



## COUNSELING, ADVISING & RETENTION SERVICES

**Location:** 3rd Floor Student Center

**Hours:**

Monday-Thursday: 7:30 a.m. to 6:00 p.m.

Friday: 7:30 a.m. to 5:00 p.m.

**Academic Foundations Program**

(616) 234-3249

[www.grcc.edu/academicfoundations](http://www.grcc.edu/academicfoundations)

**Counseling and Career Center**

(616) 234-3900

[www.grcc.edu/counseling](http://www.grcc.edu/counseling)

**Disability Support Services**

(616) 234-4140

[www.grcc.edu/disability](http://www.grcc.edu/disability)

**Occupational Support Programs**

(616) 234-4155

[www.grcc.edu/occupationalsupport](http://www.grcc.edu/occupationalsupport)

**TRiO Student Support Services**

(616) 234-4150

[www.grcc.edu/sss](http://www.grcc.edu/sss)

- Academic Advising
- Career Assessments
- Career Counseling
- Classroom Presentations
- Crisis Response
- Faculty/Staff Consultation about Student Issues
- Personal Counseling
- Transfer Planning
- Workshops on Various Academic and Career Topics

## CLS 100...What is it?

*Amy Koning*

Introduction to College: New Student Experience is a new course at Grand Rapids Community College (GRCC). With a focus on first-year students, this class is designed to equip students with the knowledge and skills to be successful in college as well as in life. This knowledge includes an introduction to GRCC, its rich history, and everyday practices. Students also explore learning styles, academic planning, career planning, critical thinking as well as other topics essential to success in college. In a sentence—our goal is to create life-long learners of our freshman students!

The theory behind a first-year experience course is not new to higher education. Currently over 70 percent of higher education institutions have either a freshman orientation course or first-year experience program. Any college professor will attest that first-year students face difficult challenges—both socially and academically. In addition, GRCC's increasingly diverse population stresses the need for such a course.

The first CLS 100 course was offered at GRCC last semester—fall of 2008. At that time, the class sections needed to accommodate interested students increased from seven to fifteen. Faculty and administrators alike, from all disciplines, are teaching this course with one goal in common—to create successful college students.

As a business instructor, I have had the privilege of working with the advisory team that developed this course. Cross curricular team members have brought their areas of expertise and passion for students together to form what is now known as CLS 100.

In addition, I taught two sections this past fall. This eye-opening experience only reaffirmed my commitment to the community college student. Students may need help with time management as they juggle work and school. They may lack the family support both financially and emotionally to be successful at GRCC. They may never have had an instructor pay special attention to how they learn and how that knowledge can ease studying and test taking. Perhaps they just need guidance on how to register, where to park, and what computer labs are open on the weekends.

Many first-year experience courses implement a service learning project within their curriculum. This project not only aids in creating "community" within each class, but it also creates community awareness. With GRCC's historical commitment to Grand Rapids, I felt it imperative to instill a sense of awareness within our first-year students. On October 25, 2008, my two sections of CLS 100 participated in the National Day of Service. Partnered with Grand Valley State University, 35 GRCC freshmen went out into our community to serve others, only to find they were serving themselves. The bonds that students formed that day helped them develop a sense of belonging to GRCC, a commitment to GRCC and friendships that started at GRCC. All of which can help them be successful in college as well as life—the ultimate goal of CLS 100.



## Managing Stress on a Tobacco Free Campus



### Ideas for managing increased stress:

- Go for a walk or exercise
- Go to bed early
- Laugh with friends
- Read a book or magazine
- Do breathing exercises
- Journal about your thoughts/feelings
- Reduce your caffeine
- Watch a movie
- Paint, draw, or color
- Hang out with or call a friend
- Drink water
- Eat healthy food

As of November 20, 2008 Grand Rapids Community College is now a tobacco free campus. Under this policy, tobacco of any kind is not allowed on the property of GRCC. The tobacco free policy was adopted because the college wanted to align itself with the mission to promote and improve the health of GRCC students and employees. Additionally, this will reduce the burden on the college and community of potentially long term health care costs associated with tobacco use.

Although this policy is not intended to force students and staff to quit using tobacco, the campus does understand that this change will create stress for those individuals who rely on nicotine in their daily lives. The Counseling and Career Center has Licensed Professional Counselors to help students manage any type of stress even if it isn't related to the new tobacco free policy.

Check out the following resources if you are interested in learning more about the health effects of tobacco and information about quitting.

### Tobacco Free Partners

[www.tobaccofreepartners.org](http://www.tobaccofreepartners.org) (616) 975-0123 Offers Tobacco Free classes

### The Quitters Support Group

2nd & 4th Monday of each month, 6 p.m. (616) 235-1427 Saint Mary's Health Care Support group

### Nicotine Anonymous

Tuesdays 5:30 p.m.  
Saturdays 11 a.m. (616) 234-1427 Spectrum Health Support group

### American Cancer Society

[www.cancer.org](http://www.cancer.org) (800) ACS-2345 Info about smoking health effects

### Way2Quit

[www.way2quit.com](http://www.way2quit.com) (877) NO-ASHES Create an online nicotine quit plan

To find more information regarding GRCC's tobacco free policy, visit [www.grcc.edu/tobaccofree](http://www.grcc.edu/tobaccofree)

## Counselor Spotlight



### Stacey Heisler

My name is Stacey Heisler and I have been a Counselor at GRCC for the past six years. I've learned that there are many motivating forces behind a "good fit" in one's career. The

first career assessment I ever completed was in the eighth grade. All indicators pointed to "counselor" and if I'd taken the chance to explore the possibilities back then, I might have saved myself years of haphazard trial and error—from physical education teacher and coach, to journalist/reporter/writer, to psychologist and finally, back to counselor. Seriously, no regrets, but it was a long, treacherous pathway of cross country starts and stops over the years to complete my education. It certainly inspired me to want to help other students discover their own potential in a more structured and supportive environment.

I also understand how just one caring and encouraging person can make a difference in another's life. One of the great mentors in my life was a track and field coach who told me, "Don't look back—it will only slow you down." Being an introspective sprinter, I took it as a life lesson to certainly learn from the past, but to stay focused on the present moment with high hopes on future goals.

I try to be the model of a lifelong learner as I continue to develop many interests and aspects of myself throughout all the stages of my life. When I'm not at GRCC, I can usually be found somewhere outdoors—hiking, biking, kayaking—simply taking in the landscape and the many sights and sounds, preferably of Lake Michigan and the surrounding countryside. I enjoy art museums and a very eclectic mix of music; reading and writing short stories and essays; and watching films and animation, particularly the classics. I enjoy time spent during weekends with my husband at our cottage or while visiting our college-aged kids in Chicago and Ann Arbor.

It's deeply rewarding to work with college students. It's a life changing experience for all who walk the hallways of GRCC, and I am honored to be present during one of the many intersections encountered throughout life's work.

# Winter 2009 WORKSHOPS

All workshops are held in the Student Center, 3rd floor, Room 336

## Self-Esteem and Confidence

Gain confidence by learning techniques you can use to build self-esteem.

Thursday, April 2, 1-2 p.m.  
Tuesday, April 7, 4:30-5:30 p.m.

## Coping Strategies

Tips and techniques you can use to minimize your stress in school and life.

Tuesday, February 3, 1-2 p.m.  
Monday, March 16, 4:30-5:30 p.m.

## Non-Traditional Opportunities

Crossing gender stereotypes through career opportunities.

Wednesday, April 1, 4:30 -5:30 p.m.

## Choosing A Major

Learn the process to use to choose a major and ways to explore career options.

Monday, February 16, 1-2 p.m.  
Wednesday, March 11, 4:30-5:30 p.m.

## Building Healthier Relationships

Strengthen your relationships with family and friends with these healthy techniques.

Thursday, February 12, 4:30-5:30 p.m.  
Tuesday, March 10, 1-2 p.m.

## Final Exam Preparation

Learn to create a successful study plan for the end of the Fall semester and gain helpful tips for taking essay, multiple choice, short answer, and true-false tests.

Thursday, April 9, 1-2 p.m.  
Wednesday, April 15, 4:30-5:30 p.m.

## Staying Informed About Financial Aid

Learn about the various types of financial aid and scholarship opportunities that are available. Learn how to apply for financial aid and how to avoid financial aid suspension.

Wednesday, February 4, 1-2 p.m.

## Test Taking and Anxiety

Do tests always sneak up on you, leaving you stressed out? Do your palms sweat and your heart race during a test? Learn strategies to make a difference!

Monday, February 23, 4:30-5:30 p.m.  
Thursday, March 19, 1-2 p.m.

## Effective Note Taking

Frustrated with your current methods of taking notes? Learn and practice specific styles of taking notes in lecture as well as note taking techniques to use while reading.

Tuesday, January 27, 1-2 p.m.  
Wednesday, February 11, 4:30-5:30 p.m.

## Study Skills and Learning Styles

Gain effective study techniques that are geared towards your learning style. Leave with time management and planning tools that can help you improve your grades.

Monday, February 9, 1-2 p.m.  
Tuesday, February 17, 4:30-5:30 p.m.

## Successful Transfer Planning

Planning to transfer on in Fall 2009 for a bachelor's degree? Do you know when to apply for admissions, financial aid, scholarships, housing, and transfer student orientation? Join us to eliminate your confusion about transferring.

Tuesday, February 24, 4:30-5:30 p.m.  
Wednesday, March 18, 1-2 p.m.

Sponsored by the following:  
Counseling, Advising and Retention Services  
Student Financial Services



# Understanding Academic Standing Quiz

- True False 1. After being placed on Academic Probation, a student has one semester to get his/her cumulative GPA to a 2.0 before being suspended.
- True False 2. Students can be placed on Academic Suspension as early as January 2009.
- True False 3. All students on probation will be notified that they are on Academic Probation at the beginning of winter semester.
- True False 4. A student on Academic Probation will still be able to register for Summer or Fall semester as long as they just meet with a counselor during the Winter semester.
- True False 5. A hold will be placed on a student's account if they do not attend a workshop during the first 4 weeks of the semester.
- True False 6. Transfer credits, AP, CLEP, and Challenge Exams do not apply to the Academic Standing "attempted" credit policy.
- True False 7. Students who appeal the suspension will likely be successful.
- True False 8. A former GRCC student who is not attending cannot be placed on probation.



(see Understanding Academic Standing Quiz in right column)

1. After being placed on Academic Probation, a student has one semester to get his/her cumulative GPA to a 2.0 before being suspended. **False**, you have to maintain a 2.0 GPA each semester you take classes while you are on Academic Probation in order to avoid Academic Suspension.
2. Students can be placed on Academic Suspension as early as January 2009. **False**, many students will be on Academic Probation in January 2009 but no one can go on Academic Suspension until the end of Winter 2009 semester.
3. All students on probation will be notified that they are on Academic Probation at the beginning of winter semester. **True**, a letter and an email will go out to the students who are on Academic Probation on January 6th. Also, many other notifications have been sent to those students who are currently in jeopardy of going on Academic Probation.
4. A student on Academic Probation will still be able to register for Summer or Fall semester as long as they just meet with a counselor during the Winter semester. **False**, all students who are on Academic Probation must attend an Academic Success Workshop by the 4th week of the semester (February 5th). During this workshop they are given information on the policy, GRCC resources, and they are asked to think about themselves as a student.
5. A hold will be placed on a student's account if they do not attend a workshop during the first 4 weeks of the semester. **True**, they must attend the workshop and sign the Academic Probation Contract at the end of the workshop in order to avoid having the hold placed on their account.
6. Transfer credits, AP, CLEP, and Challenge Exams do not apply to the Academic Standing "attempted" credit policy. **False**, all credits posted to a student's transcript will apply toward the Academic Standing policy.
7. Students who appeal the suspension will likely be successful. **False**, appeals will likely not be granted as easily as the first financial aid appeal is. Unlike financial aid, students are given a "probation" semester first and they are given much help in identifying resources, etc.
8. A former GRCC student who is not attending cannot be placed on probation. **False**, all students must adhere to the required GPA based on the credits they have attempted. When they return to GRCC, they will be placed on probation if they do not meet the criteria after their first semester.

Understanding Academic Standing Quiz Answers

Did you know?

## Summer 2009 Registration Date

Open Enrollment:  
Monday, March 9, 2009

## Summer 2009 Tuition Due Date:

April 8, 2009

## Academic Advising Day and Transfer Fair

Thursday, March 26, 2009  
9:00 a.m.-6:00 p.m.

Applied Technology Center

Come talk with representatives from over 25 transfer schools as well as discuss fields of study with GRCC departments.

**Winter Break:** March 2-8, 2009

**Spring Holiday:** April 10, 2009  
(All Buildings Closed)

**Exam Week:** April 27, 2009

## Summer 2009 Semester begins:

1st Session: Monday, May 14, 2009  
2nd Session: Tuesday, June 23, 2009

## IDEA

IDEA is a four-stage student plan of action for utilizing GRCC resources to achieve your career and educational goals!

### ADVISING MISSION

The GRCC Advising mission is to promote healthy student development by facilitating the process of educational, career and personal decision making in a collaborative environment.

### ACADEMIC ADVISING DESCRIPTION

Academic advising is a collaborative partnership between students and their advisors.

The primary focus of academic advising is:

1. To develop students' understanding of their roles and responsibilities as members of a higher education community
2. To develop their critical thinking skills so they can successfully participate in their educational community

Academic advising helps students synthesize and contextualize all of their educational experiences at GRCC, from application to graduation, to maximize the benefit of these experiences as they move into the larger world.