Counseling Helps North Students

Identify career interests and academic majors
- Click on career identification and information sites at https://northseattle.edu/counseling/identify-career-interests-academic-majors

Improve study skills
- Learning style inventory http://www.personal.psu.edu/bxb11/LSI/LSI.htm
- Study tips for the first two weeks of classes. Click “Tips” at https://northseattle.edu/counseling/academic-help
- Classroom oral participation strategies. Click “speaking” at https://northseattle.edu/counseling/academic-help

Find self-help and referral information
- Access 24-hour crisis intervention through King County Crisis Clinic 206-461-3222, TTY 206 461-3219
- Take free, confidential, Online Mental Health Screenings for depression, bipolar disorder, generalized anxiety, PTSD. These can be found under Related Info on the lower right-hand side of http://www.northseattle.edu/services/counseling/selfhelp/mhscreen.htm
- Use the Washington State Information Network referral resources for health and human services. Phone 2-1-1, or TTY (206) 461-3610 http://www.resourcehouse.info/Win211/

Take human development courses
- Earn credit while developing skills in Career Planning (HDC 100 on campus and online classes) and Learning-Strategies for Math Success (HDC125) https://northseattle.edu/counseling/human-development-courses

Talk with a counselor
- Make an appointment by visiting or calling Counseling: located within Student Success Services, 2nd floor, north wing, of the College Center building (206 934-3676, M-F 8am-4:30pm)
Explore Counseling’s website  https://northseattle.edu/counseling

Counseling Faculty:
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