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. Generally offered: Fall, Spring.

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. Generally offered: Fall, Spring.

COU 3203. Child Abuse and Domestic Violence. (3-0) 3 Credit Hours.
This course is designed to explore current issues related to child abuse and domestic violence. The major emphasis is on examining the background, causes, and consequences of these topics.