

COU1121 Counseling, Intro.

Course Syllabus

COURSE REQUIREMENTS

Counseling, Intro. is an introductory class. This course is a prerequisite for Counseling II. All students may take this course.

COURSE DESCRIPTION

This course is designed to develop basic counseling skills to those not seeking a license in professional counseling. These skills will assist students in their relationships with others and empower them to work smoothly with others. The history and progress of the field will be investigated.

You will increase your knowledge of how the counseling profession got its start and the ideologies that are the infrastructure of the profession. The relevance of becoming a good listener, developing critical reasoning skills and assessment skills will be realized. You will learn procedures to help people to freely speak.

LEARNING OBJECTIVES

Students will become cognizant with the key doctrines and modes of several major counseling and psychotherapeutic approaches to people. A scope of techniques will be taught within the context of a knowledge of the theory, philosophy, and ramification of each technique. By the end of this course, all students should:

- Establish a working knowledge of counseling
- Gain an ability to differentiate diverse techniques used in the field
- Develop reflective and critical thinking skills in order to visualize theoretically
- Have a capacity to understand the complexities of administering counseling theories to diverse populations
- Demonstrate basic phases in establishing a therapeutic relationship
- Determine whether a helping career is right for them
- Perceive the distinct stages of helping

ATTENDANCE

Attendance is mandatory for all students. Excellent attendance is imperative for mastery and application of the information dispensed. Whether you are sitting at a desk in a classroom or attending via Skype, your attendance is vital to your success. Late arrivals are distracting and disrespectful. Please refrain from being tardy. Grades will be affected by absences and tardiness. Participation in class is a prerequisite. You learn from lectures, discussions and presentations.

CLASSROOM BEHAVIOR

Students are expected to treat all persons with respect. We should all conduct ourselves in a courteous and responsible manner. Be considerate, you can disagree, don't insult.

Please set all your electronic devices to silent during class so as not to be a disturbance to others in the class.

TUTORIAL ASSISTANCE

We maintain an open-door policy for our students. We are absolutely willing to discuss any matter that may arise during the course. If you have any questions, problems, or need help with the course material, we urge you to reach out as soon as the issue arises. If you want to contest a grade, you must do so within 48 hours and put it in writing. Please ask your student advocate for help. If you do not have a student advocate send an email to: tutordept@usilacs.org.

NON-DISCRIMINATORY STATEMENT

All students regardless of age, race, gender, religion, physical disability, class, etc., shall have equal opportunity without harassment in this course. Any problems with or questions about harassment can be discussed confidentially via email at: hr@usilacs.org.

DRESS CODE

For students enrolled who are attending in a classroom or via Skype, please be sure you are dressed modestly and respectfully. Please refer to www.merriam-webster.com/dictionary/business%20casual. NO short shorts or skirts. Avoid low-cut tops. We want to present ourselves in a dignified manner at all times.

NETIQUETTE

- Always read through all the comments of the class before responding. This will avoid duplicating comments or questions asked.
- Avoid language that could be offensive. All profanity is strictly prohibited. Remember that using all caps when replying online signifies shouting. This would be rude and combative.
- Be sensitive to the fact that there will be fellow students from all parts of the world with many differing backgrounds and languages. Remember that slang and idioms will most likely be misconceived and/or misinterpreted. These should be avoided.
- Respect others views or opinions.
- Be thoughtful of the privacy of others. Ask permission before sharing email addresses or other personal information.
- Do not forward inappropriate material such as: virus warnings, chain letters, jokes, etc. The sharing of pornographic material is strictly prohibited.
- Use good spelling and grammar. Avoid using texting shortcuts.
- Strive to compose your comments in a positive, supportive and constructive manner at all times.

Any of these offenses will be dealt with by the school disciplinary committee.

ADA ACCOMMODATIONS

All reasonable accommodations will be provided for students with disabilities. Any student attending USILACS who needs an accommodation due to a chronic challenge (i.e. blindness, deaf or hard of hearing, mobility issues, psychological, or learning disability), register with:

USILACS Registrar's Office
1221 Brickell Ave.
Miami, FL 33131
1-305-330-2202
registrarsoffice@usilacs.org

ACADEMIC DISHONESTY/CHEATING

We encourage collaborating with others, either in person or online, to study and learn. When you complete your assignments or your exams, however, the wording has to be your own.

Plagiarism is the theft of someone else's work and ideas. You are permitted to cite or even quote someone else, however, you must properly cite them. There are two accepted ways of doing this. They are known as Modern Language Association (MLA) or American Psychological Association (APA). You can visit www.citationmachine.net for help in correctly citing information.

As a school that strives to maintain high moral standards, we strongly caution our students to be ethical and honest. Endeavor to be honest in conducting yourself in regard to any coursework you accomplish or exams you may take. Cheating is a dishonest practice.

REFERENCE MATERIALS

The vast majority of textbooks are outdated by the time they are published. USILACS education programs are not based upon outdated printed textbooks. USILACS programs are based on the most accurate and reliable knowledge available; specifically, up-to-date vetted internet-based information.

For those who would like some reference or Internet search recommendations, we would recommend the following.

- (2010) Principles of Social Psychology: M Libraries Publishing (Online).
- (2003), An introduction to counseling, 3rd edition, McLeod, John, Philadelphia Open University Press
Chap 1 An introduction to Counselling Pg 1-19
- (2018) Historical Roots of CBT, Dr Aaron Beck interview
- (2017) An Introduction to Ethical Problem Solving in Counseling, Rory Lees-Oakes
- (2016) What is Counseling? An Animated Video, ACA
- (2015) History of Psychology, Dan Lier
- (2010) Introducing Counseling (Part 1 of 2), Maureen Moore (9:50)

(2008) History of CBT Dr Joel L Becker Ph.D (2:50)

(2009) Ethics and Ethical Codes AIPC, December 8 (Counselling Theory & Process, Ethics & Legal Issues) AIPC blog

MINIMUM REQUIRED SUPPLIES

All students will need all of the following:

- Computer with camera, microphone, and speakers.
- Skype installed on the computer with an active Skype account.
- Internet
- Printer
- Notebook paper
- Pens/pencils

If the student does not have a computer or internet, there will be some available for use at the school in the computer lab.

GRADING SYSTEM

There will be three tests throughout the course. Each test will count for 33.3% of the final grade.

Grade	Percentage	Grade Point
A+	99	4.0
A	97	3.8
A-	94	3.7
B+	89	3.3
B	85	3.0
B-	81	2.7
C+	77	2.3
C	73	2.0
C-	69	1.7
D	66	1.0
F	59	0.0

All students must earn at least a “D” in order to pass the class.

ASSIGNMENTS

Autobiography-

Covey your enthusiasm about who you are and why you have chosen to enroll in a counseling course. Take this as an opportunity to begin exploring your attributes and how it can benefit the counseling profession. This should be at least 1,000 words in length.

Research Topic Paper in Counseling-

Research through the internet and counseling journals. Find a controversial topic that is current in the field. Use at least 2 scientific references. 1,000-1,500 words.

Interview Project-

Interview one mental health counselor or LPC licensed intern. There is an oral component to this assignment. Prepare a 5-minute oral presentation summarizing the responses and addressing what you have learned from this interview.

WEEKLY ASSIGNMENTS

Week 1	Overview of course and coursework Chapter 1
Week 2	Chapter 3
Week 3	Chapter 5
Week 4	Chapter 4 <i>Autobiography due</i>
Week 5	<i>Video review and Exam</i>
Week 6	Chapter 6
Week 7	Chapter 7
Week 8	Chapter 9 <i>Research Topic Paper due</i>
Week 9	<i>Video review and Exam</i>
Week 10	Chapter 10
Week 11	Chapter 12
Week 12	Chapter 13 <i>Interview Project due</i>
Week 13	<i>Video review and Final exam</i>