

Counseling

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COUNSELING

CONNECT WITH A COUNSELOR

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- Our Mission and Values

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Welcome to Counseling Services

SKIP TO AN ACTION: [Quick Question Help with a Counselor](#) | [Schedule an Appointment](#) | [Contact Our Office](#) | [Learn About Our Services](#)

Connect with a Counselor



Schedule a 30-Minute Counseling Appointment

TALK SPACE OPTION: Talk Spaces provide a private and quiet environment for your virtual counseling appointment. Come in and use our Talk Spaces located in the Counseling Center. Want more info? Contact the Counseling Center Front Desk.

General Counseling

Currently Foothill College offers general counseling appointments by telephone and online zoom video in addition to in-person. Select your preferred appointment type below and [review how to prepare for your meeting](#).

TELEPHONE APPOINTMENT

Please be prepared to be engaged in this phone appointment as if you were in person with a counselor. If you are driving, your appointment will be rescheduled. It is helpful to have access to a device (computer, tablet, or phone) with internet so the counselor can direct you to important information. However, this is not a requirement.

ONLINE ZOOM APPOINTMENT

Please be prepared to be engaged in this virtual appointment as if you were in person with a counselor. If you are driving, your appointment will be rescheduled. It is helpful to have access to a device (computer, tablet, or phone) with internet access so the counselor can show you important information on their screen. However, this is not a requirement.

IN-PERSON APPOINTMENT

Sunnyvale Center

Closed for the Summer term. Services will return to Sunnyvale in Fall 2023.

SUNNYVALE APPOINTMENT

Transfer Planning

You can make an appointment with ALL counselors in General Counseling or the Transfer Center to get assistance with transfer to a 4-year university. Both offices provide the same transfer support. Visit the [Transfer Center website](#) to access additional transfer services and resources.

TRANSFER CENTER APPOINTMENT

15-minute Quick Questions Session

Got a burning question? Need help fast? Quick Questions is the way to get answers FAST! These are offered by phone or Zoom

QUICK QUESTION HOURS

Apply for Your Degree or Certificate

[Follow Steps to Petition for Graduation](#)

To refer to your degree or certificate requirements by catalog year, view them here:

- Year 2021-2022 and after
- Year 2020-2021 and before

Black Lives Matter Student Services Statement

In Student Services, we acknowledge our role in not serving our Black students adequately. Please [read full statement of our commitment](#) to alter our course of action with a quarterly updated public plan.

BLACK LIVES MATTER ACTION PLAN APRIL 2022 UPDATES



Questions? We're Here to Help! Counseling Center

650.949.7423
fcounseling@fhda.edu
 Student Services Building
 8300, Room 8302

INSTRUCTIONAL DEPARTMENT INFORMATION

Related Student Services

- Assessment
- Psychological Services
- Transfer Center
- Career Services
- More Student Services

For Faculty & Staff

Faculty Prioritization