

M: Course Objectives / Learning Outcomes

The student will:

1. further develop the interpersonal skills developed in Human Development 1152
2. recognize and identify the various stages of the helping process and the helping relationship
3. increase awareness of the factors involved in creating a trusting atmosphere
4. learn to identify the needs of those in distress
5. develop one's ability to offer support and assistance to others
6. identify and develop a personal style of helping
7. recognize basic steps in conflict resolution
8. recognize and understand the responsibilities and limits inherent in helping others

N: Course Content:

1. review interpersonal communication skills taught in HUMD 1152
2. introduce additional helping skills
3. examine motivation for helping others
4. present the stages of the helping process and the characteristics of the helper
5. introduce and discuss intervention skills such as problem identification, self-exploration, goal setting and referral skills
6. present and examine conflict resolution strategies
7. discuss professional standards, guidelines and behaviour

O: Methods of Instruction

Classes will be experiential in nature using a combination of short lectures, demonstrations, structured activities, and group discussions. Students will participate in exercises designed to focus on specific aspects of communication skills. Video and audio equipment may be used in practice and for evaluation purposes.

P: Textbooks and Materials to be Purchased by Students

Shebib, Bob. Counselling Skills. Province of British Columbia: Ministry of Education, Skills and Training, 1997.

Myers-Briggs Type Indicator

Q: Means of Assessment

Due to the experiential nature of this course, attendance and participation in practicing skills, class discussions and activities are necessary to maximize the learning of the students. Evaluation will be based on the following factors. Specific weighting of the factors will be determined by the instructor.

1. Quizzes
2. Summary Paper
3. Journals
4. Report on books, articles, pamphlets, etc. related to course content
5. Video and audio tapes (demonstrations and /or role plays in which student practices communication skills taught in class).

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

No

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Course Designer(s)

Education Council / Curriculum Committee Representative

Dean / Director

Registrar