Services Available

Personal Counseling/Referrals
- Personal Concerns
- Problem Resolution
- Decision Making
- Transition to College Life
- Balancing School, Work and Family
- Self Esteem
- Relationships
- Single Parenting
- Mental Health
- Grief
- Rape
- Sexual Abuse
- Substance Abuse
- Anger Control
- Eating Disorders
- Weight Management

Academic Counseling Issues
- Undecided, Technical and Transfer Students (Full and Part time)
- Students At Risk Issues (i.e. Academic Probation, Suspension, etc…)

Career and Life Planning Counseling
- Career Assessment
- Career Exploration/Research
- Career Shadowing
- Decision Making
- Selection of Major
- Transfer Connections
- Goal Setting

SDC Courses (Five Week Classes /1 Credit Hour Each)
- SDC 100 College Survival Seminar (Introduction to College Life, BCTC Services, Resources and Activities)
- SDC 102 Stress Management (Develop Awareness of Stress and Coping Skills)
- SDC 105 Career Planning Seminar (Individual Assessment, Exploration of Careers/Majors and Decision Making)
- SDC 109 Employability Skills (Interviewing, Resumes, Researching jobs and the Job Market)

Referrals to Community Based Agencies