

**THE UNIVERSITY OF GEORGIA  
FALL SEMESTER 2007  
ECHD 3020**

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**Course:** ECHD 3020: Helping Strategies: Intro to Counseling and Human Development Services  
**Time:** Tuesdays/Thursdays, 12:30-1:45 p.m.                      **Location:** 303 Forestry

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**Instructor:** Geoff Bathje  
**Telephone:** 706-542-4126    **E-Mail:** bathje@uga.edu  
**Office Hours:** By appointment - Thursday morning and Friday                      **Office:** 414-A Aderhold Hall

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### **Required Reading**

Corey, G. & Corey, M.S. (2007). *Becoming a Helper*. 5th edition. Pacific Grove, CA: Brooks/Cole.

Additional articles and readings will be handed out in class throughout the semester. The syllabus and handouts will be available on the University of Georgia's WebCT (<http://webct.uga.edu>).

### **Course Description**

This course serves as an introduction to the field of counseling and human development services. Topics to be discussed will include counseling theory and practice, intervention programs, basic crisis intervention, and recent trends in helping and human services. The class format will consist of lectures, class discussions, films, and guest speakers depending on availability.

### **Course Objectives**

At the end of this course the student will have:

1. Developed further insight into what motivates them to help others.
2. Acquired knowledge about several fields and career options in the helping professions.
3. Built a knowledge base and sensitivity to multicultural and ethical issues as they relate to the counseling process.
4. Furthered their own communication skills and developed other useful techniques common to all helping professions.

### **Participation and Attendance**

*Participation:* You are expected to participate in class activities and discussions. You will not be graded directly for participation, but you will receive credit for certain group assignments and activities. Participation not only adds to the quality of discussions, but it demonstrates that the class is completing assigned readings and understanding the material. If participation is lacking, there may be additional quizzes or assignments to assure that the students are reading and comprehending the material.

*Attendance:* You are expected to attend every class. Attendance will not be taken, but much of the course material found on the exams will be presented only in class. There will be six or seven quizzes, which will be based on the assigned readings. Lastly, there will be five **extra credit "attendance days"**, which I will select at random. On attendance day, I will pass around an attendance signup sheet. Your presence on each attendance day will be worth 2 points, meaning you can earn a maximum of a 2% increase in your overall course grade (10 points). **NOTE: It is a violation of the university's Academic Honest policy to sign another student's name on an attendance sheet.**

*Absences and Tardiness:* Exams and quizzes will be given at the beginning of each scheduled class. Students arriving late to class will not be given additional time to complete the exam. Failure to attend class on the date of an exam/quiz/activity without prior arrangement will result in a zero for the exam/quiz/activity. Prior arrangements for exams/quizzes are only made for unusual circumstances and are at the discretion of the instructor. Verification (e.g., from the Health Center) must be provided to support requests for absences for illnesses. Excused absences, in which prior arrangements are not possible, (i.e. accident requiring hospitalization, death of an immediate family member, sudden illness, etc.) will be handled on a case by case basis and make-up exams/quizzes will be administered as soon as possible after the missed exam/quiz. Students are not to ask classmates about the content

of the exam or to discuss the exam/quiz with other students. Lastly, I do not provide copies of lecture notes. If you miss a lecture, please get a copy of the notes from one of your classmates.

## **Course Assignments**

*Paper #1:* The first assignment is a paper (3-4 pages, double spaced, plus cover page) in which you will write about someone who has helped you in your life. Details of this assignment will be provided.

*Helper Interview and Paper #2:* You will interview someone who works in a helping profession (such as a social worker, counselor, psychologist, etc.) You will summarize your interview and your personal reactions to your interview in a 3-4 page paper (double spaced, plus cover page).

*Group Presentation:* Select and research a specific mental health issue (i.e. depression, eating disorders, suicide prevention, schizophrenia, etc.). A list of available topics will be provided, although you are welcome to present on a different topic with instructor approval. Topics for this paper will be chosen on a first come first served basis. You will work in groups of 2 or 3 students and will be responsible for presenting your topic as part of a group presentation at the end of the semester (see class schedule). Your presentation will last 10 minutes per group member (i.e. 20 minutes total for a group of two, 30 minutes total for a group of three). Your grade will be determined 50% by your performance and 50% by the group's performance. Additional information regarding this assignment will be provided.

*Additional assignments:* You will participate in class activities throughout the semester. Some of these activities will require you to turn in short assignments, written journal reactions, or turn in a group summary at the end of class. It is not possible to make up missed activities unless you have a valid excuse for missing class.

## **Quizzes and Exams**

Quizzes will be given regularly at the start of the class period. There will be six or seven quizzes given randomly throughout the semester. **Your lowest quiz score will be dropped.** The purpose of these quizzes is to ensure that students are keeping current with the assigned readings. There will be a midterm exam and a final exam. The final exam will not be cumulative, but questions on the final may require knowledge and understanding of material from the first half of the course. Please see the attendance policy for information regarding missed quizzes/exams.

## **Instructor's Expectations**

1. Any form of academic dishonesty will not be tolerated.
2. Academic dishonesty will be handled according to UGA policy.\*
3. Derogatory comments referring to race, religion, sexuality, etc. will not be tolerated.
4. Respect others' opinions. This is a discussion-based course and without respect, quality discussions cannot occur.
5. Students are expected to come to class prepared, having read all required material.
6. Refrain from using cell phones, laptops, and other electronic devices in class. This includes text messaging.

\*All academic work must meet the standards contained in "A Culture of Honesty" (<http://www.uga.edu/ovpi/honesty/acadhon.htm>). All students are responsible for understanding the academic honesty policy. Not knowing the rules is not an excuse for violating the policy.

## **Student Selected Topics**

I believe in being responsive to the interests of my students. I have reserved two class periods for student selected topics related to helping. The class will be allowed to select any issue that has been covered in class to discuss in greater detail (majority rules). Alternatively, the class may select a relevant issue that is not listed on the course syllabus. Each student must bring two discussion questions to class related to the topic. You must bring two copies of your discussion questions, one to turn in at the beginning of class and one for your own reference during class. Depending on the topic, I may also present additional content.

## **Diversity**

This course will be taught with consideration given to diversity and multiculturalism. Multicultural competence is essential in any helping profession. Major aspects of diversity that will be addressed include race, ethnicity, gender, socioeconomic status, sexual orientation, religion, geographic location, and disability status. Students will be

expected to demonstrate their understanding of diversity issues, while refraining from offensive or derogatory comments that are unproductive to the discussions.

### **Special learning needs**

If you have a documented disability or any other special needs and wish to discuss academic accommodations, please contact me as soon as possible. Necessary academic accommodations will be made for you based on the recommendations received from Disability Services. You must be registered with Disability Services in order to receive academic accommodations.

### **Grading Procedures and Policies**

- A = 100-94%
- A- = 93-90%
- B+ = 89-87%
- B = 86-84%
- B- = 83-80%
- C+ = 79-77%
- C = 76-74%
- C- = 73-70%
- D = 69-60%
- F = 59% and below

- Please be sure to hand in all written assignments at class time, on the dates they are due. There will be a deduction of 10% for each class period an assignment is late. Late assignments due to illness or emergency will be handled on a case-by-case basis. Hard copies are required for all assignments. E-mailed assignments cannot be accepted due to the risk that they will be deleted by the university's filtering software.
- Hard cutoffs are used to determine final grades. I allow extra credit for attendance and I drop the lowest quiz score, which provides the opportunity for an increase in borderline situations. No additional extra credit will be given.
- Final Exam Policy – No time and date departures from the examination schedule will occur without prior approval of the dean of the school or college and the Vice President for Instruction. Although there are special courses where a final examination of the regular type may not be appropriate, each student must be provided the opportunity to stand for a final examination as part of the completion of a full instructional term. Each instructor has the authority to design and administer the final examination in whatever manner is appropriate. "Two University policies focus on final examinations. University policy requires that final examinations be held for courses as scheduled and listed in the University final examination schedule for each semester."

### **Grading Criteria:**

Quizzes (5 or 6)	60 points
Assignments and Other Related Activities	65 points
Paper #1	75 points
Helper Interview and Paper	100 points
Mid-Term Exam	100 points
Final Exam	100 points
<b>Total Possible Points</b>	<b>500 points</b>
<b>Total Possible Extra Credit</b>	<b>10 points</b>

*This course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.*

## Course Schedule

Date		Topic	Reading
Week 1	Aug 16	Introductions and Syllabus	-
Week 2	Aug 21 Aug 23	Are the Helping Professions for You? Getting the Most from Your Education and Training	Ch. 1 Ch. 2
Week 3	Aug 28 Aug 30	Helper, Know Thyself Common Concerns of Beginning Helpers	Ch. 3 Ch. 4
Week 4	Sept 4 Sept 6	Psychological Theories; <b>Paper #1 Due</b> Psychological Theories, Cont.	Ch. 5
Week 5	Sept 11 Sept 13	The Helping Process Diversity and Multicultural Competence	Ch. 6 Ch. 7
Week 6	Sept 18 Sept 20	Stereotypes and Prejudice (Guest) Knowing Your Values	TBA Ch. 8
Week 7	Sept 25 Sept 27	*Student selected topic; <b>Discussion questions due</b> <b>Midterm Exam (Sept 27)</b>	TBA
Week 8	Oct 2 Oct 4	Ethical and Legal Issues Facing Helpers Managing Boundary Issues	Ch. 9 Ch. 10
Week 9	Oct 9 Oct 11	Counseling Interventions Introduction to Communication Skills; <b>Interviewee contact info due</b>	TBA TBA
Week 10	Oct 16 Oct 18	Introduction to Communication Skills, cont. Crisis Intervention	TBA TBA
Week 11	Oct 23 Oct 25	Working in the Community; <b>Paper #2 Due</b> <b>No Class - Fall Break (Oct 25-26)</b>	Ch. 11
Week 12	Oct 30 Nov 1	Working With Groups Stress, Burnout, and Self-Care	Ch. 12 Ch. 13
Week 13	Nov 6 Nov 8	Alcohol and Drug Abuse Counseling Alcohol and Drug Abuse Counseling, Cont.	TBA
Week 14	Nov 13 Nov 15	Graduate Student Panel; <b>Questions due</b> *Student selected topic; <b>Discussion questions due</b>	None TBA
Week 15	Nov 20 Nov 22	Group Presentations <b>No Class - Thanksgiving Break (Nov 21-23)</b>	None
Week 16	Nov 27 Nov 29	Group Presentations Group Presentations	None None
Week 17	Dec 4 Dec 6	<b>No Class - Friday schedule</b> Course wrap-up	None
<b>Thursday, Dec 13</b>		<b>12:00-3:00pm</b>	