

Embedded Counseling

Embedded Counseling aligns with the following *Effective Practices for Basic Skills* identified in the *Basic Skills as a Foundation for Student Success* in California Community Colleges (Center for Student Success, 2007).

A.5 = A comprehensive system of support services exists, and is characterized by a high degree of integration among academic and student support services.

B.3 = Counseling support provided is substantial, accessible, and integrated with academic courses/programs.

B.4 = Financial aid is disseminated to support developmental students. Mechanisms exist to ensure that developmental students are aware of such opportunities and are provided with assistance to apply for and acquire financial aid.

Embedded counseling at Las Positas College is a proactive approach to integrating student support services and academic services. Rather than waiting for students to visit student services, student services and counselors are scheduled into academic class time. From Fall 2010 through Spring 2011, counselors visited 35 different sections of basic skills English three separate times. The first visit focused on campus resources and student support services available to students. The second visit focused on time management, study skills, and college expectations. The third visit culminated in Student Educational Planning. Embedded counseling for 2010-2011, reached 1050 students. Which means that this embedded counseling provided for 3150 counselor-student contacts (1050 students x 3 visits = 3150).

Embedded counseling continues in many of the basic skills English classes. Discussions are underway to expand this service to basic skills math classes. One challenge to providing embedded counseling is the limited number of counseling faculty available. With the drastic cuts in funding and the decreased number of counseling faculty on staff, it has been challenging to schedule counselors for embedded counseling. We have had to bring back adjunct counselors to assist.