

**CAMOSUN COLLEGE
PSCYCOLOGY 256
INTRODUCTION TO COUNSELLING**

INSTRUCTOR: Bev Lenihan
Office: F 352, 370-3200
E-Mail: Lenihan @camosun.bc.ca

OFFICE HOURS: Announced in class and posted on office door.

Textbook: Gerald Egan *The Skilled Helper* (7th Ed.)

Prerequisite: Psychology 154

Calendar Description: This course is designed to enhance the communication and helping skills of students interested in health, education, or human services. Areas of focus will include the helping/counselling relationship and attitude, advanced listening skills, structured interview skills, the process of personal change and self-awareness, and the helping process and issues.

Learning Outcomes:

Upon successful completion of the course, the student will be able to:

1. Use basic and advanced communication skills.
2. Understand, conceptualize, and evaluate counselling values, beliefs, attitudes, and issues.
3. Conduct a structured interview within the context of a helping counselling relationship.
4. Apply the Skilled Helper model in counselling or helping relationships.
5. Use self-awareness as an integral part of the helping process.

The outcomes will be measured by a combination of examinations, assignments, presentations, group work, and discussions.

A. Class Attendance and Participation

Your consistent attendance and active participation are very important. Attending every class is expected of you and your classmates' because of the experiential and interactive nature of learning the knowledge and skills, of the helping model.

B. Quizzes:

There will be six quizzes in the course. **Each student must complete four of the six quizzes.** The purpose of these quizzes is to ensure that students keep up on their text reading so as to enhance active learning and participation of lectures. If you **missed** (or are late for) a quiz, it will **NOT be available** later. Each quiz is worth 10% for a maximum of 40% of the total course. If a student completes all six quizzes, the four highest scores will be counted toward the final grade.

C. Term paper/Personal Improvement Project:

You will select one area of your life that you want to improve upon (ie. Public speaking, community volunteer work, stress management) and you will write a 1200 word research paper on the topic of your choice. At least five primary, academic resources (academic journals, books) are required. Your paper will present the issue, develop the issue, and outline ways to implement the issue in one's own life. The paper/personal improvement project is worth 20%.

D. Tests:

There will be two tests covering material from lectures, class discussion, and the text. These tests will examine your cognitive understanding of concepts as well as your ability to apply these concepts to various counselling/helping situations.

EVALUATION:

Four quizzes (best 4 out of 6 @ 10% ea)	40%
Paper/Personal Improvement Project	20%
Test One	20%
Test Two	20%

A+	95-100	Superior	B+	80-84	High levels achieved
A	90-94	Beyond Expectations	B	75-79	Good
A-	85-89	Above All Instructions	B-	70-74	Follows All instructions
C+	65-69	Average	D	50-59	Minimum achieved
C	60-64	Instructions not followed	F	< 50	Minimum not achieved

POLICY: Important rules and guidelines:

1. Work needs to be handed in *on time* and at the *beginning of the class*. Late penalty is 10 marks (10%) off per day. Make-up for missed/late tests or paper will be granted **ONLY WITH** a medical note and has to be taken *within 2 weeks* and will **NOT** be available after two weeks (*no exceptions please*)
2. All reports must be **TYPED** with full name, student no., and topic on front page.
3. Any questions about the quizzes must be put in writing plus textbook References before considerations/responses can be made. Thanks.
4. Assignments that are “identical” or “copied” between students will be Given 0% for ALL students with identical work. In case of cheating on a test/quiz, the whole work will be given 0%. Cheating is a **SEVERE OFFENCE** and disciplinary action will be taken by the College Administration.
5. All assignments must be completed before the final grade is assigned.

STUDENTS RIGHTS AND RESPONSIBILITIES

1. If a student requires special accommodation to be successful in this course, please see me early in the semester.
2. If English is your second language, a dictionary may be used for all tests, and special testing arrangements can be made upon request.
3. Students have the right not to participate in any class exercise.
4. In class, you always have the right **NOT** to self-disclose any information.
5. I expect students to follow certain standards of conduct:
 - a. Work must be used for this course only.
 - b. Assignments that are copied or identical between students will be given a 0%.
 - c. Fabrication of research data is not acceptable.
 - d. It is college policy that “If an instructor remains convinced that there has been a violation (such as plagiarism or cheating), he or she may assign a grade of F for the work involved, or for the course...”
6. All students are expected to follow the College’s Student Conduct Policy, outlined in the Camosun College Calendar.

Week:	Topic:	Reading:	Assignment:
1.	Introduction	Chapter 1	
2.	Overview of the Helping Model	Chapter 2	Quiz 1
3.	The Helping Relationship	Chapter 3	
4.	Communication Skills	Chapters 4-5	
5.	Communication Skills (con't)	Chapters 6-7	Quiz 2
6.	The Helping Model	Chapters 8-9	
7.	Challenging Skills	Chapters 10-12	Quiz 3
8.	Leverage	Chapter 13	Test 1
9.	Clients Needs/Wants	Chapter 14-16	Quiz 4
10.	Commitment	Chapter 17	
11.	Action Strategies	Chapters 18-19	Quiz 5
12.	Client Plans	Chapter 20	
13.	Making It All Happen	Chapter 21	Quiz 6
14.	Summary	Chapters 13-21	
15.	TBA		Test 2

Major Due Dates:

1. Personal Improvement Project Term Paper: Week 7-12.
2. Test 1 Week 8
3. Test 2 Week 15

