

MINOR IN COUNSELING

The Minor in Counseling will provide students with knowledge on counseling practices, theories, and interventions to work with others within the community. Students who complete the Minor in Counseling will enable them to gain skills within various counseling approaches and techniques for work in settings related to mental health and/or seeking advanced study in Counseling.

18 Credit Hours (5 core courses and 1 elective course)

Course Listing:

Core Classes:

COUN 1587 Introduction to Health and Wellness in Contemporary Society

Provides an introduction to the wellness model integrating physical, mental, and emotional well-being. Using current research, students explore decision-making models examining ethical, theoretical, multicultural, and practical concerns in developing their own wellness strategies.

COUN 2650 Foundations of Helping Skills for Allied Health Professionals

Skill development in learning how to foster helping relationships and increase communication skills with individual, family, or group-related patient needs in a health care setting. Emphasis on ethical, cultural, socioeconomic, and special needs in allied health care settings. Includes an experiential skill video training component.

COUN 2652 Introduction to Addiction Counseling

Comprehensive overview of substance use disorders and addictions. Students will gain knowledge on the skills and treatment procedures related to working with clients struggling with substance abuse.

PSYC 1560 General Psychology

An examination of scientific and clinical approaches to understanding the relationships between one's physical, mental, and emotional well-being, and quality of life, including the basic principles governing the growth and maintenance of behavior, emotion, and cognition.

PSYC 3702 Abnormal Psychology

Patterns of deviant behavior, including current systems of classification; classic syndromes; the nature and trend of major maladjustments; possible causative factors; and methods of prevention and treatment.

Electives to choose from (must choose 1):

COUN 1588 Exploring Leadership: Theory and Practice

Introduction to the study of leadership through theoretical and practical applications. Through group interaction, discussions, and change projects, students will develop their leadership knowledge while acquiring skills to solve leadership challenges within diverse organizations. The course will provide students with intellectual and interpersonal opportunities to practice the process of becoming effective leaders.

COUN 1589 Success in Career and Life Planning

The course will facilitate the development of career and life planning skills. This course is designed for, but not restricted to, entering and undeclared students. This course will emphasize identifying strengths, clarifying values, exploring career options, developing effective decision-making skills, and learning life skills related to health, finances, relationships, and community responsibility.

PSYC 4800 Introduction to Psychotherapy

A critical overview of major psychotherapeutic approaches to mental health including an evaluation of empirical validity. Students will develop an increased sensitivity to multicultural and ethical issues.

What You'll Study

The skills that students learn in the Minor in Counseling will help them to better understand mental health and the ways that counseling skills and techniques can be applied to a mental health-related profession and/or advanced study in counseling. The unique educational experience in the Minor in Counseling will prepare students for advanced study in counseling and allow students to choose electives based on their specific interests within the field of Counseling.

COURSE	TITLE	S.H.
COUN 1587	Introduction to Health and Wellness in Contemporary Society	3
COUN 2650	Foundations of Helping Skills for Allied Health Professionals	3
PSYC 1560	General Psychology	3
PSYC 3702	Abnormal Psychology	3
PSYC 4800	Introduction to Psychotherapy	3
Select 3 s.h. from the following		3
COUN 1588	Exploring Leadership: Theory and Practice	
COUN 1589	Success in Career and Life Planning	
COUN 2652	Introduction to Addiction Counseling	
Total Semester Hours		18