

## Basic Course Information

|                   |                                                 |                  |                               |
|-------------------|-------------------------------------------------|------------------|-------------------------------|
| Semester:         | <b>Fall 2016</b>                                | Instructor Name: | <b>Juan Tijerina</b>          |
| Course Title & #: | <b>Introduction to Counseling<br/># ADS 120</b> | Location:        | <b>Centinela State Prison</b> |
| CRN #:            | <b>11152</b>                                    | Yard             | <b>B</b>                      |
| Class Dates:      | <b>10/10/ 2016 – 12/09/2016</b>                 | Office Hours:    | <b>Available Upon Request</b> |
| Class Days:       | <b>Monday &amp; Wednesday</b>                   | Class Times:     | <b>8:30 AM – 11:40 AM</b>     |
| Units:            | <b>3</b>                                        |                  |                               |

## Course Description

Students will be responsible for text book reading assignments and prepared to define, interpret and discuss readings of counselling theory and practice. Counseling ethics and professional values will be underlined and examined to recognize and distinguish fundamental principles of counseling duties and obligations. Students will practice verbal expression and active listening in an individual or group counseling setting. Counseling models and methods will be examined, compared and practiced to demonstrate a fundamental counseling foundation. Other instructional approaches will include lectures, article or film reviews, power point presentations along with a question and answer forum.

## Student Learning Outcomes

Success and course achievement will offer the completing student the attained knowledge and skills to individually:

- 1) Interpret and illustrate a counseling theory in class.
- 2) Organize and practice an individual or group counseling session.
- 3) Apply active listening and empathetic verbal mirroring methods.

## Course Objectives

After satisfactory completing the class, a student will:

- 1) Obtain a solid foundation of Counseling Ethics as they apply to the counseling relationship and professional relationships with others.
- 2) Have a good grasp of counseling theories and philosophies to distinguish, compare and analyze certain methods and principles essential for individual or group counseling.
- 3) Be able to empathize and employ active listening as a means to enhance the counseling relationship.
- 4) Understand confidentiality and privacy between counselor and client.
- 5) Identify a counseling theory of choice and analyze the pros and cons.
- 6) Conduct an individual counseling session in class to illustrate a counseling theory.

## Textbooks & Other Resources or Links

- 1) Corey, Gerald (2013). Theory and Practice of Counselling and Psychotherapy (9<sup>th</sup> edition). Cengage. ISBN 13:978-0-8400-2854-9

### **Course Requirements and Instructional Methods**

Students are required to read all assigned chapters and participate in classroom activities and discussions. Role playing will allow the student to employ empathetic and active listening skills. The student is expected to examine, evaluate and demonstrate proficiency in presenting counseling strategies and techniques. Most of the text book materials will be presented in the form of lectures, articles and film reviews will also be utilized for the purpose of group discussion and learning.

### **Course Grading Based on Course Objectives**

Grades will be calculated by using the format described below:

20 Points for Class Participation  
30 Points for Quizzes  
20 Points Group Presentation  
30 Points for Final Written Exam

**A=90-100, B=80-89, C=70-79, D=60-69, F=Below 60**

### **Attendance**

- A student who fails to attend the first meeting of a class will be dropped. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped.

### **Classroom Etiquette**

- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Principal, College Coordinator, and/or Counselor before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).

### **Academic Honesty**

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the importance of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- Plagiarism is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to "cite a source" correctly, you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the [General Catalog](#) for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; or (d) allowing others to do an assignment or portion of an assignment.

### **Disabled Student Programs and Services (DSPS)**

Any student with a documented disability who may need educational accommodations should notify the instructor as soon as possible.

### **Student Counseling Services**

Students will have academic counseling services available. These services will be provided by Imperial Valley College, Minority Male Collaborative Coordinator, Eduardo Pesqueira. Mr. Pesqueira will schedule academic appointments upon request.

### **Student Rights and Responsibilities**

Students have the right to experience a positive learning environment and to due process of law. For more information regarding student rights and responsibilities, please refer to the IVC [General Catalog](#).

### **Information Literacy**

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources.

### **Anticipated Class Schedule/Calendar**

| <b>Date or Week</b>   | <b>Activity, Assignment, and/or Topic</b>                                                    | <b>Pages/ Due Dates/Tests</b>               |
|-----------------------|----------------------------------------------------------------------------------------------|---------------------------------------------|
| Week 1<br>Oct 10 - 12 | Syllabus / Class Introductions Defined & Discussed<br>Counseling Ethics and Responsibilities | Syllabus / Text Book<br>10/10/16 – 10/12/16 |
| Week 2                | Chapters 1-3 Basic Issues in Counselling Practice                                            | Pages 4-55                                  |

| <b>Date or Week</b>       | <b>Activity, Assignment, and/or Topic</b>                                                             | <b>Pages/ Due Dates/Tests</b>                              |
|---------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| Oct 17 - 19               | In Class Group Counseling Assignment                                                                  | 10/17/16 -10/19/16                                         |
| Week 3<br>Oct 24 - 26     | Chapters 4 & 5 Psychoanalytic & Adlerian Theory<br>Quiz Chapters 1-5                                  | Pages 62–132,<br>Quiz:10/24/16 – 10/26/16                  |
| Week 4<br>Oct 31 – Nov 2  | Chapters 6, 7 & 8 (Existential, Person Centered & Gestalt Therapies), Counseling Presentations Part 1 | Pages 136–241,<br>Group Presentations<br>11/02/16          |
| Week 5<br>Nov 7 – Nov 9   | Chapters 9 & 10 (Behavior and Cognitive Behavior Theories), Counseling Presentations Part 2           | Pages 244–327,<br>Group Presentations<br>11/09/2016        |
| Week 6<br>Nov 14 – Nov 16 | Chapters 11 & 12 (Reality & Feminist Theories),<br>Quiz Chapters 6-10                                 | Pages 333-391,<br>Quiz 11/16/16                            |
| Week 7<br>Nov 21 – Nov 23 | Chapters 13 & 14 (Postmodern and Family System Theories), Quiz Chapters 11-14                         | Pages 395-459,<br>Quiz:11/23/16                            |
| Week 8<br>Nov 28 – Nov 30 | Counseling Stan: Integration of Therapies<br>Final Exam Review                                        | Pages 503-521,<br>Final Exam Review 11/30/16               |
| Week 9<br>Dec 5 – Dec 7   | Final Exam<br>Exams Graded and Reviewed                                                               | Final Exam 12/5/16;<br>Final Exam Grades/Review<br>12/7/16 |

**\*\*\*Tentative, subject to change without prior notice\*\*\***