**LSC-M College Success Resources**

* **Counseling Services**- Change, stress, and personal growth are all elements of the college experience. Counselors are available to meet with students to help identify, discuss, and address concerns that may be interfering with students’ educational goals. Students often seek help for a variety of concerns including- but not limited to- stress, anxiety, depression, crisis, self-esteem, time-management, and career exploration. If you could benefit from our support, don’t hesitate to reach out and

make an appointment today [www.lonestar.edu/montgomery-counseling](http://www.lonestar.edu/montgomery-counseling)

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| **Terry Albores, MA, LPC, NCC**Counseling & Disability Services | **936-273-7074**Terry.L.Albores@lonestar.edu | **Building C 221B** |
| **Juan C. Lebron, Ed.D., MSW**TRAC (Career Counseling and Transfer planning) | **936-273-7280**Juan.C.Lebron@lonestar.edu | **Building C 227G TRAC Center** |
| **Angela Martin, MA**Counseling | **936-273-7070**Angela.R.Martin@lonestar.edu | **Building C 227F TRAC Center** |
| **Neil Phillips, MS**Counseling | **936-273-7246**Neil.Phillips@lonestar.edu | **Building G 121A** |
| **Amy Roberson, MA, LPC**Counseling | **936-273-7039**Amy.C.Roberson@lonestar.edu | **Building B 120H** |
| **Vicky Saunders, MA, CRC**Disability Services | **936-273-7239**Victoria.A.Saunders@lonestar.edu | **Building C 221A** |
| **Rachel Trackey, PhD, LPC-S**Counseling | **936-271-6157**Rachel.P.Trackey@lonestar.edu | **Building C 227D** |

* **TRAC Center- (Transfer, Recruitment and Careers).** Unsure of your career path? Need a transfer degree plan? Want to learn how to be successful in your job search? Career counselors and transfer advisors are available to meet your needs. Located in Building C, suite 227. Make an appointment 936- 273-7221. [www.lonestar.edu/transfer-montgomery](http://www.lonestar.edu/transfer-montgomery)
* **Advising-** Advisors can help clarify various degree/major opportunities, provide guidance with degree planning and course selection, direct you to campus resources, and much more. Meet your valuable advising team Located in Building C 2nd floor. <http://www.lonestar.edu/montgomery-advising.htm>
* **Student Services-** Need help getting started with admissions? Need a copy of your transcript? Filing for graduation? Admissions and Graduation specialists are there for you! Located in Building C 1st floor. [www.lonestar.edu/student-services](http://www.lonestar.edu/student-services)
* **Veterans Affairs-** Tap into support and your veteran’s educational benefits by contacting your veterans’ advisor at 936-271-6137. Located in Building A, Room A229, 2nd floor. To find information on the GI Bill educational benefits visit our website at: [www.lonestar.edu/veterans-affairs](http://www.lonestar.edu/veterans-affairs)
* **Financial Aid**- Visit the website to learn about financial aid opportunities, deadlines, FAQ’s. Need to talk to financial aid advisor? Located in Building C, 1st floor [www.lonestar.edu/financial-aid.htm](http://www.lonestar.edu/financial-aid.htm)
* **Library**- in Bldg. F -become familiar with our library--- the ability to research and access information is important to your college success! For more info: 936-273-7387 or 936-273-7390. [www.lonestar.edu/library](http://www.lonestar.edu/library)
* **The Learning Center-** free tutors for math, science, business, technology, test prep. Located in Building F, Library. Take advantage of this resource. 936-273-7373. [www.lonestar.edu/learning-montgomery](http://www.lonestar.edu/learning-montgomery)
* **The Write Place**- Consultants are here to assist you with writing assignments in any subject and writing-related activity! Located in Bldg. G, Rm. 103. (936) 273-7055 [www.lonestar.edu/write-place](http://www.lonestar.edu/write-place)
* **Wellness Center**- Improve your physical and mental health and quality of life. Enjoy the fully- equipped, professionally-staffed exercise facility located in Building A. LSC-M and Conroe Center students can join for free! [www.lonestar.edu/fitness-montgomery](http://www.lonestar.edu/fitness-montgomery)
* **Food Pantry**- One in five households in the Houston area live with the threat of being hungry or having inconsistent access to adequate food. The LSC-M Food pantry was developed to address the issue of food insecurity for Lone Star College students and employees. The pantry is located just inside Building E on the first floor. Hours of operation vary by semester.

 <http://www.lonestar.edu/montgomery-food-pantry.htm>

* **Child Care**- LSC-Montgomery and Brighton Academy have teamed up to offer on-campus childcare. Call 281-465-4111 or visit http://www.lonestar.edu/child-care-montgomery.htm
* **Student Health Insurance-** Lone Star College System (LSCS) offers eligible students affordable, quality coverage compatible with the Affordable Care Act (ACA) through Blue Cross and Blue Shield of Texas (BCBSTX) and administered by Academic HealthPlans (AHP). <http://www.lonestar.edu/23662.htm>