

# HOW TO PREPARE FOR AN EOP COUNSELING APPOINTMENT

EOP Counselors can support you holistically by providing counseling, information, and referrals needed so you can take advantage of all the resources and opportunities offered at SDSU to fulfill your academic and personal goals. To best prepare for your EOP Counseling Appointment:

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## CHECK YOUR SDSU EMAIL

Check your [SDSU Email](#) (powered by Gmail) daily or link it to your personal email for the most up-to-date academic and campus information.

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## BEWARE OF DEADLINES AND APPOINTMENTS

Bookmark the [SDSU Academic Calendar page](#) and add deadlines to your calendar. Check your academic schedule for the semester before add/drop deadlines. Schedule EOP Counseling appointments through [Navigate](#) and attend or cancel / reschedule in a timely manner.

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## ATTEND CLASS AND OFFICE HOURS

Log in to [WebPortal](#) to see your class dates and times. Visit the [SDSU Virtual Map](#) to find where your classes are located. Check your class syllabuses for faculty and teaching assistant (TA) office hours and visit them regularly to get to know them and get clarification on course materials.

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## ASK QUESTIONS AND USE RESOURCES

If you do not understand something, have a concern, or are experiencing personal challenges affecting your ability to succeed, contact [EOP Counseling](#) for assistance!