

Services to Students and Programs

- ◆ Career planning, one-to-one support, workshops, and information sessions on a variety of topics.
- ◆ Student Orientation welcome and activities.
- ◆ Collaboration with college programs for student retention support.

“Supporting an Exceptional Student Experience.”

COUNSELLING SERVICES CONTACT INFORMATION

LAC LA BICHE CAMPUS

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COLD LAKE CAMPUS & REGION

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William Gill, Counsellor
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Personal Counselling Services

Our goal is to support Portage College students in their success.



Student Orientation

- ◆ Career & Personal Counselling Services welcomes students to Portage College by planning and implementing orientation activities and sessions.
- ◆ Student orientation plays a significant role in preparing students for classes and the post secondary environment.

Workshops

- ◆ Classroom Workshops are tailored to meet the specific needs of students. Past workshops requested by instructors have included: relaxation techniques and anxiety reduction. These in-class workshops are a terrific way to engage students and are tied to some of programs offered at the College.
- ◆ Lunchtime workshops in the Learning Commons will be offered on demand. They provide information and support to students in a peer supported environment. Previous topics have included relaxation techniques, stress management, anxiety and anxiety reduction.

Career Planning

- ◆ Academic and Educational Counselling
- ◆ Career Cruising
- ◆ In-depth Career Search
- ◆ Interest Inventories
- ◆ Interview Skills
- ◆ Job Search Techniques
- ◆ Resume Writing



Workshops and Sessions can be tailored to student or instructor program needs.

Ask Us For More Info!

Session Topics

- ◆ Time Management—Learn tips on how to juggle school expectations with family responsibilities.
- ◆ Conflict/Anger Management—Acquire skills to resolve conflicts, deal with feelings of anger, and improve communication.
- ◆ Assertiveness—Learn communication skills that promote respect for self and others, and help to express one's needs and wants.
- ◆ Relaxation—Learn how to cope with stress through relaxation and refocusing.
- ◆ Job Search Techniques—Learn how to identify skills, look for work, complete a job application, write a resume and cover letter, as well as prepare for an interview.
- ◆ Personality Exploration—Colour Spectrum and Personality Dimensions-Comprehensive. Understanding the personality types of others' and awareness of their own can provide insight for careers, work relationships, and learning styles.
- ◆ Grief and Loss Workshop—Offer an opportunity for individuals or groups to debrief about various topics or events in a safe and non threatening atmosphere.
- ◆ Loneliness and Depression—Moving away from home can be an adjustment for students, this workshop gives students skills and strategies to help them focus on school and make that transition.
- ◆ Anxiety—Strategies for reducing anxiety are shared.