# Course Description

This course is designed to help students become more proficient in using the basic psychological counseling techniques used in the helping relationship. Through active out-of-class and residency experiences and trainings, students will develop basic counseling skills. Mock counseling practice and video demonstration of learned counseling skills is a key component of this course. This course has a residency requirement. **Only open to degree students or with permission of the Program Director.**

*Note:* The residency portion of the course is mandatory. You cannot pass this course without attending the residency weekend being held in Week three.

# University Learning Outcomes (ULO)

* **ULO1:**Knowledge of Human Cultures and the Physical and Natural World
* **ULO2:**Intellectual and Practical Skills
* **ULO3:**Personal and Social Responsibility
* **ULO4:**Integrative and Applied Learning­
* **ULO5:**Immersed in the Critical Concerns of the Sisters of Mercy of the Americas

# Program Learning Outcomes (PLO)

* **PLO1:** Establish a counseling identity. (ULO1, 3, 4, 5)
* **PLO2:** Exhibit a strong consistent counseling disposition. (ULO1, 3, 4, 5)
* **PLO3:** Demonstrate proficiency in counseling knowledge and skills as outlined in the 2016 CACREP Standards as applicable to each student concentration area. (ULO1, 2, 3, 4, 5)
* **PLO4:** Demonstrate a multicultural sensitivity, knowledge and competency. (ULO1, 3, 5)
* **PLO5:** Implement the ethical guidelines of the American Counseling Association and its divisions in all counseling practice. (ULO2, 3, 4)
* **PLO6:** Use evidence-based intervention and assessment techniques. (ULO2,4)
* **PLO7:** Articulate the necessity of counseling advocacy and engage in advocacy activities with regard to the Mercy tradition. (ULO5)
* **PLO8:** Engage in life-long learning. (ULO1, 2, 3, 4)

# Course Learning Outcomes (CLO)

* **CLO1:** Identify and explain the goals of counseling in relation to the client.
* **CLO2:** Demonstrate significant attributes of the effective counselor, and begin to incorporate those attributes into one’s counseling style.
* **CLO3:** Employ appropriate fundamental skills in mock counseling sessions.
* **CLO4:** Develop a greater awareness of oneself in the counseling role.

**Competencies and Outcomes Addressed**

**CACREP Standards:**

* **5-a:** theories and models of counseling
* **5-d:** ethical and culturally relevant strategies for establishing and maintaining in-person and technology-assisted relationships
* **5-f:** counselor characteristics and behaviors that influence the counseling process
* **5-g:** essential interviewing, counseling, and case conceptualization skills
* **5-j:** evidence-based counseling strategies and techniques for prevention and intervention
* **5-n:** processes for aiding students in developing a personal model of counseling
* **8-b:** identification of evidence-based counseling practices

**PDE Standards:**

* **II.B.-1:** Understand that counseling theories and appropriate counseling interventions can begin the process to develop a personal model of counseling
* **II.B.-2:** Understand essential interviewing and counseling skills;
* **IV.A.-5:** Know how to build effective working teams of school staff, parents, and community members to promote the academic, career, and personal/social development of students

# Student Expectations

Students are expected to do the following:

* Ask probing and insightful questions related to course content.
* Make meaningful and relevant connections and application to their own learning process.
* Be productive and contributing members of class discussions.

**Self-Disclosure:** As is common in most graduate Counseling courses, there will be opportunities in this class to talk about yourself and share personal thoughts, feelings, opinions, ideas, and experiences both in the online exercises and during the residency. You are in charge of monitoring your own level of comfort in self-disclosure. You will not be expected to disclose more about yourself than you choose to share. In the same respect, self-disclosure is a process that must be used with discretion and specific to course content and discussion. It should not detract from the lesson plan or normal group process related to course learning. Although this course may be therapeutic for some students, it is not intended to serve the purpose of therapy.

**Student Distress:** If any of our class topics trigger past trauma or present distress for you, please reach out to a helping professional for support. I will be happy to give you a referral as needed, just ask.

**Confidentiality:** Both the instructor and students will need to protect the confidentiality of persons who may be described in various aspects of this course. Please practice discretion at all times. Caution: Descriptions may reveal more than names do. Your comments are not confidential where state law requires the reporting of threats of harm, violence, or child abuse and neglect (from evidence or suspicion), and when information is subpoenaed by the courts.

# Required Course Materials

Ivey, A. E., Ivey, M. B., & Zalaquett, C. P. (2018). *Intentional interviewing and counseling* (9th ed.). Boston, MA: Cengage Learning.

ISBN: 9781305865785 (text) ISBN: 9781337528368 (ebook)

You are required to have access to a video camera (smartphone or webcam and a microphone) and a scanner (or scanner app) for this course.

**Supplemental**

American Psychological Association (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: Author. ISBN: 9781433805615 (soft cover) ISBN: 9781433813757 (ebook)

|  |  |  |
| --- | --- | --- |
| **Assessment** | **Point Value** | **Due** |
| **Week 1** |  |  |
| Discussion: Mock Counseling Sessions Prep | 20 |  |
| Journal: Competencies Reflection | 25 |  |
| Consent Form Practice Video Submission and Critique Paper | 50 |  |
| **Week 2** |  |  |
| Discussion: Rogers’ Client-Centered Theory | 20 |  |
| Discussion: Using Questions Effectively | 20 |  |
| Journal: Observing Behavior | 25 |  |
| Mock Counseling Session 1 Recording and Critique Paper | 80 |  |
| **Week 3** |  |  |
| Discussion (Small Group): Mock Counseling Session 1 Recording Peer Review | 20 |  |
| Journal: Encouraging, Paraphrasing, and Summarizing | 25 |  |
| Residency Weekend Activities | 50 |  |
| Mock Counseling Session 2 Recording and Critique Paper (Residency Assignment) | 80 |  |
| **Week 4** |  |  |
| Discussion: Reflection and Exploring Feelings | 20 |  |
| Journal: Reflecting Feelings Assessment | 25 |  |
| Residency Weekend Reflection and Midterm Assessment of Skills Paper | 50 |  |
| Research Paper Topic Submission | 10 |  |
| **Week 5** |  |  |
| Discussion: Confrontation and Challenging Skills | 20 |  |
| Journal: Confrontation and Challenging Skills | 25 |  |
| Research Paper Annotated Bibliography | 20 |  |
| Mock Counseling Session 3 Recording and Critique Paper | 80 |  |
| **Week 6** |  |  |
| Discussion (Small Group): Mock Counseling Session 3 Recording Peer Review | 20 |  |
| Discussion: Reflecting Meaning and Reframing; Action Skills and Use of Self | 20 |  |
| Journal: Reflecting Meaning and Reframing; Action Skills and Use of Self | 25 |  |
| Mock Counseling Session 4 Recording and Critique Paper | 80 |  |
| **Week 7** |  |  |
| Discussion (Small Group): Mock Counseling Session 4 Recording Peer Review | 20 |  |
| Discussion: Determining Personal Style | 20 |  |
| Final Skills Reflection Paper | 75 |  |
| Counseling Skills Research Paper | 75 |  |
| **Total Points** | **1000** |  |

**Grading Scale**

|  |  |
| --- | --- |
| **Grade** | **Range** |
| A | 93–100 |
| A- | 90–92 |
| B+ | 87–89 |
| B | 83–86 |
| B- | 80–82 |
| C+ | 77–79 |
| C | 73–76 |
| C- | 70–72 |
| D+ | 67–69 |
| D | 63–66 |
| D- | 60–62 |
| F | 59 |

# Course Schedule

|  |  |  |
| --- | --- | --- |
| **Week** | **Start** | **End** |
| One | <insert start date> | <insert end date> |
| Two |  |  |
| Three |  |  |
| Four |  |  |
| Five |  |  |
| Six |  |  |
| Seven |  |  |

# Weekly Learning Modules

|  |  |  |  |
| --- | --- | --- | --- |
| **Week One: Foundation of Counseling Skills and Intentional Interviewing** | | | |
| ***Learning Objectives*** | | ***Alignment*** | |
| * 1. Explain ethical standards and laws related to the field of counseling. | | CLO1 | |
| * 1. Examine your identity as a multicultural being and your multicultural competence. | | CLO4 | |
| * 1. Demonstrate the skill of obtaining informed consent. | | CLO1 | |
| * 1. Apply the micro skills of attending and empathy. | | CLO2, CLO3, CLO4 | |
| ***Resources, Activities, and Preparation***  *Utilize these resources and complete these activities in preparation for your graded assignments.* | | ***Alignment*** | ***AIE*** |
| **Tutorials**  During this course, you will be asked to use and participate in various technologies to complete activities and assignments.  **Review** the tutorials available on Blackboard, as needed.  **Click** the **Technology Tutorials** button from the menu on the left. | | N/A | N/A |
| **Weekly Participation and Discussion**  The purpose of the weekly discussions is to provide you with a way to synthesize the concepts presented in this course. Each week, you will respond to the discussion questions with a substantive post of 200 to 250 words that addresses all the prompts for the question by 11:59 PM EST of the listed due date.  By the conclusion of each week, Sunday at 11:59 PM EST, you will make at least one substantive comment of 100 to 150 words to three of your classmates’ posts in the Feedback discussion starter thread for each assigned discussion question. Your comments must further the discussion by following the RISE model for meaningful feedback. It is recommended that you check in periodically throughout the week to ensure that you are meeting the participation requirement.  **Review** [the RISE Model for Peer Feedback](https://static1.squarespace.com/static/502c5d7e24aca01df4766eb3/t/582ca65915d5db470077ce05/1479321178144/RISE_rubric-peer.pdf). | | COURSE | N/A |
| **Readings**  **Read** the following:   * Preface, Ch. 1–3 of *Intentional Interviewing and Counseling*   **Review** the [APA Citation Guide](http://gmercyu.libguides.com/c.php?g=315410&p=2107642) in the Keiss Library.  **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | Week 1 | Readings = **1 hour** |
| **Videos**  **Watch** the following:   * [Non-Verbal Listening Skills](https://www.youtube.com/watch?v=wnXbHm13nSw) (3:25) * [Becca's Attending Skills – Good](https://www.youtube.com/watch?v=lzvR8KbBGfQ) (3:46) * [Becca's Attending Skills – Bad](https://www.youtube.com/watch?v=okQcT9CB-c4) (2:35) * [Informed Consent Demo](https://www.youtube.com/watch?v=QBZoWjn-XMs) (6:25)   **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | Week 1 | Videos = **.5 hours** |
| **Discussion: Personal Introductions**  **Write** a post introducing yourself to the class. Discuss the following in your post:   * Your personal introduction about yourself, family, and hobbies * What you do in your professional life * Your reasons for taking this course, as well as what you want to get out of it * Your short- and long-term goals (both professionally and personally) * Anything else you would like the class to know about you   **Post** your introduction by 11:59 PM (Eastern time) on Thursday.  **Review** your classmates’ introductions.  **Respond** to at least three of your classmates’ posts by 11:59 PM (Eastern time) on Sunday. Let the class know that you heard them and that you have a better understanding of who they are. | | N/A | Introduction post and share = **1 hour** |
| **Mock Counseling Session Videos and Peer Review Discussions Assignment Preparation**  **Resources:** Informed Consent Form  Mock Counseling Session Videos and Peer Review Discussion Requirements  **Review** the *Mock Counseling Session Videos and Peer Review Discussion Requirements* document.  **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | N/A | N/A |
| **Counseling Skills Research Paper Preparation**  **Resource:** Counseling Skills Research Paper Requirements  You will be researching a topic related to the use of counseling skills that is of personal and/or professional interest. This is an opportunity for you to do further in-depth reading and research into a specific counseling skill, the ethics related to that skill, and the use of the skill with clients.  **Review** the *Counseling Skills Research Paper Requirements* document.  **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | Varies | Library research /Guided Project = **1 hour** |
| **SafeAssign**  During this course, two of your assignments will be submitted through SafeAssign. SafeAssign generates an originality report that compares your submission to existing sources. You and your instructor will be able to view the reports created by SafeAssign. For additional support in submitting SafeAssign assignments and viewing originality reports, read this Blackboard Help document on [SafeAssign](https://help.blackboard.com/Learn/Student/Assignments/Assignments_Using_SafeAssign/Submit_SafeAssignments). | | N/A |  |
| ***Supplemental Resources and Activities***  *Explore these optional resources to deepen your understanding.* | | ***Alignment*** | ***AIE*** |
| **Adobe Connect Live Discussion**  **Review** [Adobe Connect Resources](https://sites.gmercyu.edu/student-resources/adobe-connect-resources/).  **Participate** in the scheduled live session with the course instructor. This session will provide an overview of the course and discuss the major assignments in the course.  **Prepare** to ask questions concerning the content of the week and the course as a whole.  *Note:* A recorded lecture will be made available to those who are unable to attend the live session. | | Course | Live Discussion: lecture and discussion = **1 hour** |
| ***Graded Assignments***  *Complete these graded assessments by the end of the week unless specified otherwise.* | | ***Alignment*** | ***AIE*** |
| **Discussion: Mock Counseling Sessions Prep**  As you prepare to conduct your first Mock Counseling Recording assignment, it is normal to be feeling a range of emotions from being overwhelmed and nervous to being excited.  **Write** a clear and logical 200- to 250-word response to the following questions, providing specific examples to support your answers in the Mock Counseling Sessions Prep discussion forum by 11:59 PM (Eastern time) on Thursday:   * How do you feel about modeling the micro skills required to demonstrate intentional counseling? * What is your assessment of your counseling style, strengths, and weaknesses? * What do you anticipate will be easy about these recording assignments? What will be challenging? * Discuss your anxieties or expectations going into your first session.   **Review** your classmates’ thread posts and **write** a response that is thought provoking and that appropriately challenges or elevates the discussion. Consider commenting on the following:   * Posts that resonate or connect with you * Suggestions, strategies, or advice on preparing for the first recorded counseling session * A response to something a student commented about your post   **Post** your reply in the Feedback discussion starter by 11:59 PM (Eastern time) on Sunday.  *Note:* This assignment requires a minimum of three feedback posts, at least one to classmates and two in response to classmates’ posts to you. | | 1.4 | Discussion: one post and replies to three other posts = **1 hour** |
| **Journal: Competencies Reflection**  **Review** and **reflect** on the Personal Reflection on Ethics, Multicultural Competence, Positive Psychology, and Therapeutic Lifestyle Changes questions/prompts on p. 55 in Ch. 2 of *Intentional Interviewing and Counseling*.  **Write** a 150- to 250-word journal entry response using the questions/prompts as a guide by 11:59 PM (Eastern time) on Sunday. | | 1.1, 1.2 | Journal: one private post = **1 hour** |
| **Consent Form Practice Recording and Critique Paper**  **Resources:**   * [Informed Consent Demo](https://www.youtube.com/watch?v=QBZoWjn-XMs) (6:25) * [How To Create a YouTube Account and Upload a Video](https://www.youtube.com/watch?v=wLDjiFSCSVE&t=8s) * Informed Consent Form   **Read** the Informed Consent Form. This form must be included for all recorded Mock Counseling Session assignments.  **Review** thedetails and sample language oninformed consenton p. 30 in Ch. 2 of *Intentional Interviewing and Counseling*.  **Identify** three individuals (above the age of 18) to serve as mock clients, and practice going through the consent form. For each practice session, be sure to find a quiet location, and schedule enough time for questions, discussion, and feedback.  During the session, you should review the following:   * The purpose of the mock counseling sessions * The mock client’s rights and responsibilities * Recording requirements and how confidentiality will be maintained   Each session must end with the mock client signing the Informed Consentform.  **Choose** one of the three mock sessions to record using a smartphone camera set to video mode, or a webcam and microphone.  What you need to do to prepare to record this video:   * Do not script this out! Scripting it out will make the process much more difficult. Your skill development should be on display. * Do not have papers or writing materials in your possession during the mock session. * Find three individuals who are willing to be a role-play client. The best person to use would be an acquaintance or a friend of a friend. It is strongly suggested that you do not use a family member or a close friend, as they will be more guarded and less spontaneous, making the role-play harder for you. * Practice the skills required until you feel okay using the conditions before recording the session. Remember, you will never feel 100% ready. If you get to feeling about 60% ready, that is enough. * Do your best, and do not fret. You are learning, and now is the time to make any mistakes!   **Upload** the informed consent mock counseling session to your YouTube channel. Make sure your channel is set to private and only shared with your instructor and assigned group members.  **Reflect** on your ability to explain informed consent to your client andthe recording process.  **Write** a 750- to 1,000-word reflective critical analysis that addressesthe following questions:   * What do you think you did well? * What did you think you could have done better? * What is your evaluation of your overall style? * Does the session flow? * What did you learn? * What do you want to learn more about?   **Scan** the signed consent form for the recorded session.  **Submit** your Critique Paper with the link to your YouTube video and the signed informed consent form by 11:59 PM (Eastern time) on Sunday. | | 1.3 | Video Presentation & critique paper: one private post = **2 hours** |
| **Total** |  |  | **8.5 hours** |

# Faculty Notes

**Course Setup**

**General Questions and Discussion Forum:** This course includes a discussion forum for general questions, comments, and concerns. This forum is intended for any course-related commentary not found within a specific weekly discussion. This forum is not graded. Make sure to monitor this forum for student posts. You are encouraged to make an announcement advertising this forum and monitor and post regularly to build engagement.

**Discussion Forums** (not including the small-group peer review discussions):**:** To create a deeper level of discussion, each Friday post a starter thread labelled *Feedback* in each discussion forum. This will ensure that feedback provided by students to their classmates will appear in one discussion thread as opposed to single discussions occurring in isolation. The following directions should be added to the Feedback discussion starter thread:

Click *Reply* to add your feedback, replies, and commentary

At the start of the course, post the following announcement to students letting them know to post to the starter thread for their responses to classmates:

**Announcement**: Additional Discussion Question information

Class,

You will post your initial discussion post in the discussion forum. To create a deeper level of discussion amongst ourselves, I will be posting a discussion starter thread each Friday for you to post your required responses to your classmates.

**Adobe Connect:** Students should post any questions or comments they have to the Announcement forum. The instructor can then use those questions that come up in the first part of the week to tailor the live Adobe Connect class session that would be scheduled toward the later part of the week. That 1-hour synchronous session will allow students the opportunity to go over any questions they had on the homework and clarify any misconceptions they have about the course content. All Adobe Connect sessions should be recorded and a link to the recording posted to the course page so any student who misses the session can review it later in the week.

*Note:* It is the instructor’s choice as to what day they will schedule the Adobe Connect Live Session, but it is recommended that they schedule this session for Wednesday of the week so students have plenty of time to review their homework prior to the deadline on Sunday.

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| Week Two: Micro Skills Application: Basic Observation and Questioning Skills | |  |  |
| ***Learning Objectives*** | | ***Alignment*** | |
| * 1. Identify nonverbal behaviors. | | CLO2 | |
| * 1. Demonstrate the use of open and closed questioning to enhance interactions. | | CLO2 | |
| * 1. Apply Rogers' client-centered theory. | | CLO2 | |
| * 1. Apply the micro skills of observation and questioning. | | CLO3, CLO4 | |
| ***Resources, Activities, and Preparation***  *Utilize these resources and complete these activities in preparation for your graded assignments.* | | ***Alignment*** | ***AIE*** |
| **Readings**  **Read** the following:   * Ch. 4 & 5 of *Intentional Interviewing and Counseling*   **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | Week 2 | Readings = **1 hour** |
| **Videos**  **Watch** the following:   * [Rogers in Ten Minutes](https://www.youtube.com/watch?v=QvejEpDRHmU) (10:06) * [Person-Centered Therapy Role Play](https://www.youtube.com/watch?v=7PV9Yp34awQ) (8:55): This video is on Roger’s core conditions.   **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | Week 2 | Videos = **.5 hours** |
| ***Graded Assignments***  *Complete these graded assessments by the end of the week unless specified otherwise.* | | ***Alignment*** | ***AIE*** |
| **Discussion: Rogers' Client-Centered Theory**  **Write** a clear and logical 200- to 250-word response to the following questions, providing specific examples to support your answers in the Rogers' Client-Centered Theorydiscussion forum by 11:59 PM (Eastern time) on Thursday:   * What do you think of client-centered theory? Which components of the theory make the most sense to you, and which do not? Fully explain your response. * Knowing yourself, which parts would be the hardest for you to implement?   **Review** your classmates’ thread posts and **write** a response that is thought provoking and that appropriately challenges or elevates the discussion to by 11:59 PM (Eastern Time) on Sunday. Consider the following in your post:   * Assist your classmates in understanding any concepts of the theory that did not make sense to them. * Discuss how something a fellow student posted assisted you in making sense of a component you were having difficulty with. * Share ideas on how to implement those parts of the theory fellow students felt they would have difficulty implementing. * Share anything else you would like to include. * Respond to something a student commented about your post.   **Post** your reply in the Feedback discussion starter by 11:59 PM (Eastern time) on Sunday.  *Note:* This assignment requires a minimum of three feedback posts, at least one to classmates and two in response to classmates’ posts to you. | | 2.2 | Discussion: one post and replies to three other posts = **1 hour** |
| **Discussion: Using Questions Effectively**  **Review** the following mock counseling session:   * [Open and Closed Questions](https://www.youtube.com/watch?v=3lf0p1MffC4) (7:19)   **List** the open and closed questions used in the mock counseling session video, and **write** a clear and logical 150- to 200-word response to the following questions in the Using Questions Effectively discussion forum by 11:59 PM (Eastern time) on Thursday:   * What are the pros and cons of using questions as a counseling skill? * Reflecting on your mock counseling sessions, do you find yourself thinking of questions while your mock client is speaking? Are you asking questions to fill space? Are they necessary to ask?   **Review** your classmates’ thread posts and **write** a response that is thought provoking and that appropriately challenges or elevates the discussion.  **Post** your reply in the Feedback discussion starter by 11:59 PM (Eastern time) on Sunday.  *Note:* This assignment requires a minimum of three feedback posts; at least one to classmates and two in response to classmates’ posts to you. | | 2.3 | Discussion: one post and replies to three other posts = **1 hour** |
| **Journal: Observing Behavior**  **Sit** with a significant person in your life at leastthree times this week (the more you can do the better) while she or he talks about her or his day for 5–7 minutes, and **practice** using the skills covered this week to enhance the discussion.  **Write** a 200- to 250-word journal entry response covering the following by 11:59 PM (Eastern time) on Sunday:   * Explain your experience using these skills. How well could you model these skills? * Which skills did you rely on the most? Which skills did you rely on the least? * How helpful did you find these skills in the discussion process? * How could these skills be used in other areas of your life (family, social, or work)? * Include any additional details.   Remember, this is a journal reflection and, as such, you must be open and honest with your self-assessment. Students seeking the highest number of points possible for this assignment will be open and honest with themselves. | | 2.1 | Journal: one private post = **1 hour** |
| **Mock Counseling Session 1 Video and Self-Critique Paper**  **Resources:** Informed Consent Form  Mock Counseling Session Videos and Peer Review Discussion Requirements  **Choose** a mock client for a 25- to 30-minute mock counseling session.  **Review** the assignment with them, including the Informed consent form, and **secure** their permission.   * During the recorded session, you should begin by reviewing the Informed Consent form with each client before beginning the session. This form should be signed by each person that you record, and you should keep this form for the duration of the course. You will scan the signed consent form and attach it to your critique paper for each recorded assignment.   **Set up** the video recorder, and **conduct** your 25- to 30-minute mock counseling session.  **Upload** the mock counseling session to your YouTube channel. Make sure your channel is set to private and only shared with your instructor and assigned group members.  **Select** a 10-minute segment to evaluate and **write** a critical analysis in terms of the skills demonstrated, as well as other aspects of the session (flow, timing, etc.). The critique paper is meant as learning experience for you and an opportunity to reflect on the recording process. Note at the start of your critique paper which 10-minute segment you chose (i.e., “The critique is from minute 2:03–10:05.”).  Your paper should address the following questions:   * What did you do well? * What could you have done better? * What is your evaluation of your overall style? * Does the session flow? * What did you learn? * What do you want to learn more about or what questions do you have?   **Scan** the signed consent form.  **Submit** a link to your YouTube video and your reflective critical analysis by 11:59 PM (Eastern Time) on Sunday. | | 2.4 | Video Presentation & critique paper: one private post = **1.5 hours** |
| **Discussion (Small Group): Mock Counseling Session 1 Video Peer Review**  **Submit** the link for your YouTube video with the timing of the 10-minute segment that you want others to view (i.e., minute 2:03–12:03) in the Mock Counseling Session 1 Video Peer Review discussion forum by 11:59 PM (Eastern Time) on Sunday. | | N/A | N/A |
| **Total** |  |  | **6 hours** |

# Faculty Notes

**Discussion (Small Group): Mock Counseling Session 1 Video Peer Review:** This is a small grouppeer review assignment. You will need to divide the class into small groups of 3 to 4 students no later than Monday AM of Week 2.

You can set this assignment up in one of two ways.

**Option 1:** Use the existing discussion board set up and post an instructor announcement providing the student groupings and explaining that students should review the posted videos from their groupmates’ and provide feedback.

* Grading Note: The Mock Counseling Session 1 videois submitted to the discussion board in week 2. The peer review portion of this assignment occurs in week 3. The grading column for this assignment is labelled *Discussion (Small Group): Mock Counseling Session 1 Video Peer Review* and is graded in week 3.

**Option 2:** You can set up the small groups using the groups feature in Blackboard in which case you will need to set up the discussion forum within the Groups page. In week 2, you will need to create the student groups in the Groups page, set up the discussion forums within each group, and then create a link to the Groups page in week 3. For help [setting up the small groups in Blackboard](https://blackboardhelp.usc.edu/working-with-groups/creating-group-sets/), view [Blackboard Learn Quick Hit Video: Groups Management](https://www.youtube.com/watch?v=tzt2HTlr68c).

* Grading Note: The Mock Counseling Session 1 videois submitted to the discussion board in week 2. The peer review portion of this assignment occurs in week 3. There will be multiple grading columns for this assignment based on the number of groups created; one column for each group. The grading columns will be labelled *Small Group Discussion: Mock Counseling Session 1 Video Peer Review*. Grading for this assignment will occur in week 3.

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| --- | --- | --- | --- |
| Week Three: Encouraging, Paraphrasing, Summarizing: Active Listening | |  |  |
| ***Learning Objectives*** | | ***Alignment*** | |
| 1. Apply the micro skills of encouraging, paraphrasing, and summarizing. | | CLO3, CLO4 | |
| 1. Critique the application of the micro skills of observation and questioning by other student counselors. | | CLO2, CLO3 | |
| 1. Evaluate educational research related to counseling skills, ethics, and their use with clients. | | CLO2, CLO4 | |
| ***Resources, Activities, and Preparation***  *Utilize these resources and complete these activities in preparation for your graded assignments.* | | ***Alignment*** | ***AIE*** |
| **Readings**  **Read** the following:   * Ch. 6 of *Intentional Interviewing and Counseling*   **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | Week 3 | Readings = **1 hour** |
| **Videos**  **Watch** the following:   * [Reflecting, Paraphrasing and Summarizing](https://www.youtube.com/watch?v=2aRq1LC05-A) (3:43) * [Integration of Basic Skills](https://www.youtube.com/watch?v=NH8sEpc_A9I) (4:09) * [Restatements and Summarizing](https://www.youtube.com/watch?v=FhCggSecq_0) (9:44)   **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | Week 3 | Videos = **.5 hours** |
| **Counseling Skills Research Paper Assignment Prep**  **Begin** researching your selected counseling skills topic.  **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | 3.3 | Library research /Guided Project = **1 hour** |
| **Residency Schedule**  This weekend, you will follow a daily schedule of classroom instruction, discussions, small-group counseling practice and peer reviews.  *Note:* The residency portion of the course is mandatory. You cannot pass this course without attending the residency weekend.  **Review** the Residency Schedule. | |  |  |
| ***Graded Assignments***  *Complete these graded assessments by the end of the week unless specified otherwise.* | | ***Alignment*** | ***AIE*** |
| **Discussion (Small Group): Mock Counseling Session 1 Video Peer Review**  **View** the 10-minute segment of each group member’s mock counseling session.  **Write** a peer review post to each group member, providing feedback that is specific, observable, nonjudgmental, and supportive to each group member. Highlight the skills the class has learned so far that were used in the session, what worked well, and what could have been better.  **Submit** your peer feedback post to the Mock Counseling Session 1Video Peer Review discussion boardby 11:59 PM (Eastern Time) on Tuesday.  **Review** and **reflect** on the peer feedback you received from each group member on your recording segment.  **Write** a response to each peer review with your feedback (not your defense) on how you will incorporate this feedback and use it going forward, citing specific examples.  **Submit** your peer review response post by 11:59 PM (Eastern Time) on Thursday. | | 3.2 | Discussion: one post and replies to three other posts = **3 hours** |
| **Journal: Encouraging, Paraphrasing, and Summarizing**  **Complete** Exercise 6.2 in Ch. 6 of *Intentional Interviewing and Counseling.*  **Post** responses to the stated prompts by 11:59 PM (Eastern Time) on Thursday. | | 3.1 | Journal: one private post = **.5 hour** |
| **Mock Counseling Session 2 Video and Self-Critique Paper – Residency Assignment**  **Resources:** Informed Consent Form  Mock Counseling Session Videos and Peer Review Discussion Requirements  **Choose** a mock client for a 30- to 45-minute mock counseling session.  **Review** the assignment with them, including the Informed consent form, and **secure** their permission.   * During the recorded session, you should begin by reviewing the Informed Consent form with each client before beginning the session. This form should be signed by each person that you record, and you should keep this form for the duration of the course. You will scan the signed consent form and attach it to your critique paper for each recorded assignment.   **Set up** the video recorder, and **conduct** your 30- to 45-minute mock counseling session.  **Upload** the mock counseling session to your YouTube channel. Make sure your channel is set to private and only shared with your instructor and assigned group members.  **Select** a 10-minute segment to evaluate, and **write** a critical analysis in terms of the skills demonstrated, as well as other aspects of the session (flow, timing, etc.). The critique paper is meant as learning experience for you and an opportunity to reflect on the recording process. Note at the start of your critique paper which 10-minute segment you chose (i.e., “The critique is from minute 2:03–10:05.”).  Your paper should address the following questions:   * What did you do well? * What could you have done better? * What is your evaluation of your overall style? * Does the session flow? * What did you learn? * What do you want to learn more about or what questions do you have?   **Scan** the signed consent form.  **Submit** a link to your YouTube video and your reflective critical analysis by 11:59 PM (Eastern Time) on Sunday. | | 3.1 | N/A |
| **Total** |  | **6 hours** |  |

# Faculty Notes

**Residency Schedule** – please contact the Program Director to receive the Residency Schedule document.

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| Week Four: Micro Skills Application: Reflecting Feelings and Skills Integration | |  |  |
| ***Learning Objectives*** | | ***Alignment*** | |
| * 1. Apply the micro skill of reflecting feelings. | | CLO3, CLO4 | |
| 1. Self-assess the implementation of reflection and open questions or probes for exploring feelings in mock counseling sessions. | | CLO2 | |
| 1. Evaluate educational research related to counseling skills, ethics, and their use with clients. | | CLO2, CLO4 | |
| ***Resources, Activities, and Preparation***  *Utilize these resources and complete these activities in preparation for your graded assignments.* | | ***Alignment*** | ***AIE*** |
| **Readings**  **Read** the following:   * Ch. 7 & 8 of *Intentional Interviewing and Counseling*   **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | Week 4 | Readings = **1 hour** |
| **Videos**  **Watch** the following:   * [Exploring Feelings](https://www.youtube.com/watch?v=zdha69z2VaA&index=7&list=PLlDch2PskN88FCqxDFg6kTYdI6sBUoRoN) (6:36) * [Going Deeper (Reflections of Feeling & Meaning)](https://www.youtube.com/watch?v=UfsO7DafV2E) (4:28)   **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | Week 4 | Videos = **.5 hours** |
| ***Graded Assignments***  *Complete these graded assessments by the end of the week unless specified otherwise.* | | ***Alignment*** | ***AIE*** |
| **Discussion: Reflection and Exploring Feelings**  **Review** [Bad Demonstration - Reflecting Skills](https://youtu.be/NcEdm8QAOlI) (1:48).  **Write** a clear and logical 150- to 200-word response to the following prompt, providing specific examples to support your answers in the Reflection and Exploring Feelings discussion forum by 11:59 PM (Eastern Time) on Thursday:   * Based on your readings, identify where in the session you would use reflection and open questions or probing statements to assist the client in exploring their feelings. Be very specific about client statements, your proposed response, and the type of proposed response (i.e., reflection or open questions/probe statements).   **Review** your classmates’ thread posts and **write** a response that is thought provoking and that appropriately challenges or elevates the discussion.  **Post** your reply in the Feedback discussion starter by 11:59 PM (Eastern time) on Sunday.  *Note:* This assignment requires a minimum of three feedback posts; at least one to classmates and two in response to classmates’ posts to you. | | 4.1 | Discussion: one post and replies to three other posts = **1 hour** |
| **Journal: Reflecting Feelings Assessment**  **Sit** with a significant person in your life at least three times this week (the more you can do the better) while they talk about their day for 5–7 minutes, and **practice** using reflection and open questions or probes for exploring feeling skills to enhance the discussion of feelings as they discuss their day.  **Post** a clear and logical response in 150 to 250 words to this experience in your journal covering the following:   * How well could you model these skills? Which ones did you rely on the most? Which ones did you rely on the least? * How helpful did you find these skills in the discussion process? * How could these skills be used in other areas of your life (family, social, or work)? * Is there anything else you would like to include?   Remember, this is a journal reflection and, as such, you are required to be open and honest with your self-assessment. Students seeking the highest number of points possible for this assignment will be open and honest with themselves.  **Submit** your journal reflection by 11:59 PM (Eastern time) on Sunday. | | 4.1, 4.2 | Journal: one private post = **1 hour** |
| **Residency Weekend Reflection and Midterm Assessment of Skills Paper**  On Sunday of the Residency Weekend, you completed the Mock Counseling Session Recording 2 and received feedback from your instructor, small group, and classmates.  **Write** a 1,400- to 1,750-word reflection paper on the following:   * Your overall experience of the Residency Weekend, including what you learned, what you valued, what worked and did not work, what questions you may still have, and any other valuable reflections worth sharing * A summary of the feedback you received from all sources about your counseling skills, strengths, and areas in which to continue growing * Each skill you have learned so far in the course (including Week 4) and your personal assessment of your skill level and comfort using each in mock counseling sessions * Your measurable plan for continued success, growth, or improvement (how will you measure your outcomes should be included)   **Submit** your course reflection by 11:59 PM (Eastern time) on Sunday. | | 4.2 | Reflective Assignment: one private post = **1 hours** |
| **Research Paper Topic Submission**  **Review** the Counseling Skills Research Paper Requirements document.  **Write** a draft identifying the counseling skills topic you will use for this paper by addressing the following:   * Identification of the counseling skills topic through a concise statement of the situation or goal * Rationale for studying this skill   **Submit** your draft for instructor approval by 11:59 PM (Eastern time) on Wednesday. | | 4.3 | Library research /Guided Project = **1 hour**  Research Topic submission = **.5 hours** |
| **Total** |  | **6 hours** |  |

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| Week Five: Micro Skills Application: Focusing and Confronting | |  |  |
| ***Learning Objectives*** | | ***Alignment*** | |
| * 1. Explain the impact that discrepancies, incongruities, and conflicts have on wellbeing. | | CLO2 | |
| 1. Assess the role that your cultural identity development plays in becoming a better counselor or therapist. | | CLO2 | |
| 1. Apply the micro skills of focusing and confronting. | | CLO3, CLO4 | |
| 1. Self-assess the integration of the intentional interviewing skills in mock counseling sessions. | | CLO2 | |
| ***Resources, Activities, and Preparation***  *Utilize these resources and complete these activities in preparation for your graded assignments.* | | ***Alignment*** | ***AIE*** |
| **Readings**  **Read** the following:   * Ch. 9 & 10 of *Intentional Interviewing and Counseling*   **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | Week 5 | Readings = **1 hour** |
| **Videos**  **Watch** the following:   * [Confrontation "This is a Waste of Time"](https://www.youtube.com/watch?v=vRBXYm3KuJU) (9:00) * [Focusing Skills](https://www.youtube.com/watch?v=zlqoBdG99ZI) (3:12)   **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | Week 5 | Videos = **.5 hours** |
| **Counseling Skills Research Paper Assignment Prep**  **Continue** researching your selected counseling skills topic.  **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | 3.3, 7.4 | Library research /Guided Project = **1 hour** |
| ***Graded Assignments***  *Complete these graded assessments by the end of the week unless specified otherwise.* | | ***Alignment*** | ***AIE*** |
| **Discussion: Confrontation and Challenging Skills**  **Observe** yourself for one day. Think about the discrepancies, incongruities, and conflicts that you have noticed within yourself. Pay attention to the internal feelings associated with those discrepancies, incongruities, and conflicts.  **Write** a 150- to 250-word reflection focusing on the experience, being mindful to follow the course guidelines for self-disclosure, and responding to the following questions:   * How do you feel about decisions made during the day? Do you have mixed feelings? * In what ways do you find yourself in conflict with others? * How do you work through your discrepancies and conflicts?   **Review** your classmates’ thread posts and **write** a response that is thought provoking and that appropriately challenges or elevates the discussion. Consider commenting on the following:   * What resonates or connects with you * Suggestions or strategies to others on preparing for the first recorded counseling session * Anything else you would like to include or share * A response to something another student commented about your post   **Post** your reply in the Feedback discussion starter by 11:59 PM (Eastern time) on Sunday.  *Note:* This assignment requires a minimum of three feedback posts; at least one to classmates and two in response to classmates’ posts to you. | | 5.1 | Discussion: one post and replies to three other posts = **1 hour** |
| **Journal: Confronting and Challenging Skills**  **Complete** Exercise 10.4 in Ch. 10 of *Intentional Interviewing and Counseling.*  **Write** a 350- to 700-word journal entry to the stated questions by 11:59 PM (Eastern Time) on Sunday. | | 5.2 | Journal: one private post = **1 hour** |
| **Research Paper Annotated Bibliography**  **Locate** a minimum of five (5) quality, scholarly resources related to your selected research topic of interest.  **Read** each article thoroughly to summarize it for the annotated bibliography. Your summary should not be a restatement of the article abstract.  **Prepare** an annotated bibliography that includes a 1-paragraph summary for each source. Each source entry must include the following:   * A formal APA reference * The purpose of the study * The major findings * An evaluation of the importance of the resource for your research paper   **Submit** of your Annotated Bibliography is due by 11:59 PM (Eastern Time) on Sunday. | | 3.3 | Annotated Bibliography submission = **.5 hours** |
| **Mock Counseling Session 3 Video and Self-Critique Paper**  **Resources:** Informed Consent Form  Mock Counseling Session Videos and Peer Review Discussion Requirements  **Choose** a mock client for a 30- to 45-minute mock counseling session.  **Review** the assignment with them, including the Informed consent form, and **secure** their permission.   * During the recorded session, you should begin by reviewing the Informed Consent form with each client before beginning the session. This form should be signed by each person that you record, and you should keep this form for the duration of the course. You will scan the signed consent form and attach it to your critique paper for each recorded assignment.   **Set up** the video recorder, and **conduct** your 30- to 45-minute mock counseling session.  **Upload** the mock counseling session to your YouTube channel. Make sure your channel is set to private and only shared with your instructor and assigned group members.  **Select** a 10-minute segment to evaluate, and **write** a critical analysis in terms of the skills demonstrated, as well as other aspects of the session (flow, timing, etc.). The critique paper is meant as learning experience for you and an opportunity to reflect on the recording process. Note at the start of your critique paper which 10-minute segment you chose (i.e., “The critique is from minute 2:03–10:05.”).  Your paper should address the following questions:   * What did you do well? * What could you have done better? * What is your evaluation of your overall style? * Does the session flow? * What did you learn? * What do you want to learn more about or what questions do you have?   **Scan** the signed consent form.  **Submit** a link to your YouTube video and your reflective critical analysis by 11:59 PM (Eastern Time) on Sunday. | | 5.3, 5.4 | Video Presentation & critique paper: one private post = **1.5 hours** |
| **Discussion (Small Group): Mock Counseling Session 3 Video Peer Review**  **Submit** the link for your YouTube video with the timing of the 10-minute segment that you want others to view (i.e., minute 2:03–12:03) in the Mock Counseling Session 3 Video Peer Review discussion forum by 11:59 PM (Eastern Time) on Sunday. | | N/A | N/A |
| **Total** |  | **6.5 hours** |  |

# Faculty Notes

**Discussion (Small Group): Mock Counseling Session 3 Video Peer Review:** This is a small grouppeer review assignment. You will need to divide the class into small groups of 3 to 4 students no later than Monday AM of Week 5. (You can use the same small groups as in the week 2 small group assignment).

You can set this assignment up in one of two ways.

**Option 1:** Use the existing discussion board set up and post an instructor announcement providing the student groupings and explaining that students should review the posted videos from their groupmates’ and provide feedback.

* Grading Note: The Mock Counseling Session 3 videois submitted to the discussion board in week 5. The peer review portion of this assignment occurs in week 6. The grading column for this assignment is labelled *Discussion (Small Group): Mock Counseling Session 3 Video Peer Review* and is graded in week 6.

**Option 2:** You can use the small groups previously set up using the groups feature in Blackboard in which case you will need to add the discussion forum within the Groups page. In week 5, you will need to create the student groups in the Groups page, set up the discussion forums within each group, and then create a link to the Groups page in week 6. For help [setting up the small groups in Blackboard](https://blackboardhelp.usc.edu/working-with-groups/creating-group-sets/), view [Blackboard Learn Quick Hit Video: Groups Management](https://www.youtube.com/watch?v=tzt2HTlr68c).

* Grading Note: The Mock Counseling Session 3 videois submitted to the discussion board in week 5. The peer review portion of this assignment occurs in week 6. There will be multiple grading columns for this assignment based on the number of groups created; one column for each group. The grading columns will be labelled *Small Group Discussion: Mock Counseling Session 3 Video Peer Review*. Grading for this assignment will occur in week 6.

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| Week Six: Micro Skills Application: Reframing and Interpretation | |  |  |
| ***Learning Objectives*** | | ***Alignment*** | |
| 1. Determine how to appropriately apply the micro skills of reframing and interpretation. | | CLO2, CLO4 | |
| 1. Self-assess the integration of the intentional interviewing skills in mock counseling sessions. | | CLO2 | |
| 1. Critique the application of the micro skills of focusing and confronting by other student counselors. | | CLO2, CLO3 | |
| ***Resources, Activities, and Preparation***  *Utilize these resources and complete these activities in preparation for your graded assignments.* | | ***Alignment*** | ***AIE*** |
| **Readings**  **Read** the following:   * Ch. 11 & 12 of *Intentional Interviewing and Counseling*   **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | 6.1 | Readings = **1 hour** |
| **Counseling Skills Research Paper Assignment prep**  **Continue** researching your selected counseling skills topic.  **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | 7.4 | Library research /Guided Project = **1 hour** |
| ***Graded Assignments***  *Complete these graded assessments by the end of the week unless specified otherwise.* | | ***Alignment*** | ***AIE*** |
| **Discussion (Small Group): Mock Counseling Session 3 Video Peer Review**  **View** the 10-minute segment of each group member’s mock counseling session.  **Write** a peer review post to each group member, providing feedback that is specific, observable, nonjudgmental, and supportive to each group member. Highlight what skills the class has learned so far that were used in the session, what worked well, and what could have been better.  **Submit** your peer feedback post to the Mock Counseling Session 3Video Peer Review discussion boardby 11:59 PM (Eastern Time) on Tuesday.  **Review** and **reflect** on the peer feedback you received from each group member on your recorded segment.  **Write** a response to each peer review with your feedback (not your defense) on how you will incorporate this feedback and use it going forward, citing specific examples.  **Submit** your peer review response post by 11:59 PM (Eastern Time) on Thursday. | | 6.3 | Discussion: one post and replies to three other posts = **3 hours** |
| **Discussion: Reflecting Meaning and Reframing; Action Skills and Use of Self**  **Complete** Exercise 11.3 in Ch. 11 of *Intentional Interviewing and Counseling.*  **Post** responses to the stated prompts by 11:59 PM (Eastern Time) on Thursday.  **Review** your classmates’ thread posts and **write** a response that is thought provoking and that appropriately challenges or elevates the discussion.  **Post** your reply in the Feedback discussion starter by 11:59 PM (Eastern time) on Sunday.  *Note:* This assignment requires a minimum of three feedback posts; at least one to classmates and two in response to classmates’ posts to you. | | 6.1 | Discussion: one post and replies to three other posts = **1 hour** |
| **Journal: Reflecting Meaning and Reframing; Action Skills and Use of Self**  **Complete** Exercises 12.1 & 12.2 in Ch. 11 of *Intentional Interviewing and Counseling.*  **Write** a 350- to 700-word journal entry addressing the stated prompts by 11:59 PM (Eastern Time) on Sunday. | | 6.1 | Journal: one private post = **1 hour** |
| **Mock Counseling Session Four Video and Self-Critique Paper**  **Resources:** Informed Consent Form  Mock Counseling Session Videos and Peer Review Discussion Requirements  **Choose** a mock client for a 30- to 45-minute mock counseling session.  **Review** the assignment with them, including the Informed consent form, and **secure** their permission.   * During the recorded session, you should begin by reviewing the Informed Consent form with each client before beginning the session. This form should be signed by each person that you record, and you should keep this form for the duration of the course. You will scan the signed consent form and attach it to your critique paper for each recorded assignment.   **Set up** the video recorder, and **conduct** your 30- to 45-minute mock counseling session.  **Upload** the mock counseling session to your YouTube channel. Make sure your channel is set to private and only shared with your instructor and assigned group members.  **Select** a 10-minute segment to evaluate, and **write** a critical analysis in terms of the skills demonstrated, as well as other aspects of the session (flow, timing, etc.). The critique paper is meant as learning experience for you and an opportunity to reflect on the recording process. Note at the start of your critique paper which 10-minute segment you chose (i.e., “The critique is from minute 2:03–10:05.”).  Your paper should address the following questions:   * What did you do well? * What could you have done better? * What is your evaluation of your overall style? * Does the session flow? * What did you learn? * What do you want to learn more about or what questions do you have?   **Scan** the signed consent form.  **Submit** a link to your YouTube video and your reflective critical analysis by 11:59 PM (Eastern Time) on Sunday. | | 6.2 | Video Presentation & critique paper: one private post = **1.5 hours** |
| **Discussion (Small Group): Mock Counseling Session 4 Video Peer Review**  **Submit** the link for your YouTube video with the timing of the 10-minute segment that you want others to view (i.e., minute 2:03–12:03) in the Mock Counseling Session 4 Video Peer Review discussion forum by 11:59 PM (Eastern Time) on Sunday. | | N/A | N/A |
| **Total** |  | **8.5 hours** |  |

# Faculty Notes

**Discussion (Small Group): Mock Counseling Session 4 Video Peer Review:** This is a small grouppeer review assignment. You will need to divide the class into small groups of 3 to 4 students no later than Monday AM of Week 6. (You can use the same small groups as in the week 2 small group assignment).

You can set this assignment up in one of two ways.

**Option 1:** Use the existing discussion board set up and post an instructor announcement providing the student groupings and explaining that students should review the posted videos from their groupmates’ and provide feedback.

* Grading Note: The Mock Counseling Session 4 videois submitted to the discussion board in week 6. The peer review portion of this assignment occurs in week 7. The grading column for this assignment is labelled *Discussion (Small Group): Mock Counseling Session 4 Video Peer Review* and is graded in week 7.

**Option 2:** You can use the small groups previously set up using the groups feature in Blackboard in which case you will need to add the discussion forum within the Groups page. In week 6, you will need to create the student groups in the Groups page, set up the discussion forums within each group, and then create a link to the Groups page in week 6. For help [setting up the small groups in Blackboard](https://blackboardhelp.usc.edu/working-with-groups/creating-group-sets/), view [Blackboard Learn Quick Hit Video: Groups Management](https://www.youtube.com/watch?v=tzt2HTlr68c).

* Grading Note: The Mock Counseling Session 4 videois submitted to the discussion board in week 6. The peer review portion of this assignment occurs in week 7. There will be multiple grading columns for this assignment based on the number of groups created; one column for each group. The grading columns will be labelled *Small Group Discussion: Mock Counseling Session 4 Video Peer Review*. Grading for this assignment will occur in week 7.

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| Week Seven: Skill Integration and Personal Style | |  |  |
| ***Learning Objectives*** | | ***Alignment*** | |
| 1. Determine a personal counseling style. | | CLO1, CLO2, CLO3, CLO4 | |
| 1. Integrate the intentional interviewing skills. | | CLO1, CLO2, CLO3, CLO4 | |
| 1. Critique the application of the micro skills of reframing and interpretation by other student counselors. | | CLO2, CLO4 | |
| 1. Analyze the use of a specific counseling skill with regard to ethics and benefit to clients. | | CLO1, CLO2, CLO3, CLO4 | |
| 1. Apply the concept of a “Distinctive Mercy Graduate” to oneself. | | CLO4 | |
| ***Resources, Activities, and Preparation***  *Utilize these resources and complete these activities in preparation for your graded assignments.* | | ***Alignment*** | ***AIE*** |
| **Readings**  **Read** the following:   * Ch. 13 & 14 of *Intentional Interviewing and Counseling.* * [Gwynedd Mercy University Mission, Core Values and Statement of Beliefs](https://www.gmercyu.edu/about-gmercyu/mission) * [Mission Statement Conference for Mercy Higher Education](http://www.mercyhighered.org/mission-statement.html) * [Mission and Values Sisters of Mercy](https://www.sistersofmercy.org/about-us/mission-values/) * [Sisters of Mercy Critical Concerns](https://www.sistersofmercy.org/files/documents/resources/Justice/CriticalConcerns-1Pger-FINAL.pdf) * [Sisters of Mercy Social Justice Advocacy](https://www.sistersofmercy.org/what-we-do/social-justice-advocacy/) (Make sure to review the Critical Concerns information at the bottom of the page.)   **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum. | | 7.1, 7.2, 7.5 | Readings = **1 hour** |
| **Smarthinking**  The Counseling Skills Research Paper assignment this week requires you to submit the assignment to Smarthinking. In preparation for this assignment, complete the following:   * Review the Quick Start Guide and student handbook. * Watch [SmarThinking Introduction](http://www.youtube.com/watch?v=wpvWfPhstQM) (1:49).   **Post** any questions, comments, or observations to share with the class in the General Q & A discussion forum on Blackboard. | | N/A |  |
| ***Graded Assignments***  *Complete these graded assessments by the end of the week unless specified otherwise.* | | ***Alignment*** | ***AIE*** |
| **Discussion (Small Group): Mock Counseling Session 4 Video Peer Review**  **View** the 10-minute segment of each group member’s mock counseling session as indicated in the critique paper.  **Write** a peer review post to each group member, providing feedback that is specific, observable, nonjudgmental, and supportive to each group member. Highlight what skills the class has learned so far that were used in the session, what worked well, and what could have been better.  **Submit** your peer feedback post to the Mock Counseling Session 4 Video Peer Review discussion forum by 11:59 PM (Eastern Time) on Tuesday.  **Review** and **reflect** on the peer feedback you received from each group member on your recorded segment.  **Write** a response to each peer review with your feedback (not your defense) on how you will incorporate this feedback and use it going forward, citing specific examples.  **Submit** your peer review response post by 11:59 PM (Eastern Time) on Thursday. | | 7.3 | Discussion: one post and replies to three other posts = **3 hours** |
| **Discussion: Determining Personal Style**  **Reflect** on the following statements:   * Throughout this course, you have reviewed current theories in the text and practiced the micro skills of counseling. The presented theories and strategies represent different ways in which counselors understand human behavior and challenges. There are many more available, and you will want to learn from as many as possible.   You have also begun to establish your own personal style and theory, which you will continue to develop throughout your career. The course text describes this process as having three main factors to consider: your own personal authenticity, the needs and style of the client, and your own life goals, values, worldview, vision, and wisdom.  Additionally, attending a Mercy institution and one day being a Distinctive Mercy Graduate means that you are expected to put into action the core values of Mercy. (Remember that the Mercy Philosophy does not need to be connected to a religion. The Mercy Philosophy is one of ethical models of living in the world.)  **Write** a 250-word (minimum) post describing your personal style at this point in the course and your career. Be sure that your reflection includes the theories covered in the course, as well as the Mercy core values and how these values interplay with your personal style. Be specific and clear, tying in examples from your mock counseling sessions, the Weekend Residency experience, and feedback you have received from classmates and the instructor.  **Submit** your post to the Determining Personal Style discussion forum by 11:59 PM (Eastern Time) on Thursday.  **Review** your classmates’ posts and **write** a response that is thought provoking and that appropriately challenges or elevates the discussion.  **Post** your reply in the Feedback discussion starter by 11:59 PM (Eastern time) on Sunday.  *Note:* This assignment requires a minimum of three feedback posts; at least one to classmates and two in response to classmates’ posts to you. | | 7.1, ULO5 | Discussion: one post and replies to three other posts = **1.5 hour** |
| **Final Skill Reflection Paper**  **Write** a 1,750-word (minimum) reflective paper (not including title, abstract, and reference pages [as needed]). This paper is intended to be a comprehensive reflection of your progress in the course and must include the following:   * A detailed reflection on each of the skills covered in the course * Your assessment of strengths and areas for improvement at this point * Feedback received from the instructor, small-group members, and other classmates, as well as how you have addressed that feedback in your mock counseling sessions * The skills you still want to learn or work on * Any other valuable, relevant reflections about the course process and content   **Submit** the paper by 11:59 PM (Eastern Time) on Sunday. | | 7.2 | Reflective Paper = **1 hour** |
| **Counseling Skills Research Paper**  **Resource:** Counseling Skills Research Paper Requirements  **Review** Counseling Skills Research Paper Requirements.  **Watch** [Top Ten Practical and Common Mistakes When Writing a Research Paper](https://cloud.ensemblevideo.com/hapi/v1/contents/permalinks/Pa59Fjo8/view) (4:01).  **Format** your paper according to APA guidelines.  **Submit** your paper to SmarThinking by Thursday. Take a screenshot of your submission, as you will submit this screenshot with your final paper.  **Review** the SmarThinking feedback, and **make** changes as appropriate to your paper.  **Submit** your research paper and SmarThinking screenshot by 11:59 PM (Eastern time) on Sunday. | | 7.4, 7.5 | Library research /Guided Project = **2 hour** |
| **Total** |  | **8.5 hours** |  |

# Breakdown of Academic Instructional Equivalencies

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| --- | --- |
|  | **AIE Hours** |
| **Week 1** |  |
| Required | 8.5 |
| Supplemental |  |
| **Week 2** |  |
| Required | 6 |
| Supplemental |  |
| **Week 3** |  |
| Required | 6 |
| Supplemental |  |
| Residency | 10 |
| **Week 4** |  |
| Required | 6 |
| Supplemental |  |
| **Week 5** |  |
| Required | 6.5 |
| Supplemental |  |
| **Week 6** |  |
| Required | 8.5 |
| Supplemental |  |
| **Week 7** |  |
| Required | 7 |
| Supplemental |  |
|  |  |
| **Total Required Hours** | 42.5 |
| **Total Supplemental Hours** | 1 |
| **Total Residency Hours** | 10 |
| **Total Hours** | 53.5 |