

Spring 2000

CE 601 Syllabus: Foundations of Counseling

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WINONA STATE UNIVERSITY
COLLEGE OF EDUCATION
COUNSELOR EDUCATION DEPARTMENT
SPRING, 2000

FOUNDATIONS OF COUNSELING
CE 601
(Three Semester Hours)

INSTRUCTOR:

Dr. Gaylia J. Borrer
Winona State University
859 30th Ave. - S.E.
Rochester, MN: 55904

PURPOSE:

The purpose of this course is to introduce students to the profession of counseling. Through scholarly research and writing, student will examine the role and function of counselors in a variety of professional settings. Contemporary issues in the field of counseling will be addressed throughout the course. The primary purpose of the course, however, is to provide students with the opportunity to learn and practice the basic skills of helping.

TEXT:

Brown, D. & Srebalus, D. (1995). As introduction to the counseling profession (2nd ed.). Englewood Cliffs, NJ: Prentice Hall.

Publication manual of the American psychological association (4th ed.). (1994).
Washington, DC: American Psychological Association.

OBJECTIVES:

1. To develop a self-awareness of personal abilities, behaviors, values, and attitudes And how they impact on performance as a counselor.
2. To gain an understanding of the role and function of a counselor in a variety of professional settings.
3. To begin to develop and apply basic counseling skills and techniques.
4. To learn to give and receive constructive feedback.

5. To learn scholarly writing by researching and writing an academic paper.
6. To articulate a clear understanding of professional practice and ethical conduct in counseling.
7. To identify and discuss current professional issues and research in counseling.
8. To develop a general understanding of cultural diversity as it relates to the profession and practice of counseling.

COURSE REQUIREMENTS:

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|----|--|-------------------------------|
| 1. | Students will prepare three audiotapes demonstrating basic counseling skills. tapes are to be 15 to 20 minutes in length. NOTE: A complete transcript of each tape along with a skill analysis will be prepared and submitted to the course instructor on the specified due dates. | Each tape is worth 200 points |
| 2. | Students will prepare a scholarly research paper examining the role and function of a counselor (APA writing and reference style must be strictly followed). Papers are to be five to seven pages in length, not including cover pages or references. | 250 points |
| 3. | Student attendance and participation in classroom activities. | 50 points |
| 4. | Final examination. | 100 points |
| 5. | Students will complete a minimum of four group and four individual counseling sessions as a client. | Required but not graded |

POLICY ON LATE OR UNFINISHED ASSIGNMENTS:

Late assignments are subject to a penalty of 10% of the assignment grade for each day they are late. **IMPORTANT:** A grade of Incomplete (I) will not be awarded except under extraordinary circumstances such as prolonged illness. If such circumstances arise, it is the student's responsibility to notify the instructor immediately and keep them abreast of the situation.

STUDENT ACADEMIC HONESTY:

Cheating, submitting work other than your own, or plagiarism will result in failure in the course.

ATTENDANCE:

Attendance at all sessions is expected. Should a student miss any class they must talk with the instructor regarding work they missed and develop a plan for prompt completion of make-up assignments.

SPECIAL MATERIALS NEEDED FOR THE COURSE:

Each student must purchase one new blank audiocassette tape (ninety minutes in length is best). At least one member of a counseling dyad must own an audio tape recorder that can be brought to class for making and reviewing counseling demonstration tapes.

RETURN OF STUDENT MATERIALS:

In order for all materials to be returned to students in a timely fashion, each course participant is requested to provide the course instructor with a stamped, self-addressed envelope at the final meeting of the class.

CLASS SCHEDULE AND ASSIGNMENTS:

| <u>Date:</u> | <u>Topic:</u> | <u>Assignment Due:</u> |
|--------------|--|---------------------------------|
| 01/10/00 | Introduction and Course Overview APA Writing Style Basic Helping Skills Lecture Library Tour | None |
| 01/17/00 | No Class | |
| 01/24/00 | Discuss Assigned Reading Basic Counseling Skills Review Make First Tape | Chapters 1 through 3 in text |
| 01/31/00 | No Class | |
| 02/07/00 | Discuss Assigned Readings Review Tapes Basic Helping Skills Lecture Basic Helping skills Practice | Chapters 4 through 6 in text |

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|----------|--|-----------------------------------|
| 02/14/00 | No Class | |
| 02/21/00 | Discuss Assigned Readings Basic Helping Skills Review Make Second Tape | Chapters 7 through 9 in text |
| 02/28/00 | No Class | |
| 03/06/00 | Discuss Assigned Readings Review Tapes Basic Helping Skills Lecture Basic Helping Skills Practice | Chapters 10 and 11 in text |
| 03/13/00 | No Class | |
| 03/20/00 | No Class | |
| 03/27/00 | Discuss Assigned Readings Basic Helping Skills Review Make Third Tape | Chapters 12 through 15 in text |
| 04/03/00 | No /Class | |
| 04/10/00 | Discuss Assigned Readings Review Tapes Basic Skills Practice Answer Questions Regarding Papers | Chapters 16 through 18 in text |
| 04/17/00 | No Class | |
| 04/24/00 | Present Scholarly Research Papers in Class Special Panel Presentation PARTY | None |
| 05/01/00 | No Class | |
| 05/08/00 | FINAL EXAMINATION Scholarly Research Paper Due | None |