

# COUNSELING AND APPLIED PSYCHOLOGY (CAP)

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**CAP120 / Introduction to Counseling****3 Credits / 3.0 Periods for Lecture**

Introduction to the field of counseling with a focus on skills and competencies needed as a mental health practitioner. Foundations of counseling including counseling theories, ethical considerations, prevention and intervention topics, and multicultural counseling practices. Prerequisites: None.

**Fulfills:** Social-Behavioral Sciences [SB]; Social-Behavioral Sciences [SB]-in combo

**Division:** Health Science and Public Service

**CAP220 / The Counselor in a Multicultural Society****3 Credits / 3.0 Periods for Lecture**

Current theories and research on culture, race and ethnicity, gender and other aspects of cultural diversity in a multicultural society through the lens of counseling. Focus on personal perspectives, will explore themes, theories, topics and research related to power, privilege and oppression in the United States as applied to counseling discipline. Prerequisites: None.

**Fulfills:** Cultural Diversity in the US [C]-in combo; Cultural Diversity in the United States [C]

**Division:** Health Science and Public Service

**CAP240 / Introduction to Counseling Skills****3 Credits / 3.0 Periods for Lecture**

Introduction to basic skills and techniques used in the counseling field. Focuses on active listening, self-awareness, and other related skills.

Prerequisites: A grade of C or better in CAP120.

**Division:** Health Science and Public Service

**CAP260 / Career and Professional Preparation for the Helping Professions****3 Credits / 3.0 Periods for Lecture**

Overview of the process of career and life planning through self-awareness for students interested in helping fields. Focus on current occupational trends and outlook, the learning models of the individual, the world of work, and decision-making. Emphasis on individual application and workplace diversity. Design materials for use in the professional world such as resumes, online presence, career portfolio. Prerequisites: A grade of C or better in ENG101.

**Fulfills:** Literacy & Critical Inquiry [L]; Literacy & Critical Inquiry [L]-in combo

**Division:** Health Science and Public Service