

## Imperial Valley College Spring 2015 Course Syllabus –Psychology 120

### Basic Course Information

Semester:	<b>Spring 2015</b>	Instructor Name:	Robin Staton
Course Title & #:	<b>Psychology 120 /ADS 120 Introduction to Counseling</b>	Email:	<b>Robin.staton@imperial.edu</b>
CRN #:	<b>20906 / 20907</b>	Webpage (optional):	
Classroom:	<b>413</b>	Office #:	<b>409</b>
Class Dates:	<b>2/17/2015-6/11/2015</b>	Office Hours:	<b>M 8-8:30; TTh8:30-10;W 6-6:30</b>
Class Days:	<b>T</b>	Office Phone #:	<b>760-355-6149</b>
Class Times:	6:30-9:40	Emergency Contact:	<b>760-355-6144</b>
Units:	3		

### 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. (Same as ADS 120)(CSU)

### Student Learning Outcomes

**Required language:** 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.

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 (2013). Theory and Practice of Counseling and Psychotherapy (9th/e). Brooks/Cole. ISBN: 978084028549

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

Students will be required to read assigned chapters; participate in class discussions, dyads, triads, small and large group activities, practice active and advanced active listening, research and present counseling theories, critique counseling demonstrations. Instructional methods also include lecture, discussion, film reviews, and group work. 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.

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

**Grades** will be calculated by the following criteria:

-20 Pts. Class participation

-10 Pts. Journal

-10 Pts. Group presentations

-30 Pts. Quizzes

-30 Pts. Final (written & oral 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 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.

## Classroom Etiquette

*[Required Information: Describe your policies regarding classroom conduct. The below is suggested language and may be modified for your course.]*

- 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.
- 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, no one who is not enrolled in the class may attend, including children.
- During test taking there will be nothing allowed on your desk or chairs next to you. This will prevent cheating and /or the appearance of cheating during test time. Cell phones must be completely put away and out of sight. During tests no one will be allowed to come into class late and disrupt the testing environment.

## Online Netiquette

*[Required Information for web-enhanced, hybrid and online courses: Describe your policies regarding netiquette. The below is suggested language and may be modified for your course.]*

- What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].
- Do not send messages in the middle of the night due to possibility of unnecessarily awakening and disturbance of other students.

## 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 important 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; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

### **Additional Student Services**

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available.

- **Blackboard Support Site.** The Blackboard Support Site provides a variety of support channels available to students 24 hours per day.
- **Learning Services.** There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your [Campus Map](#) for the [Math Lab](#); [Reading, Writing & Language Labs](#); and the [Study Skills Center](#).
- **Library Services.** There is more to our library than just books. You have access to tutors in the [Study Skills Center](#), study rooms for small groups, and online access to a wealth of resources.

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

*[Required language.]*

Any student with a documented disability who may need educational accommodations should notify the instructor or the [Disabled Student Programs and Services](#) (DSP&S) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6313. Please contact them if you feel you need to be evaluated for educational accommodations.

### **Student Counseling and Health Services**

Students have counseling and health services available, provided by the pre-paid Student Health Fee.

- [Student Health Center](#). A Student Health Nurse is available on campus. In addition, Pioneers Memorial Healthcare District and El Centro Regional Center provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6310 in Room 2109 for more information.
- [Mental Health Counseling Services](#). Short-term individual, couples, family, and group therapy are provided to currently enrolled students. Contact the IVC [Mental Health Counseling Services](#) at 760-355-6196 in Room 2109 for more information.

## Student Rights and Responsibilities

*[Required language.]*

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

*[Required language.]*

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC [Library Department](#) provides numerous [Information Literacy Tutorials](#) to assist students in this endeavor.

## Anticipated Class Schedule/Calendar

### **This is the planned schedule for the semester :**

Wk 1- Introduction  
 Wk 2- Probing Questions; Body Language: Active Listening  
 Wk 3- Active Listening, Advanced Active Listening; Values: Chap 1  
 Wk 4- Chap 2 & 3, Counselor: Personal & Professional; Ethics  
 Wk 5- Suicide Prevention, Confidentiality Assignment due, Chap 7  
 Wk 6- Quiz 1; Practice Suicide Prevention Practice, Presentation Groups  
 Wk 7- Drug Alcohol Counseling, Information, Resources  
 Wk 8- Core Functions of Counselor, Intake and Referral practice  
 Wk 9- Quiz; Theory Presentation Group Work; Gestalt Demonstration  
 Wk 10- Fact Sheet Due; Cognitive Behavioral Therapy; Chap 10  
 Wk 11- CBT Demonstration and Practice  
 Wk 12- CBT Practice  
 Wk 13-CBT; Work Final details of presentation  
 Wk 14- Theory Group Presentations;  
 Wk 15- Theory Group Presentations; Theory Presentation Quiz, Oral Quiz  
 Wk 16- Continued Oral Finals & Written Final

***This is a tentative schedule and may be subject to change.***