

**March 1988**

**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.