



## HUMAN DEVELOPMENT CLASSES

### HDEV 100/101 – CAREER EXPLORATION

Starting point for persons considering re-entry to education or the labor market, for career changes. Includes career testing. (Online option available.)

### HDEV 116/117 – COLLEGE SUCCESS

Orientation to college for persons returning to school. Includes information about classes, programs, academic procedures, library use and student services. Review study skills and learn time and stress management, goal setting, and coping skills for test anxiety. (Online and telecourse options available.)

### HDEV 155 – ASSERTIVENESS

Teaches skills needed to achieve personal goals related to assertive behavior. Focuses on reducing emotional blocks and changing thoughts, feelings, and behavior to enable one to act in their own best interest and to express themselves in challenging situations without excessive anxiety or anger. Role play is used to demonstrate and practice skills.

### HDEV 186 – STRESS MANAGEMENT

Stress is an inevitable part of life affecting health, productivity, and relationships. Too little or too much stress can cause problems. Discover your unique reactions to stress and new options for handling stressful situations.

### HDEV 105 – SELF ESTEEM

Guided experience in self-motivation, values clarification, and empathetic regard for others.

### HDEV 123 – RELATIONSHIPS

Exploring male/female relationships. Cultural myths and stereotypes, relationship styles, managing conflict, dealing with sexual concerns, exploring intimacy and commitment, and improving communication between the sexes.

### HDEV 152 – DECISION MAKING

Methods of making decisions surveyed and explored. Process awareness and learning skills to expand decision making possibilities. Creating a personal style will be encouraged.

### DISTANCE LEARNING COURSES LINK:

[www.clark.edu/distantclasses](http://www.clark.edu/distantclasses)

## COUNSELING CENTER

Phone: 360-992-2345

Fax: 360-992-2877

### COUNSELORS

Tim Cook, Ed.D.

360-992-2848

Carole Mackewich, M.Ed.

360-992-2446

Judy VanPatten, M.S., LMHC

360-992-2415

Tani McBeth, M.S., LMFT

360-992-2804

Stephanie Spak, MA., LMHC

360-992-2732

### HOURS

Monday-Thursday 9 a.m.-5 p.m.

Friday 9 a.m.-4:30 p.m.

Tuesday evening 5-7 p.m.

### LOCATION

T Building

(across from Gaiser Hall)

1933 Fort Vancouver Way., MS #25

Vancouver, WA 98663-3598



1933 FORT VANCOUVER WAY

VANCOUVER, WA, 98663-3598

360-699-NEXT | [WWW.CLARK.EDU](http://WWW.CLARK.EDU)

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## CLARK COLLEGE COUNSELING CENTER

*Career and Personal Counseling*



## COUNSELORS ARE AVAILABLE TO HELP YOU:

- Define your educational and career goals.
- Deal with personal concerns that affect school and work success.
- Help minimize obstacles to student success.

Come in or call **360-992-2345** to schedule an appointment.



## IS COUNSELING RIGHT FOR ME?

Counseling involves expressing your concerns, questions and feelings and identifying ways to handle them. Counselors are trained professionals who can help you sort out your confusion, make wise decisions and change behaviors or patterns that interfere with your goals. Counseling is not magic. It is a collaborative process requiring your participation. Counselors will not solve your problems for you, or tell you what to do. Rather, they will help you identify resources you already have, look at problems from a new perspective and assist you in developing skills and understanding to guide you toward your own solutions.

### COUNSELING RESOURCES:

#### Counseling Center

360-992-2345

#### Health Services:

360-992-2264

#### Crisis Line Phone Number:

360-696-9560

800-626-8137

## PROBLEMS OFTEN MENTIONED BY STUDENTS THAT AFFECT SCHOOL OR WORK SUCCESS INCLUDE:

### ACADEMIC

- Determining whether you should go to school or just get a job
- Deciding if you should stay in school
- Anxiety about graduation and future employability
- Identifying classes needed to upgrade current skills

### CAREER

- Identifying interests and abilities
- Exploring educational options
- Developing employable skills
- Re-training
- Coping with loss of a job
- Decision making

### PERSONAL

- Worrying too much
- Shyness, loneliness
- Confusion and uncertainty
- Lack of assertiveness
- Relationship problems
- Time management problems
- Coping with stress
- Managing anger
- Communicating effectively
- Balancing school, work and family
- Dealing with perfectionism and other unrealistic expectations
- Dealing with anxiety or depression
- Independence—separation from parents
- Social concerns
- School concerns—study skills, difficulty in classes



## HELP SESSIONS

We also offer student help sessions throughout the quarter on topics such as time management, test-taking tips, reading for college success, note taking, test anxiety, stress management, and many more.



## TEST INTERPRETATIONS

In addition to the Career Exploration class, counselors offer interpretations on career assessment instruments to help you choose your major or career direction.

For more information on help sessions or test interpretations, come into the Career Center or call 360-992-2155. Visit our website links at:

[www.clark.edu/counselingservices](http://www.clark.edu/counselingservices)

[www.clark.edu/counselinglinks](http://www.clark.edu/counselinglinks)

[www.clark.edu/careercenter](http://www.clark.edu/careercenter)

[www.clark.edu/studentervices](http://www.clark.edu/studentervices)

