NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY

HMS 121 - BASIC COUNSELING SKILLS I (3 CR)

COURSE DESCRIPTION

Expands the development of counseling skills needed to function effectively in a helping relationship. Emphasizes skills in responding, personalizing, summarizing, and initiating. Clarifies personal skill strengths, deficits, and goals for skill improvement. Develops plans for achieving personal and program goals. Lecture 3 hours per week.

GENERAL COURSE PURPOSE

A. To provide a theoretical framework for students to clarify the ingredients of an effective counseling relationship.
B. To provide a practical framework for students to learn counseling and interpersonal skills.
C. To involve students in self-exploration of personal issues relevant to substance abuse, mental health and gerontology in personal and professional situations.

ENTRY LEVEL COMPETENCIES

English, reading and writing.

COURSE OBJECTIVES

A. Identify many of the variables necessary for constructive helping relationships.
B. Demonstrate minimally facilitative levels of attending, observing, listening and responding skills.
C. Set personal learning goals and begin to measure their progress.
D. Identify many of their strengths and weaknesses in the field of counseling and human relations.