

Counseling Quick Points

We've got news for you!

TIPS ON TRANSFERRING

We are beginning the Spring semester and many of you are thinking of transferring on to other Colleges and Universities. Attached are some tips from the CFCC counselors.

- Make sure to check out the CFCC website at <http://cfcc.edu/transfer/steps.htm>. Much of the information you need to know is right there!
- Make sure you are familiar with your program so you can easily discuss your preparation with a transfer counselor. All the information you need is on web advisor.
- Visit the campus of your choice both online and in person when possible.
- **Find out application deadlines.**
- Fill out your application and have a friend or family member proof it.
- Make sure you do not have any holds at Cape Fear so you can get your official transcripts.
- Arrange to have your official transcripts sent.
- Find out the school's financial aid code and have your financial aid info sent.
- **Please don't wait until the last minute!**

Since many of you are interested in transferring to UNCW, below you will find the list of dates for private visits at Cape Fear CC (Wilmington and North Campuses). For the most up to date information consult the UNCW website at: www.uncw.edu/admissions/transiet.

The dates for the private visits are listed below:

Cape Fear CC – Wilmington Campus

Tuesday, January 19, 2010
 Tuesday, March 2, 2010
 Wednesday, April 7, 2010
9:00 AM – 4:00 PM L-107

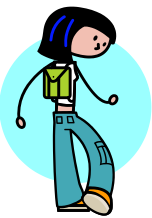
Cape Fear CC – North Campus

Wednesday, January 20, 2010
 Tuesday, March 23, 2010
10:00 AM – 2:00 PM
McKeithan Center

The counselors at either the North or Wilmington campus will be happy to assist you with the transfer process. Please don't wait until the last minute!

Additional resources: https://www1.cfnc.org/Student_Planner/Transfer_Student_Planner/Frequently_Asked_Questions.aspx

STRESS BUSTER!



Take a walk and think about five things for which you are thankful. Research shows it is physiologically impossible to be stressed and thankful at the same time.

CFCC WELCOMES NEW COUNSELOR!



North Campus Student Services would like to welcome our newest Counselor, Lindsay Maitland. Ms. Maitland comes to us from Mount Olive College where she has experience as an advisor. She also worked at community colleges while living in Colorado and Florida. She is looking forward to providing services to students at the North Campus. Her office is located in the McKeithan Center in room NA100.

"Even if you're on the right track, you'll get run over if you just sit there" - Will Rogers

COUNSELING HOURS

WILMINGTON CAMPUS HOURS	8 AM - 6 PM MONDAY - THURSDAY	NORTH CAMPUS HOURS	8 AM - 6 PM TUESDAY - THURSDAY
GALEHOUSE BLDG A-220	8 AM - 5 PM FRIDAYS	MCKEITHAN CENTER NA-100	8 AM - 5 PM MONDAY & FRIDAY