



South Central College

HSER 1000 Introduction to Counseling

Common Course Outline

Course Information

Description	This course provides students with an introduction to the skills of counseling. Students will learn how to identify and explore feelings, set up a positive environment, learn effective helping skills, and explore treatment issues. Emphasis will be placed on understanding the principles of interviewing and on the demonstrated application of these skills by the student. Students examine how these skills affect relationship building and therapeutic interventions. Guided encounters, discussions, presentations, and assigned projects will be utilized. (Prerequisites: None)
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Total Credits	3
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Total Hours	48
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Types of Instruction

Instruction Type	Credits/Hours
Lecture	3/48

Pre/Corequisites

None

Institutional Core Competencies

Communication - Students will be able to demonstrate appropriate and effective interactions with others to achieve their personal, academic, and professional objectives.

Critical and Creative Thinking - Students will be able to demonstrate purposeful thinking with the goal of using a creative process for developing and building upon ideas and/or the goal of using a critical process for the analyzing and evaluating of ideas.

Cultural Competence - Students will be able to demonstrate an attitude of personal curiosity, a rising knowledge of cultures, and an evolving range of skills for living and working among others with other worldviews and ways of life.

Course Outcomes

1. Demonstrate elements of core counseling theories.

Learning Objectives

Define and describe various core counseling theories.

Demonstrate connections and application of theories to practice.
Identify key players in counseling theory, and their contributions to counseling theory.

2. Develop and apply research skills and critically assess literature related to the social sciences professions.

Learning Objectives

Define and develop research skills and techniques in the social sciences.
Analyze academic resources and literature for relevance and usability in the social sciences.
Demonstrate professional writing and speaking through invention, organization, drafting, revision, editing, and presentation of a counseling theory.

3. Apply appropriate evaluation and review techniques for the assessment process.

Learning Objectives

Explain what information to include and develop assessments for others.
Describe and interpret evaluation skills for assessments.
Recognize and articulate the value assumptions that underlie and affect decisions, interpretations, analyses, and evaluations made by ourselves and others.

4. Use effective intrapersonal development related to self-appraisal and identity development.

Learning Objectives

Demonstrate an ability to build intrapersonal skills through reflection and guided self-talk.
Identify a wide vocabulary for feelings experienced on a daily basis.
Accurately reflect back understanding of feelings expressed by others.
Self-assess the impact of non-verbal communication on building rapport and encouraging honest communication.
Identify cultural factors that may affect appropriate interpretation of non-verbal communication.

5. Practice all elements of the interview process.

Learning Objectives

Demonstrate effective planning and goal setting techniques.
Identify when and how termination and referrals may be effective.
Demonstrate appropriate documentation techniques.

6. Demonstrate elements of effective interview skills and techniques.

Learning Objectives

Identify personal and professional aspects of the interviewing process.
Develop the skills necessary to actively listen to individuals.
Identify how multiculturalism affects the interviewing and helping process.

7. Demonstrate effective interviewing skills and techniques.

Learning Objectives

Demonstrate effective interviewing techniques through interviewing others.
Define and describe potential roadblocks to effective interviewing during and after the interview process.
Develop appropriate techniques and behaviors during the interview process.

8. Demonstrate data confidentiality related to interviewing and counseling.

Learning Objectives

Define and describe Health Insurance Portability and Accountability Act (HIPAA) data confidentiality rules and procedures.
Explain how agency policy and licensing rules also play a role in data confidentiality.
Articulate the impact of data confidentiality violations upon clients and profession.

9. Identify appropriate ethical conduct and ethical dilemmas related to counseling.

Learning Objectives

Define personal and professional code of ethics.
Display appropriate personal and professional boundaries during the interview process.
Identify what constitutes an ethical dilemma.
Research different processes to use to guide decisions in ethical dilemmas.

SCC Accessibility Statement

Disability Services provides accommodations and other supports to students with permanent and temporary disabilities that affect their SCC experience. Disabilities may include mental health (anxiety, depression, PTSD), ADHD, learning disabilities, chronic health conditions (migraine, fibromyalgia), sensory disabilities, and temporary disabilities (broken arm, surgery). Common accommodations are extended test time, private room for testing, audiobooks, and sign language interpreter.

Contact us: Faribault A116 (507) 332-5847. North Mankato E112 (507) 389-7222. ds@southcentral.edu
www.southcentral.edu/disability