COAHOMA COMMUNITY COLLEGE COUNSELING SERVICES



THERE'S NO DENYING IT. FRESHMAN YEAR IS HARD.

THE TRANSITION BETWEEN A REGIMENTED, ORGANIZED SENIOR YEAR OF HIGH SCHOOL (LIVING AT HOME AND LEARNING IN A STRUCTURED ENVIRONMENT) TO THE FIRST YEAR OF COLLEGE (WHERE BUILT-IN FRAMEWORKS MAY NO LONGER EXIST) CAN BE AN ENORMOUS CHALLENGE FOR MANY PEOPLE. FROM GEOGRAPHIC MOVES, UNFAMILIAR FACES, NEW LIVING SITUATIONS, AND UNEXPECTED SOCIAL AND ACADEMIC EXPECTATIONS, IT CAN BE PRETTY INTIMIDATING FOR FIRST-YEAR STUDENTS TRYING THEIR BEST TO ADAPT. LEFT TO FIGURE THINGS OUT FOR THEMSELVES, FIRST YEAR STUDENTS CAN HAVE A HARDER TIME ADJUSTING TO THEIR NEW ENVIRONMENT AND INTEGRATING INTO THE CAMPUS COMMUNITY AS ACTIVE MEMBERS.

> Join in on the conversation. 1st Tuesday each month Student Union, Magnolia Room 1:00 pm

For more information, or to speak with a counselor about group counseling being offered, contact Counseling Services by visiting the MultiComplex Center or contacting **Mrs. LaShundra Crittle**, **Coordinator of Counseling Services at Icrittle@coahomacc.edu or 662-621-4858.**





Coahoma Community College is an equal opportunity institution in accordance with civil rights and does not discriminate on the basis of race, color, national origin, sex, disability, age, or other factors prohibited by law in any of its educational programs, activities and employment opportunities. The following person has been designated to handle inguites regarding the non-discrimination policies: Taneshia T. Turner, as Director of Employee Services/Coordinator for 504/ADA, Title IX Compliance Officer, Alloy, Vivian M. Presley Administration Building, 3240 Friars Point Road, Clarksdale, Mississippi 38614, Phone: (662) 621-4855, Email: tyoungecoahomaco.edu.