

# Counseling Quick Points

We've got news for you!

## NEW FACES IN STUDENT SERVICES

### Jackie Foster, Director of Counseling:

I am very excited about making the transition from Director of Student Development at the North Campus to Director of Counseling. I have always felt that the Counseling Unit plays a vital role in student success at CFCC. The Counselors are all committed to providing support to students, faculty and staff. We look forward to providing good customer service, as we assist students in obtaining their personal and professional goals. Please call on us to assist you in anyway.



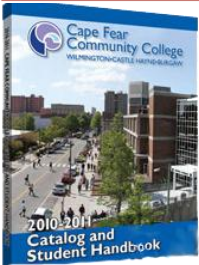
**Emily Pettit:** I am excited about my return to Wilmington and feel honored to be a part of the CFCC family. You can find me on the North Campus serving as the **Student Services Director**. Currently I am learning all I can about registration, major changes, transcript evaluations and CFCC "who's who". I thank you in advance for your patience as I learn the ropes (and forgive me if I forget your name). I am excited about being here and look forward to being a contributing member of the Student Services team.

**Amy Guthrie, Student Services Technician:** I came to Cape Fear Community College's Registrar window downtown from Western Carolina University's Registrar's Office in November 2009. In May 2010, I made the move to the North Campus as a Student Services Technician, working with Counseling, Financial Aid and Admissions. The nature of a window position allows me to work unofficially with all facets of Student Development/Services. I love being able to work with all divisions and I feel privileged to have had the opportunity to work on both campuses.



**Kimberly Kay, Counseling Secretary:** While attending UNCW, I worked as a desk receptionist at the University Learning Center. Upon graduation, I was working hard in a customer service position. I am happy to be back in a position where I can assist students because that is truly where my heart has always been. I do enjoy their smiling faces at the window.

## BEST ADVICE TO NEW STUDENTS



### MAKE THE CFCC CATALOG YOUR BEST FRIEND

- Wondering what programs of study are offered at CFCC? The catalog will tell you!
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- Wondering what courses you need to take for your program of study? The catalog will tell you!
- Having an issue with an instructor or another student? The catalog will tell you the procedure for dealing with the issue!
- Wondering when the Fall semester ends, and the Spring semester begins? The catalog will tell you!
- Wondering when the last day is to file your intent to graduate? The catalog will tell you!
- Wondering what scholarships are offered at CFCC? The catalog will tell you!
- Want to know what a class is about? The catalog will give you a description of that course!

The entire catalogue is available on the CFCC website at [www.cfcc.edu](http://www.cfcc.edu). Free CD's of the catalogue are available in the Student Development area on both campuses. A hardcopy version may be purchased at a CFCC bookstore for \$3.

**LAUGH!** Aside from improving our moods, laughter can reduce stress, help fight infection, and reduce pain. Laughing 100 times roughly equals 15 minutes on an exercise bike.



### 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    |