, College Success; Counseling 12, Careers and Lifestyles; Counseling 12C, Career and Lifestyles; Counseling 24, Personal Growth; Counseling 45, Successful Study Strategies; Counseling 50, Cross-Cultural Perspectives.

Learning Outcomes - Courses
After completing courses in Counseling, a student will be able to:

• Identify strategies for making wise choices, goal setting, taking responsibility, and thinking critically about life choices;
• Create a plan with long and short term goals to achieve their personalized educational and/or career goal.

Learning Outcomes - Services
After utilizing Counseling services, a student will be able to:

• Identify course selections for the next semester;
• Demonstrate an understanding of which general education pattern to follow, and how to access the major requirements needed to achieve their educational goal.

Counseling Services is located in the Student Services Center.