COUN 501: INTRODUCTION TO THE COUNSELING PROFESSION
Fall 2015
Tuesday 4:30-7:10

INSTRUCTOR
Erika Schmit, Ph.D., M.S., LPC-Intern
Assistant Professor

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OFFICE HOURS
Tuesday 2:00-4:30; by appointment (MPLX)
Wednesday 4:30-7:00; by appointment (MPLX)

TEXTBOOK(S)

Required:

Recommended:

CATALOG DESCRIPTION OF COURSE
501. Introduction to the Counseling Profession. Three semester hours.
Recommended as 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).

**COURSE OBJECTIVES include, but are not limited to, the following.**

Students will demonstrate understanding of:

1. counselor characteristics and behaviors that influence helping; (5b)
2. history and philosophy of the counseling profession, including significant factors and events; (1a)
3. counselors’ roles and responsibilities as members of an interdisciplinary emergency management response team during a local, regional, or national crisis, disaster, or other trauma-causing event; (1c)
4. requirements for entry into, progress through, and completion of the Texas A&M University–Commerce counselor preparation program.
5. professional roles, functions, and relationships with other human service providers, including strategies for interagency/interorganization collaborations and communications; (1b)
6. professional organizations, especially TCA and ACA and their branches and divisions, including membership benefits, activities, services to members, and current issues; (1f)
7. professional credentialing, including certification, licensure, and accreditation practices and standards, and the effects of public policy on these issues; (1g)
8. public and private policy processes, including the role of the professional counselor in advocating on behalf of the profession; (1h)
9. advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients; (1i)
10. a general framework for understanding and practicing consultation; (5f)
11. ethical standards of professional organizations and licensing boards, and applications of ethical and legal considerations in professional counseling; (1j)

**CONTENT AREAS include, but are not limited to, the following:**

I. Counselor characteristics and behaviors

II. Importance of self-awareness in maintaining a therapeutic relationship and appropriate professional boundaries.

III. History and philosophy of the counseling profession

IV. Master’s-level programs at A&M-Commerce

V. Professional roles
   A. Introduction to counselor roles common across settings
      1. Counseling
      2. Consulting
      3. Supervising (clinical)
      4. Evaluating programs
   B. Educational settings
   C. Non-educational settings

VI. Relationships with other human service providers

VII. Professional organizations for counselors

VIII. Professional credentialing
    A. Certification (School Counselor Certification and NCC)
    B. Licensure
    C. Registration
D. Accreditation

IX. Public and private policy processes and advocacy on behalf of the profession

X. Ethical standards and legal considerations in the counseling profession

XI. Overview of counselor functions, skills, and knowledge
   A. Theories
   B. Group work
   C. Career development/education/counseling
   D. Assessment, evaluation, and research
   E. Diversity awareness and multicultural competencies

TExES COMPETENCIES THAT RELATE TO THIS COURSE *(TExES is the state examination required for school counselor certification.)*

Competency 010 (Professionalism)

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

METHOD OF INSTRUCTION

Traditional lecture, small group discussions, large group discussions and experiential activities.

COURSE REQUIREMENTS

Attendance, participation, assignments, and classroom activities

All students are required to attend and actively participate in class. University guidelines regarding attendance policy will be followed. You should attend ALL classes but I do understand that unforeseeable circumstances may happen. More than two absences will result in a letter grade reduction. Being excessively late to class and/or leaving early counts as an absence and will result in a possibility of a letter grade reduction as well. Students are expected to arrive to class on time and contribute to all discussions, activities, presentations, etc. Participation is a critical component to your learning outcome. Participation includes actively and respectfully interacting with the professor and your peers. This includes reading all course material before the class date in order to contribute to class discussions. Any student that noticeably does not participate in class will lose significant participation points.

At the beginning of each class, students will participate in small group discussion on an ethical case study. Students will then discuss this as a class. The professor will assign groups during the second week of class. Participation in these groups is key to your learning experience.

Activities outside of the classroom

In addition to participation in classroom discussions and activities, students are required to complete homework assignments. All assignments must be completed by class time on the due date. Failure to do so will result in a 10% deduction per day late. In addition to this, students should become familiar with APA guidelines. Students must adhere to APA guidelines on all assignments.
Other requirements

Students need to have access to and be proficient in navigating the Internet. Furthermore, students should check their Leo email often, and ensure that they have access to their e-college account. This is crucial, as myself and other members of the department periodically update these platforms on any changes or issues. Also, please frequent the department website as updates are posted here as well.

Communication with Professor

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 make an appointment if you have any concerns or questions. I will be available to meet face to face but can also meet via skype. Because I teach in different locations, calls will be returned at my earliest convenience. Therefore, email is the best way to reach me. I will attempt to answer all emails within 24 hours Monday-Friday. When emailing, please use your university email and address me with courtesy and respect.

Overview of Assignments

1. **Counseling Interest Paper (Literature Review; 50 points)**
   This paper will include a literature review of a counseling topic of your choice. This topic should be one of interest to you and related to your specific concentration (clinical mental health, addiction, school, marriage and family, children, adolescents, adults, college, rehabilitation, crisis, etc.). Components of this literature review should include the following:
   - Introduction of the topic
   - Rationale as to why this topic is important and relevant to the counseling field
   - Any ethical and legal issues when working with this population, issues, etc.
   - Any other information you believe is important to this topic

   You must use AT LEAST 5 references from referred counseling journals. You may need to utilize other sources as well. Examples of these journals are provided at the end of the syllabus, as well as an example of a topic and each component required. There is no specific page limit to this paper; there are however, criteria expectations. Please be sure to address all points above thoroughly. My prediction is that this may take you roughly 5 pages. You must follow APA 6th edition guidelines. Please reference the resources for assignments section of the syllabus.

2. **Final Paper (100 points)**
   This paper is a continuation of the mid-term paper and will need to include your updated work from the first paper (literature review). Take my feedback and all other knowledge obtained during the semester to improve your paper. In addition, you will add critical thinking and awareness components. You do not need to include new references in this section but remember if you are summarizing or taking someone else’s ideas you MUST cite their work. Again, there is no set page limit but I suspect the entire final paper may be 7-10 pages.
Questions to consider and include:
- What did you learn from your research?
- What are some challenges you might face as a counselor pertaining to this topic?
- What are some things that surprised you?
- Why did you choose this topic to research?
- How might you add to the literature?
- What have you learned about yourself from researching this topic?

3. **Group Presentation (20 points)**
   In groups of 2-4 (professor will assign groups) you will present an area in part IV of your textbook. You will create a presentation on the material assigned. You must use information in your textbook, but are not limited to only this resource. This is your chance to practice presentation and creativity skills! Presentation examples include PowerPoint, YouTube, role-play, cartoon video, poster presentation, etc.

4. **Final Exam (100 points)**
   The final exam will include information learned throughout the semester. It will include (a) 75 multiple-choice questions (75 points) and (b) 1 case study (25 points). The case study format will be similar to the case studies discussed throughout the semester.

5. **Course Reflection Paper (10 points)**
   Write a 1-2 page reflection paper on the course. Summarize your experiences in this course. Discuss what you liked and what you did not like. Talk about what you learned in the course as well as what you learned about yourself. Think about your personal and professional growth during this semester. Think about your strengths and growth areas.

6. **Participation (20 points)**

**Final Grading**
- Participation 20 points
- Counseling Interest Paper 50 points
- Final Paper 100 points
- Group Presentation 20 points
- Final Exam 100 points
- Course Reflection Paper 10 points
- Total 300 points

**STUDENT PERFORMANCE EVALUATION CRITERIA AND PROCEDURES**

- 90%–100% A
- 80%–89% B
- 70%–79% C
- 60%–69% D
- < 59% F

**CONDUCT AND ACADEMIC HONESTY**
"All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See Student's Guide Handbook, Policies and Procedures, Conduct) “Graduate students at Texas A&M University-
Commerce are expected to maintain high standards of integrity and honesty in all their scholastic work.” (See Section A13.12, Academic Honesty, A&M-Commerce Procedures).

Students are expected to maintain integrity at all times. Plagiarism is presenting others’ work as your own and will not be tolerated in this course. Please remember to always cite authors’ work and never directly copy from any source. When in doubt please do not be afraid to ask.

Any act of academic dishonesty may result in a grade of “0” on the assignment and/or course and will be reported to the department chair.

As a courtesy to your professor and peers please refrain from using your cell phone in this class. If you have a family emergency, please step outside of class to address it. You are allowed to use laptops for professional use only (i.e., taking notes). You are not allowed to utilize your laptop for checking personal emails, Facebook, Twitter, etc. This is disrespectful to your professor and those around you.

**APA Style and Formatting**

All assignments submitted should follow APA 6th edition guidelines. I strongly suggest students to buy the APA manual. There are also many Internet sites that can be utilized if you are not familiar with APA style.

**DISCRIMINATION FREE ENVIRONMENT**

A&M-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.

**ACCOMMODATIONS FOR 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
StudentDisabilityServices@tamu-commerce.edu

**UNIVERSITY CLOSING DUE TO WEATHER**

Check http://www.tamu-commerce.edu/ regarding class cancellations. Also, KETR radio on 88.9 FM and television channels 4, 5, and 8 (channel 7 for Tyler & Longview Area).

**Resources for Assignments**

Counseling Journal List (not limited to only these):
Journal of Counseling & Development (JCD)
Adultspan Journal
The Career Development Quarterly (CDQ)
Counseling and Values (CVJ)
Counselor Education and Supervision (CES)
Journal of Addictions & Offender Counseling (JAOC)
Journal of College Counseling (JCC)
Journal of Employment Counseling (JEC)
Journal of Humanistic Counseling (JHC)
Journal of Multicultural Counseling and Development (JMCD)
Counseling Outcome Research and Evaluation (CORE)
Measurement and Evaluation in Counseling and Development (MECD)
Journal of Professional Counseling: Practice, Theory, and Research
The Family Journal
Journal of Mental Health
Child and Adolescent Mental Health

Example of a topic for the mid-term paper (This is only a short example to guide you): Adolescent inpatient hospitalization


Introduction to the topic (1 page):
• Introduce adolescence
• Adolescent mental health
• Adolescents being admitted into inpatient hospitals due to crises situations

Rationale as to why this topic is important and relevant to the counseling field (1-2 pages):
• Every counselor will at one point in his or her career have a client admitted into an inpatient hospital.
• Preparation of counselors who work in these settings
• Preparation to work with suicidal clients
• Inpatient settings are very different than outpatient settings
• Working with this age group
• Educational training

Any ethical and legal issues when working with this population, issues, etc. (1 page)
• Review the ACA Code of Ethics (2014) and articles on ethical/legal considerations

Other information (1-2 pages)
• This section is open to discuss anything else that you may discover from the literature that you find interesting. Because I enjoy research, I would include a synthesis of what research says in terms of successful outcomes in inpatient
hospitalization.

**Course Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Readings</th>
<th>Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/1/15</td>
<td>Introductions; Course Overview and Expectations; Review of Syllabus; Guidelines for Writing and APA; Introduction to the Counseling Profession</td>
<td>Chapter 1 &amp; 2</td>
<td></td>
</tr>
<tr>
<td>9/8/15</td>
<td>History of Counseling; Trends; Licensure</td>
<td>Chapters 1 &amp; 2; ACA Code of Ethics Section A; LPC Rules</td>
<td>Case Study (in class); Informed consent (in class)</td>
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<tr>
<td>9/15/15</td>
<td>Program Orientation (Guest Speaker); Multiculturalism; Diversity in Counseling</td>
<td>Chapters 4 &amp; 5; Section B</td>
<td>Case Study (in class)</td>
</tr>
<tr>
<td>9/22/15</td>
<td>The counseling process</td>
<td>Chapters 6, &amp; 7; Section C</td>
<td>Case Study (in class)</td>
</tr>
<tr>
<td>9/29/15</td>
<td>The counseling process</td>
<td>Chapters 7 &amp; 8; Section D</td>
<td>First paper; Case Study (in class)</td>
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<tr>
<td>10/6/15</td>
<td>ACES Conference</td>
<td>No Class</td>
<td>No Class</td>
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<tr>
<td>10/13/15</td>
<td>Theories in counseling</td>
<td>Chapter 9 &amp; 10; Section E</td>
<td>Case Study (in class)</td>
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<tr>
<td>10/20/15</td>
<td>Groups in counseling</td>
<td>Chapter 11; Section F</td>
<td>Case Study (in class)</td>
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<tr>
<td>10/27/15</td>
<td>Consultation</td>
<td>Chapter 12; Section G</td>
<td>Case Study (in class)</td>
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<tr>
<td>11/3/15</td>
<td>Evaluation and research</td>
<td>Chapter 13; Section H</td>
<td>Case Study (in class)</td>
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<tr>
<td>11/10/15</td>
<td>Assessment and Diagnosis</td>
<td>Chapter 14; Section I</td>
<td>Case Study (in class)</td>
</tr>
<tr>
<td>11/17/15</td>
<td><strong>Groups 1-3 Presentations</strong></td>
<td>Chapters 15, 16, &amp; 17</td>
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<tr>
<td>11/24/15</td>
<td><strong>Groups 4-6 Presentations</strong></td>
<td>Chapters 18, 19, &amp; 20</td>
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<tr>
<td>12/1/15</td>
<td>Presentation Overflow; Wellness in Counseling (If time permits); Review for Final Exam</td>
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<td>Final Paper</td>
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<tr>
<td>12/8/15</td>
<td>Final Exam</td>
<td>Final Exam</td>
<td>Course Reflection Paper; Final Exam</td>
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Syllabus may be amended by the professor throughout the semester as necessary.
SELECTED BIBLIOGRAPHY includes, but is not limited to, the following:


TECHNOLOGY REQUIREMENTS

- To fully participate in online courses you will need to use a current Flash enabled browser. For PC users, the suggested browser is Google Chrome or Mozilla Firefox. For Mac users, the most current update of Firefox is suggested.

- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
  - 512 MB of RAM, 1 GB or more preferred
  - Broadband connection required courses are heavily video intensive
  - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution

- You must have a:
  - Sound card, which is usually integrated into your desktop or laptop computer
  - Speakers or headphones.
  - *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.

- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: JAVA web site http://www.java.com/en/download/manual.jsp

- Current anti-virus software must be installed and kept up to date.


Running the browser check will ensure your internet browser is supported.

Pop-ups are allowed.
JavaScript is enabled.
Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
  - Adobe Reader   https://get.adobe.com/reader/
  - Adobe Flash Player (version 17 or later) https://get.adobe.com/flashplayer/
  - Adobe Shockwave Player https://get.adobe.com/shockwave/

- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

- For additional information about system requirements, please see: https://secure.ecollege.com/tamuc/index.learn?action=technical

**ACCESS AND NAVIGATION**

**Pearson LearningStudio (eCollege) Access and Log in Information**

This course will be facilitated using Pearson LearningStudio, the learning management system used by Texas A&M University-Commerce. To get started with the course, go to myLeo. http://www.tamuc.edu/myleo.aspx

**You will need your CWID and password to log in to the course. If you do not know your CWID or have forgotten your password, contact Technology Services at 903.468.6000 or helpdesk@tamuc.edu.**

It is strongly recommended you perform a “Browser Test” prior to the start of your course. To launch a browser test, login to Pearson LearningStudio, click on the “My Courses” tab, and then select the “Browser Test” link under Support Services.

**Pearson LearningStudio Student Technical Support**

Texas A&M University-Commerce provides students technical support in the use of Pearson LearningStudio.

Technical assistance is available 24 hours a day/ 7 days a week.

If you experience LearningStudio (eCollege) technical problems, contact the LearningStudio helpdesk at 1-866-656-5511 (toll free) or visit Pearson 24/7 Customer Support Site http://247support.custhelp.com/

The student help desk may be reached by the following means 24 hours a day, seven days a week.
• **Chat Support:** Click on 'Live Support' on the tool bar within your course to chat with a Pearson LearningStudio Representative.

• **Phone:** 1-866-656-5511 (Toll Free) to speak with Pearson LearningStudio Technical Support Representative.

**Accessing Help from within Your Course:** Click on the 'Tech Support' icon on the upper left side of the screen inside the course. You then will be able to get assistance via online chat, email or by phone.

**Note:** Personal computer 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, an Internet cafe, or a bookstore, such as Barnes & Noble, etc.

**Policy for Reporting Problems with Pearson LearningStudio**

Should students encounter Pearson LearningStudio based problems while submitting assignments/discussions/comments/exams, the following procedure **MUST** be followed:

1. Students must report the problem to the help desk. You may reach the helpdesk at 1-866-656-5511.
2. Students **MUST** file their problem with the helpdesk and obtain a helpdesk ticket number.
3. Once a helpdesk ticket number is in your possession, students should email me to advise me of the problem and to provide me with the helpdesk ticket number.
4. At that time, I will call the helpdesk to confirm your problem and follow up with you.

**PLEASE NOTE:** Your personal computer/access problems are not a legitimate excuse for filing a ticket with the Pearson LearningStudio Help Desk. You are strongly encouraged to check for compatibility of your browser **BEFORE** the course begins and to take the Pearson LearningStudio tutorial offered for students who may require some extra assistance in navigating the Pearson LearningStudio platform. **ONLY** Pearson LearningStudio based problems are legitimate.

**myLeo Support**

Your myLeo email address is required to send and receive all student correspondence. Please email helpdesk@tamuc.edu or call us at 903-468-6000 with any questions about setting up your myLeo email account. You may also access information at myLeo. [https://leo.tamuc.edu](https://leo.tamuc.edu)

**Learner Support**

Go to the following link **One Stop Shop**- created to serve you by attempting to provide as many resources as possible in one location. [http://www.tamuc.edu/admissions/onestopshop/](http://www.tamuc.edu/admissions/onestopshop/)
Go to the following link Academic Success Center- focused on providing academic resources to help you achieve academic success.
http://www.tamuc.edu/campusLife/campusServices/academicSuccessCenter/