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Saddleback Athletic Counselors

Location: SSC 167: Building [map]
Phone: (949) 582-4572

Michael Long 
 Counselor/Instructor
 Athletic Counselor

*Office Hours in SSC 167
 by appointment:*
 Monday 8-1pm
 Tuesday 10:30-12:00pm
 Wednesday 8-2pm
 Thursday 10:30-4pm
 Friday 8-3pm

*Office Hours in PE 416
 Walk in only
 (No academic plans):*
 Tuesdays 1-4pm

Jo Ann Alford 
 Matriculation Coordinator
 Athletic Counselor

*Office Hours in SSC 167
 by appointment:*
 Monday-Thursday 8-9am
 Monday 12-1pm

Sarah Kobata 
 Transfer Center/Athletic Counselor

Office Hours Transfer Center
 Monday 8-3:30pm
 Tuesday 8-12pm
 Thursday 2:30-7pm

*Office Hours in SSC 167
 by appointment*
 Thursday 12:00-2:00pm

Your path to success as a Gauchol!

Why do I need to see a counselor for student athletes?

- * Help ensure a successful transfer to a 4 year University
- * Learn rules to remain eligible and compete at Saddleback
- * Learn how to use college resources, saving time and frustration
- * Help choosing a career path and major
- * Personal counseling available if needed

So, where do I begin?

- * [Apply](#) to Saddleback and take the [Matriculation](#) test
- * If you are new, check out your [New Recruits Game Plan](#)
- * If you are returning, you need an educational plan of file!
- * Make an appointment with an athletic counselor ASAP
- * Use the resources on this page!



I invite all students to take full advantage of the resources that can be found at Saddleback College and on this webpage. Whether you are a first year freshman or a tenth year sophomore this site can help you explore resources for career planning, transfer, and rules and regulations for all student athletes.

I wish you the best of luck on your academic and life journey here at Saddleback College!
 - Michael Long

Please call (949) 582-4572 to set up an individual appointment in the Counseling Center

Athletes Playbook

Learn the rules of the game!

- [Academic Planning](#) (Summary or rules)
- [NCAA Transfer Guide](#) (Rules to transfer)
- [COA](#) (Rules to compete at Saddleback)
- [Bachelors Bubble](#) (How college works)

Get help from these Coaches!

- [Counseling](#) (Academic, Personal or Career)
- [E-Advise](#) (E-mail quick questions)
- [LAP](#) (Free Tutoring)
- [Web help for Math](#) (Go to resource!)
- [EOPS](#) (Helping disadvantaged students)
- [DSPS](#) (Disabled Services)
- [Mental Health](#) (Crisis Intervention)
- [Financial Aid](#) (Need Money?)
- [Scholarships](#) (Need Free Money?)

Game Plan for Success

Practice the key plays of the game! (Transfer)

- [Transfer Center](#) (Must visit!)
- [Assist](#) (Explore CSU/UC majors)
- [CSU Mentor](#) (Apply to CSU's)
- [UC Pathways](#) (Apply to UC's)
- [AICCU](#) (Explore California Private Colleges)
- [California Colleges](#) (Search all CA Colleges)
- [Private Colleges and Universities](#) (Articulation)
- [Honors Program](#) (Go above and beyond!)

Go out and win the big game! (Career resources)

- [APSY 160](#) (Career Planning for Student Athletes)
- [APSY 1](#) (Academic Planning for Student Athletes)
- [Career Center](#) (Plan your career today!)
- [Gaucho Jobs](#) (Need a job now?)
- [ONET](#) (Best Career Searching website!)
- [Sample Functional Resume](#) (Need one for a job)

Accredited by the [Accrediting Commission of Community and Junior Colleges](#), of the [Western Association of Schools and Colleges](#).

Saddleback College is located at 28000 Marguerite Parkway, Mission Viejo, California 92692 • (949) 582-4500
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