

COUNSELORS:

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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.



COUNSELING & ADVISING CENTER



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DROP-IN ADVISING/COUNSELING

MONDAY—FRIDAY

9:00 am—3:00 pm*

** CHECK WEBSITE FOR POSSIBLE CLOSURES*

DECCIO HIGHER EDUCATION CENTER (BLDG. 08), ROOM 164

<https://www.yvcc.edu/counseling/>

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 Pathway advisor each quarter to develop a plan for their education to ensure they are on track for graduation.

ACADEMIC

- Clarifying program & degree prerequisites/requirements
- Course selection & registration
- Adding or dropping classes
- Understanding transfer requirements
- Developing an Education Plan at YVC
- Applying 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.

CAREER

- Exploring educational options
- Identifying interests & abilities
- Identifying classes needed to upgrade current skills
- 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

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

CONFIDENTIALITY

*Counseling discussions are confidential. 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.