

Counseling Services

Helping students achieve their educational goal

WELCOME TO LMC COUNSELING

IMPORTANT: STUDENT IDENTIFICATION REQUIRED

In compliance with the Family Educational Rights and Privacy Act (FERPA), a Federal law that protects the privacy of student education records, all students **must** present valid, picture identification **before** meeting with a counselor. Acceptable forms of identification include an LMC ID card, as well as State- and Federal-issued IDs with picture). For more information about FERPA go to www2.ed.gov/policy/gen/guid/fpco/ferpa/.

GROUP COUNSELING APPOINTMENTS CAN NOW BE MADE ONLINE!

Learn about group counseling and make an appointment.

COUNSELING SERVICES AT LMC

Welcome to the Los Medanos College Counseling website! The Counseling Department is here to serve all current and prospective students of LMC. Counselors assist students in planning and executing a plan of study that appropriately reflects the students' interests and motivation. Guidance is provided regarding graduation requirements, transfer options, baccalaureate degrees, career planning, personal decision making and testing. Counselors may also assist you with personal concerns.

This website is intended to provide useful information to help you succeed in your personal and educational endeavors. Since information is constantly changing, students are encouraged to see a counselor at least once a semester.

GROUP COUNSELING

Participate in a 2-hour group counseling session, learn information about the occupations covered in each session and what courses to take to obtain a certificate, degree and/or transfer. Ask questions about attending LMC, what other services may be available to students and how to get started in a particular field. Meet with a counselor to inquire about how to fulfill your academic goals and plan for the future. If you have completed less than six units, this may be the place for you! **Important:** Students should have completed the Assessment Test and have their scores available for the counselor to review. **View Group Counseling schedule and make an appointment**

INDIVIDUAL COUNSELING APPOINTMENTS

Students should make counseling appointments for developing and reviewing educational plans, career and personal counseling, and for information that requires accessing your student records. Counseling appointments are generally 30 minutes per session. It is recommended that students make an appointment with a counselor at least once a semester.

Appointments may be made online, in person or by calling the counseling office. Call (925) 439-2181, ext. 3334, for Express Counseling hours.

BLUE RIBBON COUNSELING SERVICES FOR VETERANS

The LMC Counseling Department now offers **priority** counseling appointments to veterans in 5 business days. Student educational plans are required for all veterans. Appointments must be made in person or by phone.

Important: Only **general counseling** appointments on the Pittsburg campus may be made online. **Brentwood Center counseling appointments must be made in-person or by phone** at (925) 513-1625. If you are a member of a Learning Community – Puente, Umoja, Transfer Academy, MESA or Honors – and want to make an appointment with a counselor, you must make your counseling appointment in person or by phone. Veterans who need a VA counseling appointment must also make appointments in person or by phone. If you have transcripts from other colleges that need to be evaluated by the Admission Office, please notify the counseling office **at least two weeks** before your appointment.

EXPRESS COUNSELING

Express Counseling (drop-in for 10 minutes) provides a way for you to see a counselor to ask a quick question – one that can be covered in a brief session. Records from other colleges are not available for express counseling sessions.

Counseling Office Hours:

8:00 a.m. - 5:00 p.m. Monday - Friday

