

Counseling Quick Points

SAY HELLO TO THE NEWEST MEMBERS OF THE COUNSELING SERVICES STAFF



Robert Philpott
Veterans Coordinator

The CFCC Veterans Center (Downtown S-400) is now staffed and in full operation. Bob Philpott has come onboard to assist veterans with the transition from military to civilian and academic life. Please refer student veterans to the center if they have questions and/or issues relating to their college experience.

Rachel Cavanaugh has been serving student veterans in the center since it opened in July 2010.



Carol Brown
Transcript Evaluation Coordinator

"I moved to Wilmington last year and I am very excited about joining the Counseling Department as the Transcript Evaluation Coordinator. I have been busy learning about the CFCC programs and the process for completing transcript evaluations. I previously worked as the Associate Director of Admission and Transfer Coordinator for Trine University in Indiana. I truly enjoy working with students, faculty, and staff and feel privileged to have this opportunity."

QUICK TIPS FOR ACADEMIC SUCCESS

Along with the New Year come resolutions, goal-setting, and, perhaps, new beginnings. While many of us are opposed to making specific resolutions, the New Year is a good time to regroup and refocus and get back on track after the holidays and the snow. Here are some tips to help make this semester a successful one. Many of you already know these but sometimes we can use a friendly reminder. Hopefully, the following acronym (ACT) can help us recall these 3 vital items associated with academic success:

- A-** Attend class. This probably the number one key to a successful class experience. Whether online, hybrid, or in-class, nothing can replace the learning that is reinforced by "being there".
- C-** Communicate regularly with your instructor(s). Ask questions; clarify expectations; talk with your instructor immediately if you experience difficulty or don't understand a concept. Again, ask for help. Ask for feedback or suggestions for improvement
- T-** Try using available campus resources like the Learning Lab, the Math lab, your instructors, your academic advisor, web advisor and the CFCC counseling staff to assist you in achieving academic success.

Just as successful New Year's resolutions are heavily dependent on generous amounts of self-discipline, determination, perseverance, and support, so is academic success. *Happy 2011!!!*

Stress Buster

Watch for the next instance in which you find yourself becoming annoyed or angry at something trivial or unimportant. Then **practice letting go**, making a conscious choice not to become angry or upset. Do not allow yourself to waste thought and energy where it isn't deserved. Effective anger management is a tried-and-true stress reducer.

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 TUESDAY - THURSDAY
MCKEITHAN CENTER NA-100 8 AM - 5 PM MONDAY & FRIDAY