

Counseling 301

Orientation to the Counseling Profession: Fall 2016

INSTRUCTOR INFORMATION

Instructor: Candace Chuyou-Campbell, M.S., LPC, RPT

Office Location: CHEC

Office Hours: I will be on campus shortly before 4:30. Therefore, my hours will be by appointment only.

Preferred Form of Communication: The easiest way to get a hold of me is through email. If you need to set up an appointment, please email me in advance to set up an appointment time.

Communication Response Time: I will try to respond quickly. If you do not hear back from me within 24 hours, please email me again. All forms of email need to have the COUN 301 in the subject line.

COURSE INFORMATION

Textbook(s) Required

- 1.) Granello, D.H. & Young, M.E. (2012). Counseling today: Foundations of professional identity. Upper Saddle River, NJ.
- 2.) ACA Code of Ethics
- 3.) Title 22 (Examining Boards) Texas Administrative Code Part 30 Chapter 681: Rules relating to the Licensing and Regulation of Professional Counselors

Optional Texts and/or Materials

American Psychological Association Publication Manual (6th ed).
Washington, DC: American Psychological Association

Course Description

This course will provide an overview and orientation to the counseling profession including general professional issues such as ethics, history, credentialing, professional associations and the role of counselors in various settings.

Goals/Rationale of the Course

- Create an insight for the students to understand the inner workings of the counseling profession, its history, development, and the role of the counselor in various settings.
- Develop an understanding of the relationship between counselors and other mental health professionals.
- Provide students with information to help them better determine how congruent the discipline of counseling is with their future academic and professional goals

Student Learning Outcomes

The student will:

1. Be an active and engaged participant in discussions by analyzing, constructing/creating, and evaluating information presented within the textbook, external readings/resources, student research, and class activities and sharing personal observations and opinions.
2. Become familiar with professional peer-reviewed Counseling journal publications and APA style of writing
3. Differentiate between counselors and other mental health professionals
4. Identify basic counseling theoretical orientations and their founders
5. Understand the history of the counseling profession and the fundamentals of the credentialing process.

COURSE REQUIREMENTS

Instructional Methods

This course will utilize mainly lectures and class discussions, but role-plays, videos, and any other methods that help enhance the learning experience may be used.

Student Responsibilities

As learners, you are expected to read all assigned materials and actively participate in the course. Active participation constitutes giving thoughtful responses. **If I feel students have not come prepared for class, a pop quiz will be given.** So please be prepared. During the discussions, it is expected that each student be respectful and polite to one another when interacting. Sensitive topics may come up and students might share personal information. It is up to each student on how much of himself or herself he or she wants to share. **Please remember that what is said in the classroom should be kept confidential.**

Discriminatory, rude, and/or inappropriate language to either me or your fellow students will not be tolerated in this class and the student(s) choosing to act in a discriminatory or rude manner or use inappropriate language will be asked to leave the class. Disruption of class or inconsiderate behavior will not be tolerated. **If the student continues to act in the same manner during future classes, the instructor reserves the right to drop the student from the course.** Please read the student handbook regarding student conduct.

Electronics

It is disrespectful and a distraction to me and your fellow classmates to be texting, checking emails, posting on social media, or being online during class. **Please keep all electronics put away and your cell ringer to silent (not vibrate).** The only time you may have your phone out is if you have cleared it with me, if it is part of a class activity, or if we are taking a break.

Course Assignments and GRADING

Attendance/Class Participation: (20 points)

Active attendance is defined as arriving to class on time, prepared for the day's lesson, participating in in-class activities, and remaining for the entire class period. Absences will be excused for those specific reasons stated in the Student's Guidebook (pg. 36-37) with written documentation. Students will be permitted to make up missed activities, tests, etc. within a week for un-foreseen excused absences. For any predetermined absences or unexcused absences (oversleeping, work conflicts, taking care of a sick child, etc.) students must submit assignments on or before the assigned due date to avoid penalty. Every three classes in which the student misses part of the class, but less than 15 minutes of the class, will equate to one absence. Every 3 unexcused absences may result in the drop of a letter grade (10 points) from the student's final grade. Excessive absences prior to midterm may result in an administrative drop from the course by the instructor. **It is up to the student to find out what was missed and obtain those notes/handouts so he/she will not fall behind.** Please read [Procedure 13.99.99.R0.01](#) in the student handbook for more information about student attendance.

APA Writing Assignment (10 points)

Knowing how to write in APA format is important. To enhance your knowledge of APA style, a short APA assignment will be given. The instructor will give more details about the assignment

ACA Code of Ethics (10 points)

Students will review the ACA code of ethics and write about what they have learned from it. Was there anything in the code that surprised you? Did you have a reaction to a certain code? How will these codes impact you as a therapist? Please cite relevant codes when discussing ethics.

Ethics Presentation (30 points)

Students will select their own groups and come up with an ethical dilemma within the counseling field. The instructor must approve of the topic first. As a group, students will compose a presentation, give handouts, and lead a discussion over their ethical issue. Handouts and presentation must have APA cited sources. Creativity is highly encouraged and may be required for a perfect score. Evaluation will be based on information content, student knowledge, level of class discussion accompanying the presentation and group evaluations. The grading rubric will be given before hand.

Counselor Identity Paper: (30 points)

You will complete a counselor identity paper regarding your beliefs about the helping professions (psychology, counseling, social work, etc.). You will use the guidelines below in preparing your paper. The purpose of this paper is for you to consider your personal beliefs regarding the helping professions and the professional practice of counseling. Please answer the following questions in conjunction with your desired career goals in the helping fields (psychology, counseling, social work, etc). This is a personal reflection paper, not a research paper. Therefore your responses to the questions will be in your own words, without reference to other authors/sources.

- 1.) How do you define the role/job of a professional helper? Define this in your own words. Be thorough in your response.
- 2.) What has led you to consider the helping fields?
- 3.) Based on your beliefs, experiences, etc., what are the 3 most important things a counselor does during a counseling session?
- 4.) Based on your beliefs, experiences, etc., what are the 3 most important things a counselor does not do during a counseling session (do not simply state the opposite of your response above)? Be thorough.
- 5.) What two or more personality characteristics of yours do you believe may serve as personal strengths in your role as a helping professional?
- 6.) What two or more personality characteristics of yours do you believe may serve as personal barriers in your role as a helping professional?
- 7.) With what client population do you think you would have the easiest time counseling? Explain thoroughly.
- 8.) With what client population do you think you would have the most difficult time counseling? How do you think you would deal with this when that particular client comes to you asking for help?
- 9.) How would you define the appropriate dress code for the setting in which you hope to work?
- 10.) Many helping professionals consider themselves to be role models in the community, even when they are not “on the clock” at their work setting. Are there any behaviors you believe helping professionals should expressly avoid doing, even when they have their “civilian hats” on? Explain them and your reasoning behind your opinion.
- 11.) Self-care is a particularly important task of the helping professional. How do you plan to take care of yourself and prevent professional burnout should you go into a helping profession?

Pop Quizzes

If there is a pop quiz, the weight of each assignment will be changed.

Final grades in this course will be based on the following scale:

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = 59 or Below

Late Assignment Policies

All assignments are due on the given assignment date, at the beginning of class. Computer problems are not an excuse for missed/late assignments. Do not email assignments to me unless you have discussed the situation with me and I have given you permission via email to send the document. Remember the subject line should read "Counseling 301".

COMMUNICATION AND SUPPORT

The best way to communicate with me between classes is email. Please use "Counseling 301" in the subject of your email. In the content part of your email be sure to include your first and last name and the best phone number in which I can contact you, if necessary. I respond to my emails daily. Also, I will be more than happy to meet with you if needed. Contact me so that we can set up a convenient time and location.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

University Specific Procedures

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

ADA Statement

Students with Disabilities

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Gee Library- Room 132

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: Rebecca.Tuerk@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

COURSE CALENDAR

This is a tentative course calendar. It is subject to change at the discretion of the course teacher.

<u>Week/Date</u>	<u>Class Activity</u>	<u>Assignment</u>
Week 1: August 29	Introductions Course overview/Syllabus Chapter 1-Who are counselors?	
Week 2: September 5	Labor Day-No Class	Read Chapter 2
Week 3: September 12	Chapter 2- What Do Counselors Do? APA Writing	Read Chapter 3 & 4
Week 4: September 19	Chapter 3-Training and Regulation Chapter 4-Getting the most out of graduate programs	Read Chapter 12 Work on APA Assignment
Week 5: September 26	Chapter 12-Ethics APA Assignment Due	Read Chapter 6
Week 6: October 3	Chapter 6- Using Theories	Read Chapter 7
Week 7: October 10	Chapter 7- Using Research	Read Chapter 8
Week 8:	Chapter 8- Counseling Sessions	Read Chapter 9

October 17		Work on ACA Code of Ethics Paper
Week 9: October 24	Chapter 9-Where Does Counseling Take Place ACA Code of Ethics Paper Due	
Week 10: October 31	No Class	Read Chapter 10 Work on Counselor Identity Paper
Week 11: November 7	Chapter 10-Diverse Society Counselor Identity Paper Due	Read Chapter 11
Week 12: November 14	Chapter 11-Collecting and Using Assessment Information	Read Chapter 13
Week 13: November 21	Chapter 13-Wellness/Self-Care Experiential Activity	
Week 14: November 28	No Class	Work on Ethics Presentations
Week 15: December 5	Ethics Presentations	
Week 16 December 12	Ethics Presentations	