

FRONT

BACK

EDUCATIONAL and DEVELOPMENTAL COUNSELING

Who should see a Counselor?

- Anyone with questions or concerns about their educational experience.
- Anyone experiencing difficulty adjusting to college.
- Anyone experiencing stress and anxiety about success in college.
- Anyone experiencing distress that may be affecting success in college.

When should you see a Counselor?

- When you have an important concern or issue.
- If you just want to chat!



How should I see my Counselor?
 • Drop by our offices which are conveniently located in the Institute Offices.
 • Call (732) 224-2555 for an appointment to ensure availability.
 • Email us.

Helping students put the pieces together



Who should I see?

See a Counselor for:

- *Discussing academic difficulties
- *Self-exploration & decision-making
- * Career testing
- *Recognizing & mobilizing your resources
- *Transfer exploration & planning
- *Formulating a meaningful educational plan that is compatible with your goals, needs, values, & personal situation
- *Personal adjustment
- * Networking to access resources both within & outside Brookdale

“Counseling is one of those words everyone understands, but no two people seem to understand in precisely the same way.”

Leona Tyler
The Work of the Counselor, 1969

See a Success Coach or Advisor for:

- *Information about majors
- *Degree Requirements
- *College policies & procedures

OUR APPROACH IS STUDENT-CENTERED

Developmental Counseling is the process through which a student is assisted in integrating many factors in their lives affecting their learning, life choices, and success. It is the process through which decision-making is made. This is often referred to as “holistic” counseling.

COUNSELOR CONSULTATION CALL CENTER

STUDENT SUPPORT LINE

At times we all feel vulnerable and anxious. Brookdale's Counseling faculty are available on the Student Support Line to talk with you if you need advice and reassurance from a professional about any distress, hardships, or problems you are encountering. They will listen and provide referrals as needed to help you.
 (732) 224-2329

FACULTY & STAFF SUPPORT LINES

If one of your students is disrupting your class and the learning environment, is exhibiting upset or sharing their personal distress with you and wants help, or is expressing thoughts of harm to themselves or others, contact the Counselor on duty 9:00am-5:00pm, Monday through Friday and they can provide consultation, support, and connection to emergency response teams as necessary.
 ext. 5555 (internal)
 (732) 224-2329 (external)

Our Philosophy

1. The individual is considered as a whole.
2. Each student is a unique individual and must be treated as such.
3. The total environment of the student is educational and must be used to help the student achieve full development.
4. The major responsibility for the student's development rests with the student and his/her personal resources.
5. The Counselor's role is to facilitate development by promoting an awareness of choices and by supporting the decision-making process.

Contact:
 (732) 224-2555

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Developmental Counseling in higher education is not simply academic advising; it is not psychological therapy or clinical mental health counseling for emotional and relational conflict or behavioral disorders; and is not the provision of social services and interventions to address life circumstances or solve problems in daily life. Often elements of these components are included, but are not the goal of Developmental Counseling.