

Appointments

Counseling Services at Alvin Community College

Counseling Services

Alvin Community College counseling services provides free short-term personal, crisis, career, and academic counseling to students. The services offered are intended to assist students in being more successful academically and personally.

However, with the exception of crisis situations, services will not be provided to students under the age of 18 without parental or guardian consent (Texas Mental Health Law 32.004). Counselors adhere to state laws and student sessions are confidential. There are a few exceptions to confidentiality and the Counselor will provide that information during the first session.

To schedule an appointment contact:

Diana Stiles, M.S., LPC, NCC

Counselor, Advising Services
281.756.3534 Office
281.756.3843 Fax
dstiles@alvincollege.edu

Julio C. Quiralte, M.Ed., LPC

Counselor, Advising Services
281.756.3535 Office
281.756.3843 Fax
jqquiralte@alvincollege.edu



ALVIN COMMUNITY COLLEGE

www.alvincollege.edu
3110 Mustang Road • Alvin, TX 77511
281.756.3500



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Types of Counseling

Academic Counseling

Academic counseling sessions assist students in identifying, planning, and achieving their academic goals. This is accomplished by helping the student develop the skills necessary to progress toward the completion of their academic work. Areas of focus can include time management, study skills, organization, academic self-esteem, and test anxiety.

Career Counseling

Career counseling guides students in making career path decisions related to academic programs and majors. Prior to meeting with a career counselor, students can choose to complete on-line career assessments. For more information about career assessments, stop by the Career Services Center A-205 (next to the library) or call 281-756-3560.

After the assessments are completed, the career counselor will assist students in identifying personality traits, interests, strengths, values and skills. Other topics include exploration of specific occupations, educational requirements, salary, and job outlook of specific careers. Typically students attend 2 or more career counseling sessions to develop an educational action plan.

Crisis Counseling

In the event of a crisis situation, counselors will attempt to intervene and provide support to students displaying varying levels of disruptive, disturbed, and distressed behaviors.



Short-Term Personal Counseling

The counselors on staff follow a short-term, solution-focused theory of counseling, and generally see students for 1-6 sessions. The focus of short-term counseling can include issues related to the transition to college, balancing classes, anxiety, relationship/family difficulties, mild depression, financial problems, and personal issues that may impact one's academic success. Students who need long-term counseling or referrals will be assisted with locating resources in the community. An ACC counselor will follow up with students.

Hours

Counselors are available Monday through Friday from 8:00 a.m. to 5:00 p.m. Go to the Enrollment Service Center (ESC) in building A or contact a Counselor (information on back). Students can access counseling related information on the website through links provided by the ACC Counselors.