Counseling (COU)

Counseling (COU) Courses

COU 2103. Personal Career Planning and Occupational Exploration. (3-0) 3 Credit Hours.
Exploration of career/life planning as a process with a focus on issues and obstacles that can impact an individual's career choices. Knowledge of career development theories and decision-making models, current national and state-specific labor market trends, career and occupational resources will be presented. Course will include opportunities for self-assessment and career assessment results, including interest, personality, values clarification inventories and skills identification as they relate to occupational choices. Recommended for undecided/undeclared majors.

COU 3103. Helping Skills. (3-0) 3 Credit Hours.
This course is designed to create an understanding of the helping relationship. Basic communication/counseling techniques (such as active listening, responding, and interviewing) for facilitating helping relationship skills are developed.