JACKSON COLLEGE OFFICIAL COURSE OUTLINE

Course number, title and credits; total time allocation

<table>
<thead>
<tr>
<th>Course Letter/Number</th>
<th>PSY 161</th>
<th>Credits</th>
<th>3</th>
<th>Title</th>
<th>Introduction to Counseling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecture/Discussion</td>
<td>45 hrs/semester</td>
<td>Lab</td>
<td>hrs/semester</td>
<td>Clinical</td>
<td>hrs/semester</td>
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</tbody>
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Catalog Description and Pre- and Co-requisites (Same as taxonomy and catalog)
Learn basic counseling microskills against a backdrop of comparative theories and systems of counseling. Ethical, legal, and practical issues included.
Prerequisite: PSY 140

Knowledge, Skills and Abilities Students Acquire from this Course (Educational Objectives)
At the conclusion of the course, the successful student will be able to:

- Define the counseling process and the procedures for assessment of client problems and readiness
- Demonstrate invitational skills, both verbal and non-verbal
- Demonstrate reflection of feelings and meanings
- Demonstrate challenging skills, including appropriate forms of confrontation
- Demonstrate solution-seeking skills
- Demonstrate skills in modulating clients’ emotional states for optimal progress
- Demonstrate termination skills, defining conditions essential for successful termination
- Identify, articulate, and resolve typical ethical dilemmas encountered in counseling

Associate Degree Outcomes Addressed in this Course (These must appear in course syllabus.)
ADO 7 Critical thinking
ADO 5 Understanding human behavior and social systems

Units/topics of Instruction
Therapeutic relationships
Invitational skills
Reflecting skills
Challenging skills
Assessment
Goal-setting skills
Change techniques
Outcome evaluation and termination skills

Instructional Techniques and Procedures
Mini-lectures, demonstrations, discussions, guided skill practice, significant practicum homework, written and practicum tests and examinations.

Instructional Use of Computer or Other Technology
Technology is used for presentations and media.

Instructional Materials and Costs to Students

Skills and abilities students should bring to the course:

<table>
<thead>
<tr>
<th>Able to read</th>
<th>a limited amount of material</th>
<th>an average amount of material</th>
<th>able to compute</th>
<th>x basic, pre-algebraic problems</th>
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<tbody>
<tr>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td>simple algebraic problems</td>
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<td></td>
<td></td>
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<td>higher order mathematical</td>
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<tr>
<td></td>
<td>relatively easy material</td>
<td>moderately difficult material</td>
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<td>problems</td>
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<td>technical or sophisticated</td>
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<td></td>
<td>material</td>
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<table>
<thead>
<tr>
<th>Able to read</th>
<th>x relatively easy material</th>
<th>moderately difficult material</th>
<th>able to write</th>
<th>x short compositions</th>
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<tbody>
<tr>
<td></td>
<td>technical or sophisticated</td>
<td>material</td>
<td></td>
<td>medium length</td>
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<td>compositions</td>
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<td>lengthy compositions</td>
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<tr>
<td>Able to use technology</td>
<td>keyboard skills/familiar with computer application</td>
<td>Other necessary Abilities</td>
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</table>

The course is usually scheduled:

Day: [X] Fall [X] Winter [ ] Spring

Evening: [ ] Fall [ ] Winter [ ] Spring

Prepared by ____________________________

Approved by Dept. ____________________________

Approved by Dean ____________________________

Approved by Curr. Comm. ____________________________

(Last names, please)

Date ____________________________

Date ____________________________

Date ____________________________

Date ____________________________

Form Revised 12/4/00