

Pierce College Counseling Student Advisory Board

Meeting
April 29, 2011

Minutes

35

In Attendance: Alyssa Goodstein, Ben Hecht, Priscilla Mastrodominco, Febe Ruiz, Eillene Joy Torres, Marie Young, Tina Nsubuga, Tochukwa Akpati, Fabian Cook, Lindsay Barbarino, Joanna Zimring Towne

Welcome & Introductions

Members introduced themselves and discussed why they volunteered for the board

Purpose of SAB

Joanna gave a quick overview of Counseling Office reasons for starting the Student Advisory Board:

- Counselors want student feedback on programs, services, needs
- Counselors want to be more responsive to student needs
- SAB members to function as liaison to larger student body

Topics for Discussion

1. Perception of Counseling

- a. Overall perception is more negative than positive and many students aren't aware of the importance of seeing a counselor
- b. Lack of personal relationships between most of the students and counselors
- c. Counselors can be bearers of unwanted information (shoot the messenger syndrome)
- d. Some students fear being judged by counselors (maybe holdout from high school)

2. Outreach/Change Perception

- a. Students get most frustrated at beginning and end of the semester when it is hard to see a counselor so during this time, we should offer more group counseling sessions
- b. Ask faculty to put a blurb on their syllabus about counseling (similar to financial aid or tutoring)
- c. Ask faculty to announce weeks/months events in class
- d. At the beginning of the semester (like 3rd or 4th week), have a fun Meet the Counselors event that is a meet and greet with music, food, so students can form relationships
- e. 1/month have counseling express on the mall. Have it the same day/time every month to create consistency and increase student counseling to remind students to make appt
- f. Have a Make An Appt link in the homepage
- g. Conduct mini workshops outside in the park
- h. Have the counselors make presentations to the major specific classes for the department that they are liaisons for (i.e. Psych 2 for Psychology or Acct 2 for Business)
- i. Create one-pager with stats or other info about importance of seeing a counselor
- j. Create voluntary orientation titled "How to get out in 3 years or less"