

# Counseling Minor

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A minor in counseling consists of the following five courses:

COUN 301	Orien to Counseling Prof	3
COUN 315	Phil of Helping Relatnshp	3
COUN 317	Intro to Assessment	3
COUN 409	Group Leadership	3
COUN 410	Intro Coun Theory/Methods	3
Plus 2 courses from:		6
COUN 316	Parent & Family Dynamics	
COUN 412	Career Development	
COUN 414	Home & Family Living	
COUN 497	SPECIAL TOPICS	

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**Total Hours** **21**

## **COUN 301 - Orien to Counseling Prof**

Hours: 3

Orientation to the Counseling Profession. Three semester hours. (1, 2) A study of general professional issues including ethics, history, credentialing, professional associations, and roles of counselors in various settings.

## **COUN 315 - Phil of Helping Relatnshp**

Hours: 3

Philosophy of the Helping Relationship. Three semester hours. (1, 2) This course is designed to create an understanding of helping relationships. Basic communication skills (such as active listening, responding, and interviewing skills) for building helping relationships are developed.

## **COUN 316 - Parent & Family Dynamics**

Hours: 3

Parent and Family Dynamics. Three semester hours. (2) Approaches to parenting; assessment and development of parenting skills; communication systems; study of children and families with various cultural patterns and lifestyles.

## **COUN 317 - Intro to Assessment**

Hours: 3

Introduction to Assessment. Three semester hours. (1, 2) Emphasis will be given to the use of standardized and nonstandardized procedures to assess and appraise human behavior. Use of test and non-test data will also be covered. Emphasis will also be given to the use of appraisal and assessment methods in a variety of settings, including school, business, mental health, and human services.

## **COUN 389 - Independent Study**

Hours: 1-4

Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. May be repeated when the topic varies. Prerequisite: Consent of department head.

## **COUN 397 - SPECIAL TOPICS**

Hours: 1-4

Organized class. May be repeated when topics vary.

## **COUN 409 - Group Leadership**

Hours: 3

Group Leadership. Three semester hours. (1, 2) This course will focus on the literature on groups, group dynamics and leadership. The class will also offer personal experiences in individual growth through group participation.

## **COUN 410 - Intro Coun Theory/Methods**

Hours: 3

Introduction to Counseling Theory and Methods. Three semester hours. (1, 2) This course provides a general overview of counseling theories, an introduction to counseling techniques, the conditions which facilitate an effective counseling relationship, and stages in the counseling process.

## **COUN 412 - Career Development**

Hours: 3

Career Development. Three semester hours. (1, 2) A study of the impact of career services as an instrument of human development and mental health. Emphasis on history of career guidance, contemporary shifts on social values in and the meaning of work, changes in the occupational structure, and work and mental health in today's society.

**COUN 414 - Home & Family Living**

Hours: 3

Home and Family Living. Three semester hours. (1) Functional study of modern family with special attention to roles, marriage preparation and partner selection. Emphasis on marital adjustment and other essentials of successful home and family life. Examination of current, relative issues of human relations including family planning, sex education, divorce, communications, and marriages under special circumstances.

**COUN 426 - Cultural Enrichment**

Hours: 3

Students will develop an understanding of historical and cultural impact of the civil rights movement in the United States. Via an interstate travel/study experience, students will develop an understanding of: Multicultural and pluralistic trends, including characteristics and concerns between and within diverse groups nationally and internationally; attitudes, beliefs, understandings, and acculturation; ethical and legal considerations related to social and cultural diversity; the role of civil rights pioneers; and the historical, intercultural, and intracultural significance of the U.S. civil rights movement This course involves domestic travel and may involve expenses beyond usual course tuition and fees. Cross listed with COUN 526, it is differentiated via assignments and evaluation.

**COUN 441 - Introduction to Student Services**

Hours: 3

A foundational course for those desiring entry-level occupational placement in college student services. Students review both historical and contemporary perspectives on student services in higher education settings. Students are introduced to theories and models of student development and interventions to promote student development.

**COUN 442 - Student Services 1: Residence Life/Student Activities**

Hours: 3

This course introduces students to student development theories, to the overall campus and campus living-learning environments, and programming within those environments to promote student development. Prerequisites: COUN 301 COUN 410 COUN 441 Junior Standing.

**COUN 443 - Academic Advising / Service Learning**

Hours: 3

COUN 443: Academic Advising / Service Learning. 3 hours. 3 SCH. Academic Advising / Service Learning introduces college student affairs students to the basic concepts, practices, and skills needed by bachelor's-level (entry-level) employees in these student affairs areas on college and university campuses. Students will be prepared to intern successfully in these areas, should they choose to do so. Prerequisites: Undergraduate upper class standing.

**COUN 452 - Internship in Human Services**

Hours: 3

An activity-based experience, students will engage in human services-related activities as a bachelor-level professional at an approved field site for a minimum of 300 hours over the course a fall or spring semester or a 10-week summer term. It includes periodic group meetings with the instructor-of-record throughout the experience. Students are evaluated as either "Satisfactory" or "Unsatisfactory." This course may be repeated for credit for a maximum of 6 semester hours. Prerequisites: Senior standing. Completion of at least 30 semester hours in the BS/BA-HS major.

**COUN 480 - Introduction to Drugs and Alcohol**

Hours: 3

In this course, students will examine the concepts of chemical dependency, comprehensively addressing current information regarding the full spectrum of substance abuse disorders and commonly abused and/or addictive substances. Topics include, but are not limited to: Alcohol abuse/addiction, Marijuana/THC effects on neural development, Marijuana use as it relates to psychoses, OTC drug abuse Inhalant/propellant abuse.

**COUN 481 - Drug and Alcohol Addiction: Awareness, Counseling, Prevention, and Treatment**

Hours: 3

Provides comprehensive coverage and the latest information on a full spectrum of substance use disorders and the compounds commonly abused. Topics include: the abuse of and addiction to alcohol; how the active agent in marijuana, THC, affects neural growth and development; the emerging body of evidence suggesting a relationship between marijuana abuse and psychotic disorders; the emerging body of evidence suggesting that marijuana is not as benign as it was thought to be even a few years ago; and updated information on the abuse of cough syrups, a trend that has evolved in adolescent substance abusers in the past decade.

**COUN 482 - Anger Management: Skills and Techniques**

Hours: 3

Anger is an emotion that creates a negative and unsafe environment which leads to unhealthy relationships. This course is designed to inform students the role brain chemistry plays in anger development and how brain chemistry, violence, and outbursts are connected. Students will gain insight into treatment modalities, anger management philosophies, and effective principles to aid those with anger issues.

**COUN 483 - Domestic Violence: Signs/Symptoms and Treatment**

Hours: 3

The course addresses information that is tested in the Texas Licensed Chemical Dependency Counselor Examination. Students will develop an understanding of domestic violence/abuse triggers and related/concomitant behaviors. Students will learn interventions designed to stem the generativity of domestic violence.

**COUN 484 - Introduction to Bullying and Social Aggression**

Hours: 3

In this course, students will develop an understanding of the following: 1) the different theories associated with aggressive behaviors; 2) the three components of bullying: repeated pattern of behavior; unwanted, negative actions; and power/strength imbalance; and 3) the application of various skills and techniques used in confronting bullies.

**COUN 485 - Suicide Prevention/Intervention**

Hours: 3

This course will provide information about suicide prevention and intervention. Students will develop an understanding of the notions of hopelessness and helplessness. Questions that will be answered in the course include: What is the "state of mind" that accompanies a suicide attempt? Why do people attempt/commit suicide? How do I discern if someone is contemplating suicide? What do I do if I learn that someone is contemplating suicide? Students will develop practical skills for suicide prevention and intervention.

**COUN 489 - Independent Study**

Hours: 1-4

Independent Study. One to four semester hours. Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. May be repeated when the topic varies. Prerequisite: Consent of department head.

**COUN 490 - H Honors Thesis**

Hours: 3

Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member

**COUN 491 - H Honors Readings**

Hours: 3

H Honors Readings

**COUN 497 - SPECIAL TOPICS**

Hours: 3

Special Topics. One to four semester hours. (1, 2, 3, 4) Organized class. May be repeated when topics vary.