

Counseling Quick Points

We've got news for you!

WELCOME FROM THE DIRECTOR

Welcome to 2009 Fall semester! The Counseling Staff is here to assist you with your academic needs as well as your personal goals related to your educational pursuits. To all new students to Cape Fear, you have made an excellent decision to pursue your studies here at CFCC. (Great choice of school, too.) To our returning students, welcome back to another great year of academic and personal successes.

At the new student orientation and in your ACA -111 or 122 class you were given a brochure titled **Advising 101**. It is a resource guide to assist you in finding key places, people, and information while here on campus. It is your key to success; use it. If you do not have a college catalogue (paperback) or a disk, please obtain one; the catalogue or disk is a valuable tool to have AND TO USE.

The Counseling Staff will be sponsoring a series of workshops in various classrooms throughout the Fall and Spring semester. Workshops will include topics such as time management, goal setting, career exploration, and understanding college terminology. Hope to see you in one of these workshops!

Here at CFCC, we all, faculty and staff, make your academic success our goal, but it is **YOUR** responsibility to achieve it.

Vivian Boykin

Director of Counseling

MEET THE STAFF



North Campus Counseling Staff are Jackie Foster (Student Development Director), Jennifer Frazee, (Career Service Counselor), Alesia Deaton, (Student Development Technician).



Wilmington Downtown Counseling staff: Suzanne Oppegaard (counselor), Pam Aubry (Allied Health Specialist), Fred Gainer (counselor), Kelly Nash (Secretary), Linda Longley (counselor), Joy Shortell (counselor), Vivian Boykin (Director).



Stress Busters!

You are back in school and life takes on an entirely different perspective. Below are some tips that can help you avoid unnecessary stress as you move forward in your academic career.

Don't work too many hours. Going to school is like a full time job. Not finding the time to study is a major cause of poor grades.

Don't wait for someone to tell you - Make sure you are familiar with your program and ask questions. You are expected to read the catalogue and your campus Emails.

Focus your concentration. We hear a lot about multi-tasking these days but it is not effective when you are trying to complete an assignment or work on your reading.

Study away from your home. There are too many distractions in your house or apartment. Find a nice private place to study where you are sitting upright and have good light.

Turn off your video games, Email, Facebook and television. It is too easy to lose track of what you're doing and your studying time will suffer.

Practice time management. Planning is the key to fitting everything into your week. You should try to find a specific study time and then stick to your schedule.

COUNSELING HOURS

WILMINGTON CAMPUS HOURS 8 AM - 6 PM MONDAY - THURSDAY
GALEHOUSE BLDG A-220 8 AM - 5 PM FRIDAYS

NORTH CAMPUS HOURS 8 AM - 6 PM TUES. - THURS.
MCKEITHAN CENTER NA-100 8 AM - 5 PM MON & FRIDAY

Counsel woven into the fabric of real life is wisdom. Walter Benjamin