

CAMOSUN COLLEGE

PSYC 256 -INTRODUCTION TO COUNSELLING

INSTRUCTOR:	Dr. David E. Reagan Office: Ewing 240, 370-3197
OFFICE HOURS:	Will be announced in class and they are posted on my office door.
TEXT:	Gerard Egan <u>The Skilled Helper</u> (7th Ed.)
PREREQUISITE:	Psyc. 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/counseling relationship and attitude, advanced listening skills, structured interview skills, the process of personal change and self-awareness, and the helping process and issues.

Prerequisite: PSYC 154.

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 counseling values, beliefs, attitudes and issues
3. Conduct a structured interview within the context of a helping/counseling relationship
4. Apply the Skilled Helper model in counseling 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.

FORMAT: Classes will consist of lectures, discussion, demonstration, group presentations, videos, quizzes, and practice of new skills and concepts as well as group activities.

EVALUATION:

A. Class Attendance and Participation

Your consistent attendance and active participation are very important. Because of the experiential and interactive nature of learning, and for your learning and classmates' learning, you are expected to attend every class

B. Quizzes:

There will be five quizzes in the course. The purpose of these quizzes is to ensure that students keep up on their text reading so as to enhance active learning and participation in lectures. If you missed (or are late for) a quiz, it will not be available later (unless you have a medical note). Each quiz is worth 50 points for a maximum score of 250 points for the five quizzes.

There will then be a final comprehensive quiz that is worth 150 points. All students, regardless of scores on the other quizzes, must complete the Final Quiz.

C. Random Activities: There will be a number of in-class activities throughout the course. Five of the activities will be randomly selected, collected, and count for 20 points each for a total of 100 points. There will be no opportunity to make up the five activities unless you have a written note from a doctor verifying a medical excuse for missing the course.

D. Term Paper/Personal Improvement Project: You will select one area of your life that you want improve upon (e.g., public speaking, exercise, community volunteer work, stress management) and you will write a 1200 to 1500 word research paper on the topic of your choice with at least five primary, academic resources (e.g., academic journals, books). Your paper will present the issue, discuss the issue, and outline ways to implement the issue in one's life. The term paper/personal improvement project will be worth 350 points. **The paper must be in full compliance with the APA Style Guide.** A copy of the APA Style Guide is available at the Reference Desk in the Library and is available on the Camosun College Psychology Department Home Page.

E. Group Presentation:

The objective of the group presentation is to practice interviewing and helping skills, identify and correct errors. The primary purpose is skill development through training and practice.

1. In groups of no more than five students you will prepare a counselling scenario that captures major concepts of the textbook.
2. In your scenario you are helping the 'client' work through a personal concern (be creative and tasteful in your selection of a scenario). Be prepared to present a 25 to 30 minute presentation in which your group demonstrates the 'helping model.'
3. You use a number of interviewing and helping skills (i.e. at least 5 different TYPES of skills/listening responses) that you have learned in the class.

The presentation is worth 150 points and will be individually graded.

SPECIAL NOTE: All assignments, quizzes, tests, and activities must include your FIRST AND LAST NAME AND YOUR COURSE NUMBER printed neatly. EXAMPLE: David Reagan, Psych 256. Papers without both first and last names and Course Number WILL NOT BE GRADED and will be placed in the paper return box which will be located in the classroom during each class session.

EVALUATION:

Five quizzes at 50 points each	250
Five random activities at 10 points each	50
Paper - Personal Improvement Project	350
Presentation	150
Final Quiz:	200
Total:	1,000 Points

A ⁺	950-1000
A	900-949
A-	850-899
B ⁺	800-849
B	750-799
B-	700-749
C ⁺	650-699
C	600-649
D	500-599
F	< 500

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** (i.e. 10%) off per day. Make-up for missed/late reports/tape/quizzes/tests would 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 (except worksheet assignments to be filled in with ball point pens - no pencils please) and with full name, *class no., student no., 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/reports 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 or tape-scripting, the whole work will be given an 0%. Cheating is severe offence and disciplinary action will be taken by the College Administration
5. ALL assignments must be completed before the final grade is assigned

STUDENT RIGHTS & 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, you may use a dictionary for all tests, and special testing arrangements can be made if requested.
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 my students to follow certain standards of conduct:
 - a) Work must be used for this course only. I will not accept work used in another course without the written approval of the other instructor.
 - b) Assignments that are copied (identical or plagiarized) between students will be given 0% for ALL students with identical work. If you want to work co-operatively, inform me ahead of time.
 - 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*, as outlined in the **Camosun College Calendar**.

SCHEDULE OF ACTIVITIES

Week:	Topic:	Reading:
1. Jan. 7	Introduction	Chapter 1
2. Jan. 14	Overview of the Helping Model	Chapters 1-2
3. Jan. 21	Communication Skills	Chapters 3-4 Quiz #1
4. Jan. 28	Communication Skills (Con't)	Chapters 5-6-7
5. Feb. 4	The Helping Model	Chapters 8-9 Quiz #2
6. Feb. 11	Review of Chapters 1-9	No Class
7. Feb. 18	Challenging Skills	Chapters 10-11 Quiz #3
8. Feb. 25	Wisdom of Challenging	Chapter 12
9. Mar. 3	Clients Needs/Wants	Chapters 13-14 Quiz #4
10. Mar. 10	A Better Future	Chapter 15
11. Mar. 17	Commitment	Chapters 16-17 Quiz #5
12. Mar. 24	Best Fit Strategies	Chapters 18 - 19
13. Mar. 31	Client Plans	Chapter 20 Final Quiz
14. Apr. 7	Making It All Happen	Chapters 21

Major Due Dates:

- 1. Personal Improvement Project Term Paper: February 25 – March 17**
- 2. Presentations: March 17 – March 31**

Note: No work will be accepted after 4:00 pm on Wednesday, April 7.
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