



IMPERIAL VALLEY COLLEGE

Note to Instructor: Replace the placeholder text beneath the headings with the appropriate information for your course. Please note that all sections, with the exception of "Other Course Information," are required elements.

Basic Course Information

Semester:	Spring 2025	Instructor Name:	Nicole Rodiles
Course Title & #:	Psy 120/Intro to Counseling	Email:	nicole.rodiles@imperial.edu
CRN #:	21230	Webpage (optional):	
Classroom:	ICSO	Office #:	203G
Class Dates:	2/10/25-6/6/25	Office Hours:	Wednesdays: 11:15-12:15 Tuesdays ONLINE: 12-1pm
Class Days:	Thursdays	Office Phone #:	355-6142
Class Times:	1-4:10pm	Emergency Contact:	Todd: 760/960-3524
Units:	3	Class Format/Modality:	Face to Face

Course Description

[A study of the theory, process, and practice of interviewing and counseling in community service and other counseling situations. The course is designed to assist the student to gain knowledge and develop skills in order to help a client or interviewee in counseling situations. Theories of counseling and basic helping skills will be presented, demonstrated, and practiced. (CSU)]

Course Prerequisite(s) and/or Corequisite(s)

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

- 1. Present active listening skills using body language and empathetic paraphrasing. (ILO1, ILO2, ILO3)*
- 2. Demonstrate advanced cognitive behavioral therapy techniques. (ILO1, ILO2, ILO3)*
- 3. Research a counseling theory and present material in class. (ILO1, ILO2, ILO3, ILO4, ILO5)*

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- 1. Name therapies such as summarize, and explain the principal methods of techniques used in client centered, Gestalt, rational, emotive, family systems, and psychoanalytic forms of counseling or psychotherapy, and will be able to compare and contrast each method or technique with the others.*

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2. *Listen and empathize with a client for five minutes and then verbally reflect back (repeat using other words) the gist of what the clients has expressed.*
3. *Explain the personal and professional characteristics of an effective counselor.*
4. *Demonstrate advanced empathetic understanding.*
5. *Explain which of the methods of counseling he prefers and will be able to justify that choice.*
6. *Counsel a fellow-student (client) for one thirty-minute session.*

Textbooks & Other Resources or Links

Corey, Gerald 2024. *Theory and Practice of Counseling and Psychotherapy 11th.*
Cengage ISBN: 978-0-357-76442-8.

Course Requirements and Instructional Methods

Group Activity

Lecture

Simulation/Case Study

Demonstration

Discussion

Out of Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement.

Course Grading Based on Course Objectives

Out-of-class

Students are put into groups of 4 people. They have to prepare a 15-20 minute presentation on an assigned counseling theory. Presentations are made in class by powerpoint, role play or video.

The PRESENTATION is worth 100 points!

Reading and Writing

Reading assignments include assigned text readings; current articles and/or sources from the internet. Students will prepare in writing a "fact sheet" for the students in class regarding their assigned counseling theory.



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Research is conducted on multi-cultural differences in communication and how that affects counseling as far as probing questions and body language. This research is written, discussed and presented in class.

The Fact Sheets/Presentation is worth 50 Points.

Exams are worth 100 points.

Quizzes are worth 50 points total.

TOTAL POINTS = 600

Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your instructor or the area dean for assistance. If you have specific accommodations through **DSPS**, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials.

Course Policies

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. 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. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.
- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.

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- **Disruptive Students:** Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- **Children in the classroom:** Due to college rules and state laws, only students enrolled in the class may attend; children are not allowed.

Other Course Information

[Optionally, include other necessary information.]

Financial Aid

Your Grades Matter! In order to continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Making SAP means that you are maintaining a 2.0 GPA, you have successfully completed 67% of your coursework, and you will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please contact financial aid at finaid@imperial.edu.

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

[Provide a tentative overview of the readings, assignments, tests, and/or other activities for the duration of the course. A table format as in the example below may be used for this purpose.]

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 February 13	Outside Students Orientation	IVC - Room
Week 2 February 20	Inside Students Orientation First Class Together	Villalobos Classroom
Week 3 February 27	Counselor: Person and Professional	
Week 4 March 6	Ethical Issues	
Week 5 March 13	Exam 1 Psychoanalytic Theory	
Week 6 March 20	Adlerian Therapy	
Week 7 March 27	Existential Therapy	
Week 8 April 3	Exam 2 Person-Centered Therapy	
Week 9 April 10	Gestalt Therapy	



Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 10 April 17	Behavior Therapy	
	Happy Easter! Enjoy your break!	
Week 11 April 24	Exam 3	
Week 12 May 1	Cognitive Behavior Therapy	
Week 13 May 8	Choice Theory/Reality Therapy	
Week 14 May 15	Making of Class Video	
Week 15 May 22	Final Exam & Dinner	
Week 16 May 29	Class Dinner	
June 5	Certificate Ceremony	

*****Subject to change without prior notice*****