

MSTC Counseling Services

If an instructor tells me that they have sent a referral to the counselor, what does that mean, and what should I do?

It does NOT mean you are going to the principal's office! It means people (your instructor and your counselor) are in your corner to help you be successful in your class! What you need to do is set up an appointment to see your counselor as soon as possible, in response to the e-mail/letter you receive. Together you will discuss the instructor's concern, and other issues that may be contributing to the problem, and strategies that could be utilized to better the situation.

If I begin struggling in one of my classes, what should I do?

If your grade is below a C, start by talking with your instructor. You may qualify for tutoring services, in which case he/she would identify a tutor, and you and the tutor will work with your counselor to get enrolled. If comprehension of the material is the problem, consider forming a study group with other students in your class. A study group guide is available through your counselor. Set up regularly scheduled study sessions that everybody can attend! If you need help with study skills strategies, test taking, or time management, schedule an appointment to see your counselor.

I have a lot going on in my life with work, school, and a family; how could I benefit from seeing my counselor?

Your counselor can help you with stress reduction strategies and time management strategies.

I'm realizing that I need to change my study habits from what they were in high school with college level coursework; how can my counselor help me?

First of all, make sure you have scheduled study time written on your weekly schedule...2-3 hours per week per semester credit you are taking outside of your seat time in class. For example: 12 credits = 24-36 hours of study time per week. Then be disciplined about sticking to it! Your counselor can help you with how to study using lots of different strategies to keep you motivated!

I have attention deficit disorder. How can seeing my counselor help me be successful in college?

Your counselor can help you set up a system so you can stay organized and on top of things throughout the semester.

What are Student Success Workshops? In the college world, what grades are considered successful?

Student Success Workshops are one hour workshops dealing with different topics offered during the week to help you be a successful student. Successful grades in the college world are a C or better. Many times, only those class grades will transfer, and be considered successful for financial aid purposes.

My boyfriend/girlfriend and I have been having problems, and it looks like a break-up is inevitable. I am finding I can't focus, because I am thinking so much about the situation. I also notice how sad I am, and how I want to sleep all the time. I don't even want to go to school anymore. Why should I consider seeing my counselor?

Your counselor can provide emergency counseling services; just indicate to the admissions assistant, Mary Adamczak, that it is an emergency, and she will re-arrange the counselor's calendar to accommodate you in your time of need.

I am in the _____ program, but am not sure if this is really what I want to do for a career. Does my counselor help with career decision making?

Yes. Your counselor may also refer you to the eight session FREE Career Awareness class, after which you will end up with a CPP (Career Plan Profile) that your counselor can help you interpret and provide you with some direction.

I don't have insurance and have need for one or more services like medical services, medication, and therapy. How can my counselor help me?

Your counselor can give you information on different community resources whose services you may qualify for.

I do a great job keeping up with class assignments and receive good grades on them; but when it comes to test taking, I need help! The last two tests, I got a C- and a D. Why should I talk to my counselor?

Your counselor can give you test taking tips to help you deal with your test anxiety.

I am having big time problems communicating with my parents. It seems we are always yelling at each other. I hate living at home! They treat me like a child! Why should I consider talking to my counselor about this?

Your counselor can teach you more effective communication strategies that will help you build relationships and a better understanding of what you need.

I realized that the person I am with now is getting more and more abusive towards me. First it started out as verbal abuse. Now it is getting physical. I am so ashamed, but need help. Can my counselor help me?

Your counselor can provide confidential personal counseling, and direct you to community emergency services.

Last semester, I partied a bit too much. My grades really suffered. Now I am on financial aid probation. How can my counselor help me stay on track?

Discuss with your counselor about being part of his/her case management load. Together you will work on a plan for success, and meet regularly to keep on track towards your educational goal. We want you to be successful!

Wow, I have been clean for a year now. But now that I am back in school, along with working...I have the urge to use again...It would be such a stress relief! But I have bottomed out once before, and don't want to get to that point again. How would it benefit me to talk about this with my counselor?

Your counselor offer you support in your recovery, as well as provide you with healthier stress reduction strategies you can begin implementing.

My mother died suddenly. It's hard coming to school when I am crying all the time. Why should I consider seeing my counselor?

Unfortunately, death and grief are never convenient. Your counselor understands the grieving process, and can provide you with a listening ear and a shoulder to cry on during this difficult time. There are local support groups that could help as well. Together we will work with your instructors regarding your situation.

Your Counselor is: *Julanne Ranek-Stoltz*

Please let me know if there is anything I can do to assist you!