What should I bring to my Academic Counseling session?

The Academic Counseling Center strongly recommends that students come prepared to counseling sessions. It is a good idea to maintain a folder with all relevant advising information. Bring that folder with you when you come to the ACC whether it is for drop-in counseling or a Same Day Appointment (SDA). Sometimes even a quick question requires a review of the materials we have worked on with you in the past. Keep in mind that the more time we spend printing and looking up information, the less time we have to counsel you and work on strategies to help you meet your educational goals.

Here is an example of a student who needs to come to the Center and her situation is probably not unlike yours:

Mary is finishing up her second semester at SBCC and wants to transfer to a UC or CSU in the Fall of the next year. If she finishes the courses she is currently in, she will have 26 transferable units at the end of this Spring semester. In addition to completing IGETC and her preparation for major, she would like to complete an AA degree. She has met with a counselor and set up a Student Education Plan (SEP) but was not able to follow it precisely. Mary has prepared her own list of courses she believes she needs to take in the summer, fall and spring but wants to go over them with a counselor. She has other questions dealing with the application process and the UC TAGs and is getting stressed out about it. She wants to make the best of her time with the counselor so she goes through the checklist below to make sure she is well prepared.

CHECKLIST OF THINGS TO BRING TO COUNSELING SESSION

- Gather all previous advising information
- Write down the questions you want to address for this session
- Write down the courses you are thinking about taking in the coming semesters (consider the degree requirements, course load and your schedule).
- If transferring, research the major requirements colleges you are planning to apply:
For UCs and CSU, print out the articulation agreement from www.assist.org

Know the difference between the IGETC and CSU Breadth and which general education pattern best fits your transfer plan.

For out-of-state or private schools, print out information regarding transfer admission requirements and recommended courses for your major. If you cannot find the information on the website, call the admissions representative or advisor for guidance.

✓ If earning a degree or certificate, obtain a copy of the degree requirements which includes:
  o SBCC General Education requirements (AA/AS only)
  o Curriculum Guide with the department requirements for your major
  o Run a DARS report to check your progress toward the degree.

✓ Bring transcripts from previous colleges attended or AP/IB tests completed (unofficial is fine)

✓ Visit the Career Center or at least complete an interest assessment online if you are still exploring majors.

Stay “In The Know”

The Academic Counseling Team