

Counseling 501: Introduction to the Counseling Profession **Course Syllabus,** Summer I 2022 *Online Class*

INSTRUCTOR INFORMATION

Instructor: Samantha Klassen PhD, LPC-S

Office Location: Virtual via Zoom (Zoom ID: 555 993 0700)

Office Hours: By appointment

University Email Address: samantha.klassen@tamuc.edu

Preferred Form of Communication: E-mail

Communication Response Time: 24 hours, Monday – Friday

COURSE INFORMATION

Textbook(s) Required:

Gladding, S. L. (2018). *Counseling: A comprehensive profession* (8th ed.). Upper Saddle River, NJ: Pearson.

American Counseling Association (2014). 2014 ACA Code of Ethics. Alexandria, VA: Author.

Optional Texts and/or Materials:

American Psychological Association. (2020). *Publication manual of the American Psychological Association*. (7th ed.). https://doi.org/10.1037/0000165-000

Course Description

501. *Introduction to the Counseling Profession*. Three semester hours.

Recommended as the initial course in a student's program to serve as an introduction to the counseling profession. Roles of counselors and related professionals in various settings are presented. Professional goals and objectives; trends; professional associations; ethical and legal issues; history; credentialing; preparation standards for counselors; and essential interviewing and counseling skills, characteristics, and behaviors that influence helping processes are explored.

General Course Information

This course should be taken early in the student's preparation program. This course serves primarily as an orientation to the counseling profession and as a course where students develop basic interviewing and counseling skills and self-awareness that promotes appropriate counselor-client relationships. A grade of "B" or higher must be earned in COUN 501, 510, 528, and 516 for admission to candidacy status (or its equivalent for those seeking school counselor certification only), which is required before practicum (COUN 551).

Student Learning Outcomes

2016 CACREP Standards Addressed in COUN 501

Masters Standard	Learning Activity	Assignment	Assessment Rubric	Benchmark
2.F.1.a history and philosophy of the counseling profession and its specialty areas	\/ - · / FF	Online Discussion	Discussion Rubric	≥ 80% of average rubric scores will either meet (2) or exceed (3) expectation
2.F.1.b. the multiple professional roles and functions of counselors across specialty areas, and their relationships with human service and integrated behavioral health care systems, including interagency and interorganizational collaboration and consultation	(2018) Ch 13-18	Online Discussion	Discussion Rubric	≥ 80% of average rubric scores will either meet (2) or exceed (3) expectation
2.F.1.c. counselors' roles and responsibilities as members of interdisciplinary community outreach and emergency management response teams	■ In-class	Online Discussion	Discussion Rubric	≥ 80% of average rubric scores will either meet (2) or exceed (3) expectation
2.F.1.d. the role and process of the professional counselor advocating on behalf of the process		•	PIDP Rubric chapter review	≥ 80% of average rubric scores will either meet (2) or exceed

					(3) expectation
2.F.1.e. advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients	•	Reading: Gladding (2018) Ch. 2-3 In-class Discussion/Debate	PIDP – Professional Counseling Organization	PIDP Rubric	≥ 80% of average rubric scores will either meet (2) or exceed (3) expectation
2.F.1.f. professional counseling organizations, including membership benefits, activities, services to members, and current issues	•	Reading: Gladding (2018) Ch. 1, App A In-class Discussion/Debate	PIDP – Professional Counseling Organization	PIDP Rubric	≥ 80% of average rubric scores will either meet (2) or exceed (3) expectation
2.F.1.g. professional counseling credentialing, including certification, licensure, and accreditation practices and standards, and the effects of public policy on these issues	•	Reading: Gladding (2018) Ch. 1, App A Selected Readings: TCA public policy, ACA public policy In-Class Discussion/Debate	PIDP – LPC or SC	PIDP Rubric	≥ 80% of average rubric scores will either meet (2) or exceed (3) expectation
2.F.1.h. current labor market information relevant to opportunities for practice within the counseling profession	•	Reading: Gladding (2018) Ch. 1, App A In-Class Discussion/Debate	PIDP – Labor Market Information	PIDP Rubric	≥ 80% of average rubric scores will either meet (2) or exceed (3) expectation
2.F.1.i. ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling	•	Reading: Gladding (2018) Ch. 2 In-Class Discussion/Debate	PIDP – Informed Consent	PIDP Rubric	≥ 80% of average rubric scores will either meet (2) or exceed (3) expectation
2.F.1.j. technology's impact on the counseling profession	•	Reading: Gladding (2018) Ch. 2, App A	Online Discussion	Discussion Rubric	≥ 80% of average rubric scores will either meet

					(2)
					(2) or exceed
					(3) expectation
					-
					≥ 80% of average rubric
2.F.1.k. strategies for					scores will
personal and professional				PIDP	either meet
self-evaluation and			Care	Rubric	(2) or exceed
implications for practice					(3)
					expectation
					$\geq 80\%$ of
					average rubric
2.F.1.l. self-care strategies			DIDD C 1C	DIDD	scores will
appropriate to the				PIDP	either meet
counselor role			Care	Rubric	(2) or exceed
					(3)
					expectation
	•	Reading: Gladding			$\geq 80\%$ of
		(2018) Ch. 10			average rubric
2.F.1.m. the role of	•	ACA Code of	Online	Discussion	scores will
counseling supervision in	• ASCA Code of Dis	Discussion	Rubric	either meet	
the profession		2 15 0 0 5 1 5 11		(2) or exceed	
		Ethics			(3)
					expectation
					\geq 80% of
		Danding, Cladding			average rubric scores will
2.F.5.a. theories and	•	Reading: Gladding (2018) Ch. 7-8	Online Discussion	Discussion Rubric	either meet
models of counseling		(2016) Cli. 7-6			(2) or exceed
					(3)
					expectation
					≥ 80% of
					average rubric
2.F.5. c. theories, models,	•	Reading: Gladding		L	scores will
and strategies for		(2018) Ch. 10	Online	Discussion	either meet
understanding and			Discussion	Rubric	(2) or exceed
practicing consultation					(3)
					expectation
					$\geq 80\%$ of
2 F 5 f councilor					average rubric
2.F.5.f. counselor characteristics and behaviors that influence the counseling process	(2018) (h 1 5-6 1	Online Discussion	Discussion Rubric	scores will	
				either meet	
				(2) or exceed	
					(3)
					expectation

Content Areas include, but are not limited to, the following:

- 1. History of the counseling profession
- 2. Professional advocacy
- 3. Professional organizations
- 4. Counselor characteristics
- 5. Counseling settings
- 6. Counseling ethics
- 7. Legal issues in counseling
- 8. Tasks, skills, and knowledge related to counseling
- 9. Counseling specialties
- 10. Counseling-related occupations

TEXES COMPETENCIES

Competency 010 (Professionalism)

The school counselor understands and complies with ethical, legal, and professional standards relevant to the profession.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

In this class, you will utilize the Learning Management System (LMS) entitled D2L for portions of instructional and learning methods, submitting assignments, participating in online discussions, and completing quizzes. You will also need to download the Zoom application to your personal computer or smart phone in order to access office hours and other virtual meetings. To complete assignments, you will need to utilize other technologies such as Microsoft Word, PowerPoint, etc. If you have issues with this system, it is your responsibility to contact the help desk immediately.

Instructional Methods

This course consists of lecture and didactic learning methods, small group discussions, and inclass assignments, coupled with experiential learning and practical application. When we are not meeting face-to-face, you will be expected to participate and complete all online tasks via D2L. In addition to this, small lecture, discussion, activities, and workshops may be utilized during this course.

Student Responsibilities and Tips for Success in the Course

As a student in this course, you are responsible for being active in your learning process. Expectations of this course include the following:

The syllabus/schedule are subject to change.

- 1. You are expected to display professionalism at all times. Be respectful of your professor and peers. Be open to feedback, as you will receive this throughout the program.
- 2. Prepare for classes. Complete any and all readings prior to class time.
- 3. Complete all assignments by the deadline.
- 4. Adhere to the university's Student Code of Conduct.
- 5. Participate. During face-to-face classes, you are expected to actively participate in all activities and discussion. In the online format, you are expected to participate in all online discussions/activities. This is crucial to your learning.
- 6. All writing assignments must be done according to APA 7th edition.
- 7. Regularly check your University email. My suggestion is to check this at least once a day as your instructors and others from the department and University may contact you.
- 8. Begin your readings ASAP. Sometimes it may take more than one attempt to digest the material.
- 9. Deadlines are the last possible moment something is due—not the first moment to start. Work ahead. I realize this may not always be possible; however, when you can, do so.
- 10. Be open to the process. This degree takes time, work, effort, and growth.

COURSE ASSIGNMENTS/ASSESSMENTS

1. **D2L Online Discussions** (40% of final grade). You will participate in a total of eight discussion boards during the semester. You are expected to give a thorough and thoughtful response to each prompt.

In addition to the initial discussion, you will also respond to three of your classmates' discussion posts. The rubrics for the discussions are below. For the weeks with discussion posts, they will open on Monday and close the following Sunday night. Your initial post is due by Thursday at midnight, and your peer responses are due by Sunday at midnight. However, feel free to post earlier than Thursday. Please note that late postings will not be accepted.

Discussion Board Rubric

	_	3 – Exceeds Expectations (9-10 points)
written in a clear manner OR post is missing critical components of the question.	elements of the question OR all elements discussed in a brief manner. Responses to classmates present most elements in a brief	Post presents all elements of the question(s) discussed thoroughly and clearly. Responses present all elements required thoroughly and clearly. Provided thoughtful feedback to peer. Initial post

not completed prior to	completed prior to	is completed prior to
Thursday at 11:59PM.	Thursday at 11:59PM.	Thursday at 11:59PM.

Professional Identity and Development Portfolio (PIDP; 60% of final grade): Throughout the semester, you will work on different parts of an overall portfolio. Each portion of the portfolio will be due at different times during the semester, with the final portfolio due at the end of the semester. Continue to update information in your portfolio as you develop throughout the program.

a) Counseling Licensure/Certification (10 points). Please review: https://www.bhec.texas.gov/texas-state-board-of-examiners-of-professional-counselors/index.html

https://tea.texas.gov/academics/learning-support-and-programs/school-guidance-and-counseling

Provide an outline/overview of licensure/credential requirements (depending on whether you wish to become an LPC or certified school counselor). If you are planning to move out of state, view that state's licensing board information. Include the following:

- Licensure/credential name (e.g., LPC)
- Educational requirements (including CACREP accreditation standards)
- Testing requirements
- Supervision requirements
- Application process
- Continuing education requirements (after full license is obtained)
- Any other requirements necessary to obtain that license/credential.
- b) **Professional Counseling Organizations (10 points)**. Choose one professional counseling organization (e.g., ACA, TCA, ASCA, IAMFC, ALGBTIC/SAIGE, etc.) that you are interested in joining and review their website in detail. Provide an overview of the following:
 - Name of organization
 - Membership benefits
 - Activities
 - Services to members
 - Current issues
 - Any other information you find interesting

Note: If you have a specific interest (e.g., research, advocacy, suicide, play therapy, adolescents, etc.) and are unsure where to find an organization,

please ask me! There is undoubtedly an organization that will fit your interests.

c) Current Labor Market Information (10 points). Go to the following websites:

https://www.bls.gov/ooh https://www.counseling.org https://txca.org https://www.onetonline.org

Review these websites and search for areas and/or keywords such as "jobs, careers, counseling, different specialty areas of counseling." Give a one-page summary reflection on what you learned after your investigation. This summary may reflect on areas such as what counselors do, environments they may work in, educational requirements, pay expectations, outlook, state/national data, job posting information, required skills, etc.

You will want to include both a short summary and a reflection of your exploration. The purpose of this assignment is to learn more about the current labor market relevant to the counseling profession and how this might affect your job outlook.

- d) **Informed Consent** (**20 points**). For this portion of the PIDP, you will develop an informed consent form that can be used in counseling sessions. The purpose of this assignment is to gain knowledge in ethics and legal issues. You will utilize the 2014 ACA code of ethics (https://www.counseling.org/resources/aca-code-of-ethics.pdf). Use your textbook and the online library for resources (you can find examples of informed consents in counseling online and through the TAMUC library database). Read the ACA code of Ethics (2014) to identify what needs to be included in the informed consent form.
- e) Advocacy Proposal (20 points). The purpose of this advocacy proposal is for you to develop a plan for an advocacy project that will promote and enhance the counseling field and address institutional/social barriers that impede access, equity, and success for clients. Your proposal should include the following headings and discussion points:
 - Purpose of your advocacy proposal, including who will be affected by your advocacy
 - Rationale for your advocacy area, including support from counseling literature (cite professional resources, textbooks, journal articles, etc.)
 - Description of what the advocacy actually entails, including any activities or actions to be taken on your behalf

The *syllabus/schedule* are *subject* to change.

- Intended outcome of your advocacy proposal, including how this promotes or enhances the counseling field and addresses the barriers stated above
- f) **Self-Care and Self-Evaluation Plan (10 points)**. This plan will include both personal and professional self-care and self-evaluation components. You are to develop a self-care plan to maintain your personal wellness as a counselor. This plan should be utilized throughout your time as a student and as a counselor (not only during times of impairment).

Please review Myers and Sweeney's (2008) Model of Wellness (https://doi.org/10.1002/j.1556-6678.2008.tb00536.x). The goal of a self-care plan is to (1) engage in these behaviors and activities throughout your career in order to remain healthy and (2) to become aware when counselor impairment may occur. Thus, you will also need to develop a self-evaluation plan discussing strategies for your personal and professional self-evaluation.

These plans are meant to be for your own use, so they can be creative (e.g., color, drawing, charts, tables, etc.) or traditional (e.g., written paragraph form). Either way, please include the following:

- Your own definition of what self-care means to you
- Aspects of self-care, behaviors, and/or activities you can partake in
- A self-evaluation plan discussing strategies for assessing your personal and professional functioning

Professional Identity and Development Portfolio Rubric

	Expectation	*If total is 10 (8) *If total is 20 (16-17)	3 – Exceeds Expectation *If total is 10 (9-10) *If total is 20 (18-20)
Counseling Licensure/Certification (10 points)	many criteria. Descriptions are unclear and may be incorrect. Student has a lack of understanding of information related to counseling	criterion with a few missing criteria. Descriptions lack some clarity but mostly there. Student has a basic understanding of information related to counseling	comprehensive. Student clearly

	continuing education, and supervision.	continuing education, and supervision.	continuing education, and supervision.
	Provides some details necessary but is missing many criteria. Descriptions are unclear and may be incorrect. Student has a lack of understanding of information related to the chosen professional counseling organization.	Provides most details necessary for each criterion with a few missing criteria. Descriptions lack some clarity but mostly there. Student has a basic understanding of information related to the chosen professional counseling organization.	Provides all details necessary for each criterion listed. Descriptions are clear and comprehensive. Student clearly understands information related to the chosen professional counseling organization.
Current Labor Market Information (10 points)	Provides some details necessary but is missing many criteria. Descriptions are basic, unclear, or may be incorrect. Student has a lack of understanding of the current labor market in counseling.	Provides some detail but only includes either a summary of information OR reflection on how this would affect your job outlook. Descriptions lack some clarity but mostly there. Student has a basic understanding of the current labor market in counseling.	both summary of information and reflection on how this would affect your job outlook. Descriptions are clear and comprehensive. Student clearly understands the current
Informed Consent (20 points)	Has many missing details and/or is presented in a disorganized way. Missing many necessary components of an informed consent. Does not demonstrate a basic understanding of ethical codes	Provides most of the necessary information but may be missing some details or	Provides all the necessary information in a thorough and thoughtful way. No incorrect information and no missing details. Clearly provides the necessary components of an informed consent. Demonstrates an exceptional understanding of ethical codes.

Advocacy Proposal (20 points)	Proposal is missing appropriate details for each criterion and/or does not include support from the counseling literature (0 points). Has many missing criteria, lacks detail and clarity. Does not demonstrate a basic understanding of advocacy that promotes or enhances the counseling field and addresses barriers.	Proposal includes appropriate details for each criterion and includes support from the counseling literature. Many have some missing criteria or criteria that lacks detail and clarity. Demonstrates a sufficient understanding of advocacy that promotes or enhances the counseling field and addresses barriers.	Proposal clearly provides and describes all necessary details for each criterion and includes support from the counseling literature. Descriptions are clear and comprehensive. Demonstrates an exceptional understanding of advocacy that promotes or enhances the counseling field and addresses barriers.
Self-Care and Self- Evaluation Plan (10 points)	Self-care and self- evaluation plan does not sufficiently provide the necessary components and/or may be missing many components or lacks details/lacks thorough discussion. Plan does not demonstrate a sufficient understanding of counselor self-care and counselor self-evaluation.	Self-care and self- evaluation plan sufficiently provides the necessary components but may be missing some components or lacks details/lacks thorough discussion. Plan demonstrates a sufficient understanding of counselor self-care and counselor self- evaluation.	Self-care and self- evaluation plan clearly provides the necessary components described in detail. Plan demonstrates an exceptional understanding of counselor self-care and counselor self- evaluation.

GRADING

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 ASSIGNMENTS

I will accept late assignments up to 3 days past their submission date for a reduction of 10% each day past due (i.e., 10% off for 1 day, 20% off for 2 days, and 30% off for 3 days). I cannot accept late Discussion Board posts, as once they are closed, the class "conversation" has ended for that week. Also: I do understand that life happens! If you will communicate with me as soon as possible, I will consider extensions for assignments when extenuating circumstances arise.

COMMUNICATION AND SUPPORT

Communication with your professors is key to your professional growth. I am here to support and guide you along your academic journey. With that being said, I cannot help you if you do not communicate with me. Please reach out if you have any concerns or questions. Because I teach in different locations, email is the best way to reach me. I strive to answer all emails within 24 hours, Monday-Friday. When emailing, please use your university email. Also, I will be more than happy to meet with you if needed. Please reach out to me so we can set up a convenient time to get together via Zoom.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

https://community.brightspace.com/s/article/Brightspace-Platform-Requirements

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the

availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

https://community.brightspace.com/support/s/contactsupport

System Maintenance

Please note that on the 4th Sunday of each month there will be System Maintenance which means the system will not be available 12 pm-6 am CST.

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, click here.

Graduate Student Academic Dishonesty Form

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: https://www.britannica.com/topic/netiquette

TAMUC Attendance

For more information about the attendance policy please visit the <u>Attendance</u> webpage and <u>Procedure 13.99.99.R0.01</u>.

Students with Disabilities - ADA Statement

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 Velma K. Waters Library Rm 162 Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: Office of Student Disability Resources and Services

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

Student Counseling Services

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

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 <u>Carrying Concealed Handguns On Campus</u> document and/or consult your event organizer.

Web url:

 $\frac{http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34Safet}{yOfEmployeesAndStudents/34.06.02.R1.pdf}$

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.

The *syllabus/schedule* are *subject* to change.

COURSE OUTLINE / CALENDAR

Week/Date	Topic	Reading	Assignment
Week 1: 6/6	Course	Gladding Ch. 1, 2	
	Overview/Syllabus Introductions/Wellness Check-in	Master's Student Handbook	Discussion Post 1 Discussion Post 2
	Program Orientation	Fact Sheets	
	Counselor Ethics	Degree Plans	
		ACA Code	
		ASCA Code	
Week 2: 6/13	History of the Counseling Profession	Gladding Ch. 1, 14- 18	PDIP: Labor Market
	Counselor Characteristics	Appendix A	PDIP: Advocacy Proposal
	Counseling Settings	Appendix C	Discussion Post 3
	Roles Jobs Tasks	Advocacy Resources (D2L)	
	Advocacy		
Week 3: 6/20	Professional Identity Legal Issues in Counseling Informed	Gladding Chs. 2, 14- 18 Forester-Miller & Davis (2016)	PDIP: Professional Counseling Organization PDIP: Informed
	ConsentDocumenting a Course of Action	Informed Consent Resources (D2L)	Consent Discussion Post 4
	Court Cases	Court Cases (D2L)	Discussion Post 5
Week 4: 6/27	Mental Health Consultation	Chs. 7-11 Appendix B	PDIP: Counselor Licensure/Certification
	Program Evaluation		Discussion Post 6
	Counseling Theories		Discussion Post 7

	Group Counseling		
Week 5: 7/4	Research and	Chs. 11-13	PDIP: Self-Care
	Evaluation		
			Discussion Post 8
	Statistics		
			Final Portfolio Due
	Assessment		
	Career Development		