

# 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

“Supporting an Exceptional Student Experience.”

## COUNSELLING SERVICES CONTACT INFORMATION

### LAC LA BICHE CAMPUS

**Frances Stewart, Coordinator-Saddle Lake**  
780-623-5578

Personal & Career Counselling for:  
Academics for Careers & Education,  
Business, Community Social Work Yr. 1,  
Practical Nurse & University Studies

**Robert Rayko, Counsellor –Goodfish/Boyle**  
780-623-5576

Personal & Career Counselling for:  
Academics for Careers & Education,  
Community Social Work Yr. 2, EMT & EMT-  
Paramedic, Native Arts & Culture, Trades &  
Technology, Continuing Education, Natural  
Resources Technology & Student  
Accommodation ( Lac La Biche)

**Cindy Karikari, Career Counsellor**  
780-623-5575

Career Counselling for all program areas and  
High School Collaboration Project.

### COLD LAKE CAMPUS & REGION

**Genevieve Milliken, Counsellor-Frog Lake**  
780-639-7107

Personal & Career Counselling for all program  
areas and High School Collaboration Project.

### ST. PAUL CAMPUS & REGION

**Cathy MacGillivray, Counsellor**  
780-614-6329

Personal & Career Counselling for all program  
areas and Student Accommodation (St. Paul)

# Career & 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.
- ◆ Sessions include: Team Building and Transitioning to College Life..

## 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 once a month or more depending on demand at the Learning Café. They provide information and support to students in a peer supported environment. Previous topics have included relaxation techniques, stress management, test 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.
- ◆ Anxiety—Strategies for reducing anxiety are shared.