

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE MARIE, ON



COURSE OUTLINE

Course Title; Counselling Skills

Code No.: NSA227

Semester: three

Program: Native Community Worker

Author: Native Education Department

Date: September 1998

Previous Outline Date: September 1997

Approved:

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Date

Total Credits: 3

Prerequisite(s): PSY107 & SOC240

Length of Course: 1 semester Total Credit Hours:

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For additional information, please contact Brian Punch,

School of Native Education, Criminal Justice, & Natural Resources , (705) 759-2554, Ext. 688 .

I. PHILOSOPHY/GOALS

Anyone working in the helping field must develop a personal style of connecting with members of the community in need.

Effective counselling skills are a blend of theory, skills and self-awareness. Therefore, this course is designed to introduce students to the process and techniques of effective counselling skills. In addition, implications of self-awareness and cultural context of the helping relationship will be emphasized.

n. LEARNING OUTCOMES:

When you have earned credit for this course, you will have reliably demonstrated an ability to:

1. Utilize the terminology applied in the counselling field.
2. Apply effective counselling skills to various situations in a confident and appropriate manner.
3. Develop and adopt your own style of effective interpersonal communication in the helping field.
4. Initiate, maintain and terminate a helping relationship that leads to the resolution of specific goals identified by the helpee.
5. Adapt counselling techniques to establish the most appropriate approach to be used with various individuals, cultures and environments.
6. Maintain a healthy helper personality through an ongoing process of self-awareness.

HI. TOPICS TO BE COVERED/LEARNING ACTIVITIES:

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| 1. | Helping as a Personal Journey | Lecture, class discussion, text |
| 2. | The Nuts and Bolts of Helping | Lecture, class discussion, text, role play |
| 3. | Invitational Skills | Student presentation, text, role playing |
| 4. | Reflecting Skills | Student presentation, text, role playing |
| 5. | Advanced Reflecting Skills | Student presentation, text, role playing |
| 6. | Challenging Skills | Student presentation, text, role playing |
| 7. | Goal-Setting Skills | Student presentation, text, role playing |
| 8. | Solution Skills | Student presentation, text, role playing |
| | The Counselling Wheel (Native Perspective) | Guest speaker, handouts, class discussion |

METHOD OF EVALUATION

Chapter Test (4 X 5%)	20%	Upon each completion of each chapter
Mid-term Project	15%	(Due October 6/98)
Report (2 x 10 %)	20%	(#1 - Nov. 9/98 & #2 - Dec. 14/98)
Skills	10%	(Due month of November)
Final Role Play	25%	(Due month of December)
Attendance and participation	10%	
TOTAL	100%	

A) **TESTS:** There will be four (4) tests throughout the semester worth five percent (5%) each. The material on these tests will come from the text and class discussion. Test #1 will cover chapter 1 (5%). Test #2 will cover chapter 2 (5%). Test #3 will cover chapter 3 (5%). Test #4 will cover chapter 4 (5%).

B) **MID-TERM PROJECT:** Each student, through interviews with an anonymous subject, will construct a social history. The format for the social history will be given in class. The student will also be required to include a brief summary of their feelings regarding the interviews and what they learned from the experience.

- C) **REPORTS:** Report one will be presented to you in class (10%). Report two will be on the presentation of the counselling wheel (10%). Specifics on format and process will be provided by the instructor.
- D) **PRESENTATIONS:** The students will be responsible for presenting an assigned skill cluster for class presentation. Students' self-evaluation will be worth 5%. The other 5% will be from your instructor's evaluation.
- E) **FINAL ROLE PLAY:** Each student will be allotted a time during the last few weeks of the course for their final role play. The students will be provided with a client scenario (at random) and will be evaluated on their counselling skills, during a one-on-one "counselling session".
- F) **ATTENDANCE AND PARTICIPATION:** Students will be evaluated as follows: Students will lost 1% per day of unexcused absence. At the end of the semester, if the student's active participation was above average => gain 1%; if student's active participation was average => no change; if student's active participation was below average => subtract 1% from Attendance and Participation mark.

VI. REQUIRED STUDENTS RESOURCES:

Learning the Art of Helping: Building Blocks and Techniques, Author: Mark E Young

VII. SPECIAL NOTES:

Students with special needs, e.g. physical limitations, visual impairments, learning disabilities are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of the students.

Significant learning takes place in the classroom through an interactive learning approach therefore, ALL students must attend 60% of the classes to obtain a passing grade.

ALL assignments are to be handed in on the due date and are to be typewritten. Any late assignments will be penalized 1% per each day late.

VIII. COLLEGE EVALUATION SYSTEM:

Letter grades for transcript purposes will be calculated as follows:

90% - 100% = A+

80% - 89% = A

70% - 79% = B

60% - 69% = C

Less than 60% = R (Repeat of the course)