

EDU3121 Counseling III

Course Syllabus

COURSE REQUIREMENTS

COU2121 Counseling III is an introductory course. Students must take COU2121 Counseling II prior to enrolling in this course.

COURSE DESCRIPTION

EDU3121 Counseling III will explore therapies to treat mentally ill patients. The course will analyze history, treatment and institutions for treatment. This course will provide a better comprehension of psychological symptoms of mental and emotional disorders and aid the students in understanding the counseling process. Procedures and goals of community mental health will be explored. The course will summarize ways scientists evaluate the effectiveness of psychological, behavioral, and community service approaches to preventing and reducing disorders.

You will learn main features and prevalence of certain disorders. You will discover the importance of psychological and biological factors and how they contribute to disorders. You will understand and be able to identify genetic, biological, and environmental factors within a given disorder. You will explore and define the prominent role of stress. You will understand and explain the nature of psychophysiological disorder.

LEARNING OBJECTIVES

The goal of this course is to help the student grow in areas of understanding psychological disorders and mental health, areas that are vital in the counseling field. Learning the benefit of why classification systems are necessary in the study of psychology is vital. This course will help the student recognize the essential nature of mental disorder types.

By the end of this course all students should:

- Learn the focus of humanist therapy
- Be introduced to psychological, biomedical and social approach
- Understand the definition of pathological
- Become familiar with diagnostic and statistical Manual of mental disorders (DSM)
- Review diatheses-stress model and its importance to the study of psychopathology
- Summarize which types of therapy are most effective for which disorders
- Explain the advantages of group therapy and self help groups for treating disorders

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.

(2015) Introduction to Psychology. University of Minnesota Libraries Publishing edition.

(2014) Psychology: OpenStax College. Rice University.

MINIMUM REQUIRED SUPPLIES

All students will need all 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

Activity-

Think of a time in which you and others you know (family members, friends, and classmates) experienced an event that some viewed as threatening and others viewed as challenging. What were some of the differences in the reactions of those who experienced the event as threatening compared to those who viewed the event as challenging? Find a friend or family member to educate and discuss the above situation with.

Exercise-

Tell your opinions about taking drugs to improve psychological disorders? Would you take antidepressant or anti-anxiety medication if you were feeling depressed or anxious? Do you think children with ADHD should be given

stimulants? Why or why not? Write or type your answer on paper.

Exercise-

If you were to choose a therapist practicing one of the techniques previously covered, which kind of therapist would you choose and why? Write or type your answer on paper for class discussion.

WEEKLY ASSIGNMENTS

Week 1	Overview of course and coursework Review of Psychology and Disorders
Week 2	Treating Psychological Disorders
Week 3	Treating Psychological Disorders and Summary
Week 4	Stress, Lifestyle and Health <i>Activity due</i>
Week 5	<i>Video review and Exam</i>
Week 6	Stress, Lifestyle and Health and Summary
Week 7	Psychological Disorders
Week 8	Working with People with Disabilities <i>Exercise due</i>
Week 9	<i>Video review and Exam</i>
Week 10	Psychological Disorders and Summary
Week 11	Therapy and Treatment
Week 12	Therapy and Treatment and Summary <i>Exercise due</i>
Week 13	<i>Video review and Final exam</i>