



**SOUTH ORANGE COUNTY COMMUNITY COLLEGE DISTRICT BOARD of TRUSTEES**  
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**SADDLEBACK COLLEGE:** Elliot Stern, DO, JD, President

Counseling 100 is designed to introduce high school seniors to college and develop essential life skills for adulthood. This course primarily focuses on the attitudes, habits, and behaviors of successful college students. Students will learn proven strategies for achieving academic and personal success. Topics include utilizing college resources, relationship—building with fellow students, and how to communicate with faculty and support staff. This introductory course is the first in a series of additional Counseling courses, all designed to prepare students for academic, career, and personal success.

**Students must complete the following steps to enroll in Counseling 100:**

1. Complete a college application for admission to Saddleback College.  
Go to [www.saddleback.edu](http://www.saddleback.edu). This is a great class to help a high school senior prepare for college.

**Click here or visit:** <https://www.saddleback.edu/admissions/New-Students>

2. Complete the K-12 Special Admission Request Form. Once complete, submit your Special Admission Request Form to your High School Guidance Office.

**Click here or visit:** <https://www.saddleback.edu/admissions/Forms-and-Petitions>

3. Register for your Counseling 100 course. On or after your assigned registration date, you will be able to register for the COUN 100 course in MySite, your Saddleback College student portal.

For more information about the process for the Counseling 100 course  
Please contact the Counseling Office at (949) 582-4572.

