COUNSELING SERVICES AT ATLANTA METROPOLITAN COLLEGE

The Department of Counseling and Disability Services at AMC is committed to helping students achieve maximum benefits from their experience at the college.

Counseling is a learning process that mental health professionals use to help individuals adjust to academic and social pressures, understand themselves better, and resolve internal or external conflicts. Counseling is available to currently enrolled AMC students and is generally conducted within a time range from one to eight (1 to 8) weekly sessions of 45 minutes, per semester.

HOW TO UTILIZE COUNSELING SERVICES

Students should call or come by our office to schedule an initial appointment. We are located in Room 225 – Academic Building. Our professional staff of licensed counselors is available to provide individual short-term counseling and consultation services.

BENEFITS OF COUNSELING

Counseling may be beneficial in:

- Assisting you perform better academically.
- Assisting you manage your emotions and maximize your capacity for continued emotional growth.
- Helping you develop effective problem-solving and decision-making capabilities in order to make more effective life choices.

SOME OF THE ISSUES WE ADDRESS

- Stress
- Self-Esteem
- Anger Management
- Coping with Loss
- Balancing school, work and family life

Students should call (404-756-4016) or come by the office (Room 225 – Academic Building) to schedule an initial appointment.
ABOUT ATLANTA METROPOLITAN COLLEGE

Atlanta Metropolitan College (AMC) is a two-year unit of the University System of Georgia, offering day, evening, weekend, and online courses. The college is located in the southwest area of the city of Atlanta, and is positioned on an expansive beautifully landscaped campus. It is also conveniently accessible via MARTA (Atlanta’s public transportation system). Atlanta Metropolitan College provides a unique campus atmosphere for its students, offering degree programs in more than 40 areas of study.

DISABILITY SERVICES: WHAT WE DO

The Americans with Disabilities Act Amendments Act of 2008 (ADAAA) is a civil rights law that was originally passed by Congress in 1990 (as the Americans with Disabilities Act-ADA) to protect individuals with disabilities from discrimination in the workplace, as well as school and other settings. This law mandates that reasonable accommodations be provided to students with disabilities who meet the requirements. In other words, a school is required to provide a student with those accommodations that help him or her learn most effectively.

EXAMPLES OF DISABILITIES COVERED UNDER ADA LAWS

- Intellectual and developmental disabilities, autism, learning disabilities
- Partially or completely missing limbs, mobility impairments, blindness, deafness
- Cancer, cerebral palsy, diabetes, epilepsy, HIV/AIDS, multiple sclerosis and muscular dystrophy,
- Major depression, bipolar disorder, post-traumatic syndrome, schizophrenia, panic attacks, anxiety disorder, mild depression, and other psychiatric impairments
- Asthma, high-blood pressure, coronary artery disease, back and leg impairments, carpal tunnel syndrome, hyperthyroidism

SAMPLE ACCOMMODATIONS

- Extended Time on Exams
- Priority Seating in Classroom
- Use of a Calculator
- Volunteer Note Taker
- Testing in Distraction-Reduced Environment