

# Student Development & Counseling

103 Oswald Building, Cooper Campus | 859-246-6530

<http://www.bluegrass.kctcs.edu/LCC/SDC/>

Services are available at all BCTC campuses.

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## 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