

Types of Counseling

Chattahoochee Technical College provides a variety of counseling services available on campus.

Academic Counseling

Students who have difficulty attending class on a regular basis or those with excessive absences may need assistance in dealing with issues that impede academic progress. The counselor and student, sometimes with the help of faculty, attempt to determine the source of the problem(s) and propose possible solutions. Academic counseling focuses on concerns a student might express about classes and course requirements. This can include issues such as learning disabilities, deficient study skills, test anxiety, time management, and presentation anxiety, as well as other difficulties in the classroom.

Personal Counseling

Personal counseling is designed to help students share problems with an objective, non-judgmental person who is trained to help with reflection, support, and solutions. Brief counseling therapy is often utilized to help students resolve issues over a short period of time. Support groups are often considered to assist students with specific needs that could be addressed effectively within a group setting. Some students merely want to vent, while others are looking for more long-term solutions. The counselor may choose to make outside referrals to counselors or agencies in the community when serious or long-term issues are presented.

Career Counseling

“What do you want to do with your life?” It may not matter your age or the stage of life you are in; there are a lot of career and program of study choices and it can be confusing to decide what to pursue. Should you focus on interest or ability? How much time do you have to complete a program? Career counseling is provided based on the needs, interests, and aptitudes of the potential student. Career choice activities can help ensure that students are placed in a program where there is reasonable assurance of success. Students without well-defined interests are encouraged to make an appointment to discuss their options. Emphasis is placed on helping students understand interests, values, abilities, personality to formulate career plans as they relate to education and resulting career. Students can complete interest, aptitude and/or personality tests that may include O*NET Interest Profiler, TypeFocus, Virtual Job Shadow, or other assessments. Most are available online.

Additional support is available through Career Services where CTC staff can assist you with information on current and emerging trends, employer needs and expectations, and other considerations to help you make an informed choice. For more information or to make an appointment: career.services@chattahoocheetech.edu