SPRING 2023 How To Fulfill Your Contact Requirements

☐ 3rd Academic Contact

MAY 8 - JUNE 16

Book your academic contact appointment with a Pico Partnership academic counselor online by completing the following steps:

1. Log in to Corsair Connect.
2. On the main page, scroll down to SMC Quick Links on the left-hand side.
3. Click on Book a Counseling Appointment.

When you are in the booking system, you will be able to sort by Program/Area, Counselor, Day, and Time. You can also cancel existing appointments and view your appointment history. Once an appointment is booked, you will receive a confirmation sent to your SMC student email address.

- Mark your appointment in your personal calendar to remind you to be available during this time.
- Ensure your phone number is updated in Corsair Connect by selecting "Enrollment Services"

Pico Partnership
We're in this together

☐ Career Contact

JANUARY 24 - JUNE 16

Choose 1 of the following options:

Complete 1 meeting with a Career counselor.

Contact Career Services at 310-434-4337 to book an appointment with a career counselor.

OR

Complete 1 FREE StudentLingo* online workshop from the following category:

Career Exploration

- Creating Your College Bucket List: Explore, Experience, Succeed
- Exploring Careers & Choosing A Major
- Mastering The Job Interview
- Maximizing Your College Experience
- What It Takes To Be A Successful Student
- Writing Effective Resumes & Cover Letters

Follow these 2 steps:

- Visit www.smc.edu/studentlingo for details and simple registration instructions.
- Submit your Certificate of Completion to PicoPartnership@smc.edu.

OR

Attend one SMC Career Services Center Workshop listed on their page under Events and Workshiops:

- Request the workshop facilitator to email you an attendance verification.

☐ Wellness Contact

JANUARY 24 - JUNE 16

Choose 1 of the following options:

Complete 1 meeting with a Wellness counselor.

Go to SMC Center of Wellness and Wellbeing website to learn how book an appointment with a Wellness counselor.

OR

Complete 1 FREE StudentLingo* online workshop from Personal/Life Management list:

- Eating Disorders: Types, Causes, Symptoms & Support
- Emotional Intelligence: The Other Key To Academic Success
- How To Achieve Well-Being, Balance & Success
- Mental Health & Suicide: Helping Yourself & Others
- Overcoming Procrastination: Causes & Cures
- Stress Management Techniques
- Setting & Accomplishing Realistic Goals
- Sexual Violence Awareness & Prevention: A Title IX Training For Students
- Time Management: Strategies For Success

Follow these 2 steps:

- Visit www.smc.edu/studentlingo for details and simple registration instructions.
- Submit your Certificate of Completion to PicoPartnership@smc.edu.

OR

Attend one SMC Wellness Virtual Workshop

- Beating Burnout- Virtual workshop
  Saturday, May 27, 2023. 1:00 PM - 2:00 PM

  Jioin on Zoom