

Spring 2016
Introduction to Counseling and Interview Skills
15:297:501:02
3 Credits
Mondays 4:50-7:30pm
Location : MU 112



<https://goo.gl/r7ekuj>

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732-264-8411 ext 1017	Murray Hall Room 112
Mode of Instruction: <input checked="" type="checkbox"/> Lecture <input type="checkbox"/> Seminar <input type="checkbox"/> Hybrid <input type="checkbox"/> Online <input type="checkbox"/> Other	Permission required: <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes Directions about where to get permission numbers:

Course description:

This course provides an overview of the counseling profession, with a specific concentration on its philosophy, history, associated theories, and practice. The helping relationship focusing on foundational concepts necessary for working with culturally diverse individuals, groups, and families will be examined. Attention will be devoted to understanding the characteristics of effective counselors, development and refinement of communication techniques fundamental to establishing and maintaining a counseling relationship, and development of professional identity.

Required Texts:

- Gladding, S.T. (2013). *Counseling: A comprehensive profession (7th ed.)*. Upper Saddle River, NJ: Pearson.
- Reynolds, A. L. (2009). *Helping college students: Developing essential support skills for student affairs professionals*. San Francisco: Jossey-Bass.

Course Objectives:

1. Describe principles and practices of counseling.
2. Understand counseling theories and practices for college student affairs.
3. Demonstrate, in class exercises and individual sessions, a thorough understanding of effective counseling skills including listening, communication, conflict resolution, and interview skills.
4. Gain an awareness of appropriate counseling theories and techniques.
5. Examine and implement intervention skills in college student affairs.
6. Effectively apply information and insights gained in readings and class discussion to practical situations.
7. Identify referral situations and know how to refer.
8. Explore effective individual and group interventions.
9. Examine multicultural issues in counseling and development.
10. Understand professional and ethical issues in counseling and college student affairs.

Methods of Instruction:

1. Lecture and Class Discussion
2. Assigned Readings
3. Class Demonstrations and Presentations
4. Collaborative Learning Opportunities

Academic Integrity Policy:

The Office of Student Conduct supervises issues related to violations of academic integrity (see <http://academicintegrity.rutgers.edu>). Please familiarize yourself with the university policy on academic integrity at http://academicintegrity.rutgers.edu/files/documents/AI_Policy_2013.pdf

Office of Disability Services:

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

Grading policy:

- A 90 – 100
- B+ 85 – 89
- B 80 – 84

C+ 75 – 79
C 70 – 74
D 60 – 70
F < 60

Course Expectations:

Students are expected to read assigned material before class and come prepared to discuss the topic(s). Your active participation during each class session will contribute to the learning process for all involved. Quizzes will take place during course sessions. Students absent who miss a quiz will only be permitted to make up quizzes by informing the instructor prior to the scheduled quiz date. It is suggested students bring a device to class. This course will seek to be paperless. If you require hardcopies, please let the instructor know.

Assignments¹:

People and Terms Lists (5 Points Total/.5 Point Each): People and Terms Lists are due by 9:00am on the dates specified in the syllabus. People and terms list should be in list format. The goal of these lists is to prepare study guides for course quizzes and future licensure exams. Students should submit People and Terms Lists through e-mail at ngrosshandler@hazlet.org Late People and Terms Lists will be accepted at half (.25) credit only.

Session Reflections (5 Points Total/ .5 Point Each): Session Reflections are due by 9:00am on the dates specified in the syllabus. Session Reflections should be 3/4 of a page to 2 pages in length (Size 12 font, double spaced). These should be written in first person narrative and include proper grammar. Session Reflections should focus on each session, as a whole, and how the session impacted the student as a future counselor. Students are encouraged to provide feedback to the instructor regarding instructional strategies. This will help the instructor customize session activities throughout the semester. Students absent from the course session will not be able to submit the associated Session Reflection. Students should submit Session Reflections through e-mail at ngrosshandler@hazlet.org Late Session Reflections will be accepted at half (.25) credit only.

Quizzes (10 Points Each): There will be three quizzes. Dates listed in syllabus will be the date of the quiz unless otherwise determined by the professor. Quizzes will be multiple choice and take place during class sessions.

Professional Identity Paper (20 Points): The purpose of the professional identity paper is for you to explore your process of choosing counseling as a profession. A grading rubric will be provided to students to aid in completing this assignment appropriately.

¹ Including exams, papers etc.

Assignment is due by 9:00am on 2/26. Students should submit papers through e-mail at ngrosshandler@hazlet.org Hard copies submissions will be accepted upon request. Late submissions will result in a two (2) point reduction for each full day late.

Professional Counselor Interview Paper (20 points): Students will be required to conduct an interview with an individual currently working in a counseling field. A grading rubric will be provided to students to aid in completing this assignment appropriately.

Assignment is due by 9:00am on 4/1. Students should submit papers through e-mail at ngrosshandler@hazlet.org Hard copies submissions will be accepted upon request. Late submissions will result in a two (2) point reduction for each full day late.

Small Group Presentation – Counseling Strategy (10 points): Students will work in small groups to select a counseling strategy discussed in the assigned reading. Presentations should be 10-20 minutes in length. A grading rubric will be provided to students to aid in completing this assignment appropriately. Class session time will be allocated as a “work session” in preparation for presentations. Students absent from class session when “work session” takes place and/or presentation will need to complete assignment through paper format at an 80% maximum score rate.

Small Group Presentation – Group Counseling Plan (10 points): Students will work in small groups to design and present a group counseling plan. A grading rubric will be provided to students to aid in completing this assignment appropriately. Class session time will be allocated as a “work session” in preparation for presentations. Students absent from class session when “work session” takes place and/or presentation will need to complete assignment through paper format at a 80% maximum score rate.

Tentative Course Schedule:

Date	Readings	Topics	Assignments/ Activities
Jan 25	Reynolds 1 Gladding 1	Course Overview History & Trends In Counseling	P&T, SR Due 1/28
Feb 1	Gladding 2	The Helping Relationship Personal & Professional Aspects	P&T, SR Due 2/4
Feb 8	Gladding 18 Reynolds 2	College Counseling @ Student Life Services	P&T, SR Due 2/11
Feb 15	Gladding 9 Reynolds 4	Psychoanalytical, Alderian and Humanistic Theories	P&T, SR Due 2/18 Quiz 1

		Underlying and Relevant Helping Theories	
Feb 22	Gladding 10 Reynolds 7	Behavioral, Cognitive, Systemic, Brief & Crisis Theory Conflict and Crisis Management	P&T, SR Due 2/25 Professional Identity Paper Due 2/26
Feb 29	Gladding 6 Reynolds 6	Building Counseling Relationships Microcounseling Skills	P&T, SR Due 3/3
March 7	Gladding 7 Reynolds 9	Working in a Counseling Relationship Supervision	P&T, SR Due 3/10
March 21	Gladding 8 Reynolds 10	Closing Counseling Relationships Looking To The Future	P&T, SR Due 3/24 Quiz 2
March 28	Gladding 3 Reynolds 3	Ethical and Legal Aspects of Counseling	P&T, SR Due 3/31 Professional Counselor Interview Paper Due 4/1
April 4	Gladding 4 Reynolds 5 Group Project Provided Reading	Counseling in a Multicultural Society Becoming a Multiculturally Competent Helper Counseling Strategies	P&T, SR Due 4/7 Small Group Work Session: Counseling Strategy
April 11		Small Group Presentation Session: Counseling Strategy	Small Group Presentations: Counseling Strategy
April 18	Gladding 11 Reynolds 8	Groups in Counseling	Small Group Work Session: Group Counseling Plan
April 25	Gladding 15	Career Counseling Over The Lifespan	Small Group Work Session: Group Counseling Plan
May 2		Small Group Presentations: Group Counseling	Small Group Presentations: Group Counseling
May 9		Course Review	Quiz 3