

# Counseling

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## COUNSELING

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## Welcome to Counseling Services

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### 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

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

### 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**



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

Appointments available at the Sunnyvale Center on Tuesdays 9:00 a.m. - 4:00 p.m. and Wednesdays 1:30 p.m. - 4:30 p.m.

### 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

## Questions? We're Here to Help!

### Counseling Center

☎ 650.949.7423

✉ [fhcounseling@fhda.edu](mailto:fhcounseling@fhda.edu)  
 🏢 Student Services Building  
 8300, Room 8302

## Fall Hours

### Oct. 9– Dec. 15

- Monday–Thursday:  
8 a.m.–5 p.m. (In Person)
- Friday: 8 a.m.–3 p.m. (Virtual Only)

## HOLIDAYS & EXCEPTIONS

Nov. 10:

- Veteran's Day

Nov. 23:

- Thanksgiving

Nov. 24:

- Thanksgiving

## INSTRUCTIONAL DEPARTMENT INFORMATION

## Related Student Services

[Assessment](#)

[Mental Health & Wellness Center](#)

[Transfer Center](#)

[Career Services](#)

[More Student Services](#)

## Contact Our Counseling Office

Welcome Back! We are happy to offer on campus services.

### Counseling Hours

- Monday - Tuesday: 8:00 a.m. - 6:00 p.m.
- Wednesday - Thursday: 8:00 a.m.- 5:00 p.m.
- Friday: 8:00 a.m. - 3:00 p.m.

### Reach Our Front Desk by Email, Phone, Chat

For general inquiries, call us at 650-949-7423 or email us at the following address:

[fhcounseling@fhda.edu](mailto:fhcounseling@fhda.edu)

Please note that you are in contact with Counseling Center staff members when you utilize the Chat, not with Counselors. You will need to [schedule an appointment](#) or use a [Quick Questions session](#) to speak with a Counselor directly for personalized academic advice.

### Front Office Hours

#### Fall Hours

##### Oct. 9– Dec. 15

- Monday–Thursday:  
8 a.m.–5 p.m. (In Person)
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- Nov. 23: Thanksgiving
- Nov. 24: Thanksgiving

*Please note: Physical office hours may vary on any given day based on unforeseen circumstances.*

Please leave a message with your name, student CWID, and phone number and we will return your call.

### For Faculty & Staff

Faculty Prioritization 

New! Contact us by Zoom. *On Hold until further notice.* ▶

**PLEASE NOTE:** We often experience a higher volume of calls, emails, and chats near the start of each quarter. We appreciate your patience with possible longer wait times.

## Our Commitment to Your Success

Our mission is to empower students in their educational journey by building upon their diverse strengths. [See our full mission and values statement.](#)

Our goal is to help you clarify your academic and personal goals.

Our counselors are committed to your success by a delivering a range of services. These include sessions regarding course consideration for each quarter, AP test scores, prerequisite clearance, progress probation levels 1 and 2 to name a few, and petition for graduation.

**Explore our services and ways we can help you discover and achieve your goals!**

Academic Counseling ▶

Career Counseling ▶

Personal Counseling ▶

Programs with Counseling Support ▶