



## Free & Confidential Personal Counseling

Feeling overwhelmed with the stress of the holidays? Finals have you worried? Psychological Services offers free and confidential personal counseling. To schedule an appointment, visit the Psychological Services website: [foothill.edu/psychservices](http://foothill.edu/psychservices).

## Transition to Work Market Day

The Transition to Work (TTW) program is hosting its first-ever Market Day on

**Wednesday, December 2 from 10 a.m. to 3 p.m.** in the 5400 Building. Come check out the handmade crafts and tote bags. Ten percent of purchases will support TTW student scholarships!



## Get Discounts with Your Owl Card

Show your OwlCard student ID to get great discounts in the cafeteria, Design Center and Smart Shop, as well as reduced admission to Foothill theatre performances and athletic events, and discounted movie tickets. To get your OwlCard, visit the Smart Shop (room 2016) with your registration receipt and photo ID.

## Eco Pass

Foothill students are eligible for an Eco Pass/Clipper Card which gives you unlimited rides on VTA buses and light rail in Santa Clara County. You must be enrolled in the current quarter, live in Santa Clara County, and have paid all of your registration fees. To get a card, visit the ASFC Smart Shop (Room 2016).



## Sign Up for Emergency Alerts

Update your contact information in MyPortal to ensure you receive emergency notifications via text, phone or e-mail. To add or update your contact information, access MyPortal and follow the instructions listed in the "Set Up Emergency Notification" section.



## Counseling Quick Questions

Have a quick question for one of our counselors? Counselors will be available to assist students thru the first part of December. No appointment is necessary.

- Tuesday, Dec. 1; 9 a.m.–11 a.m.; room 8330
- Wednesday, Dec. 2; 11:30 a.m.–1:30 p.m.; Chavez Plaza
- Thursday, Dec. 3; 12:30 p.m.–2:30 p.m.; room 8330
- Friday, Dec. 4; 9 a.m.–11 a.m.; room 8330
- Monday, Dec. 7; 12:30 p.m.–2:30 p.m.; Transfer Center

