Yakima Valley College does not discriminate against any person on the basis of race, color, national origin, disability, sex, genetic information, or age in admission, treatment, or participation in its programs, services and activities, or in employment. All inquiries regarding compliance should be directed to the Director of Human Resource Services, YVCC, South 16th Ave. & Nob Hill Blvd., Yakima, WA 98902; or call 509.574.4670.

**Counseling & Advising Center**

**Counselors:**

**Yakima Campus**

Sue Perrault, LICSW: 509 574-4966
sperrault@yvcc.edu

Liz DeVilleneuve, LICSW: 509 574-4978
edevilleneuve@yvcc.edu

Rich Schillinger, LMHC: 509 574-4964
rschillinger@yvcc.edu

Maribel T. Jiménez, MSW: 509 574-4965
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Vicente R. López, MEd: 509 574-4968
vlopez@yvcc.edu

Esther Huizar, MSW: 509 574-4534
ehuizar@yvcc.edu

**Grandview Campus**

Heidi Matlack, MA: 509 882-7042
hmatlack@yvcc.edu

**Advisors:**

**Yakima Campus**

Cristy Rasmussen, BS, BA: 509 574-4643
crasmussen@yvcc.edu

Michaela Carpenter, BS: 509 574-4619
mcarpenter@yvcc.edu

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The YVC Counseling & Advising Center provides a team based approach that helps students realize their educational, career and personal goals. We create a welcoming and safe environment allowing students to feel accepted, respected and understood. Our counselors and advisors are dedicated, responsive, and culturally sensitive professionals offering comprehensive services, referrals and advocacy.

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**Drop In Advising/Counseling**

Monday—Friday

9:00 am—3:00 pm*

Deccio Higher Education Center
(Bldg. 18), Room 164

http://www.yvcc.edu/services/counseling

509-574-4956

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* check website for possible closures
ACADEMIC
- Clarifying program & degree prerequisites/requirements
- Course selection & registration
- Adding or dropping classes
- Understanding transfer requirements
- Developing an Education Plan at YVCC
- Applying for graduation

CAREER
- Determining whether you should go to school or seek employment
- Deciding if you should stay in school
- Identifying classes needed to upgrade current skills
- Identifying interests & abilities
- Exploring educational options
- Decision making
- Coping with loss of a job
- Re-training

PERSONAL COUNSELING
Counselors are trained professionals who can help you with personal problems affecting your wellbeing and success. Counselors will help you identify resources you already have, look at problems from a new perspective and assist you in developing skills and understanding to guide you toward your own solutions.

PERSONAL
- Relationship problems
- Coping with stress
- Managing anger
- Balancing school, work & family
- Dealing with anxiety or depression
- Drug and alcohol concerns
- Gender and sexuality concerns

CONFIDENTIALITY
Counseling discussions are confidential. If you want your counselor to provide information to others, you can make a written request. There are three situations that are not confidential:
- child or elder abuse
- threat of harm to self or someone else
- subpoena by a court of law

Any release of information would first be discussed with you.

ACADEMIC ADVISING
The purpose of advising at Yakima Valley College is to assist you in reaching your educational goals. Advising is the shared responsibility of the student and their advisor. Students should meet with their advisor each quarter to develop a plan for their education to ensure they are on track for graduation.

CAREER PLANNING
The Counseling & Advising Center staff can help you plan for a career. Whether you know exactly what you want to do, are thinking about changing, or are really uncertain—we can help you consider your options and determine the best route, resources and professionals to assist you.