

COUNSELING

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Courses

Prefix	Course
CAP	Counseling and Applied Psychology
CPD	Counseling and Personal Development
FYE	First Year Experience

Adams, Ryan

Program Co-Director, Counseling (Services)

- B.S., University of Illinois at Urbana-Champaign
- M.Ed., Ph.D., Arizona State University

Nieset, Nikki

Counseling Services

- B.A., The Ohio State University
- M.Ed., Ph.D., Arizona State University

Parsi, Yasaman

Counseling Services

- Master of Counseling & M.Ed., Arizona State University

Wolfe, Audra

Program Co-Director, Counseling (Academics)

- A.A., Mesa Community College
- B.S., M.C., Arizona State University

Counseling and Applied Psychology (CAP)

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: Counseling

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: Counseling

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: Counseling

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: Counseling

Counseling and Personal Development (CPD)

CPD115 / Creating College Success

1 Credit / 1.0 Periods for Lecture

Strategies to create success in college. Methods for selecting and developing effective academic strategies, increasing self-awareness and developing self-management strategies. Elements of college resources and relationships with others explored in support of students' educational experience. Prerequisites: None.

Division: Counseling

CPD150 / Strategies for College Success

3 Credits / 3.0 Periods for Lecture

Focus on increasing student success through college orientation and personal growth, study skills development, and educational and career planning. Prerequisites: None.

Division: Counseling

CPD150AC / Educational and Career Planning

1 Credit / 1.0 Periods for Lecture

Emphasis on increasing student success through educational and career planning. Prerequisites: None.

Division: Counseling

CPD160 / Introduction to Multiculturalism

3 Credits / 3.0 Periods for Lecture

Examination of the multiple cultures and subcultures within the contemporary United States. Personal exploration of awareness and appreciation of multiculturalism. Activities for experiencing diverse cultural perspectives. Critical thinking skills for recognizing, analyzing, and mediating cultural and psychological factors impacting conflict and accord between diverse cultures through written and oral discourse. Prerequisites: A grade of C or better in ENG101 or ENG107, or permission of Instructor.

Fulfills: Cultural Diversity in the US [C]-in combo; Cultural Diversity in the United States [C]; Literacy & Critical Inquiry [L]; Literacy & Critical Inquiry [L]-in combo

Division: Counseling

First Year Experience (FYE)

FYE101 / Introduction to College, Career and Personal Success

1 Credit / 1.0 Periods for Lecture

Focus on student success through exploration of academic, career and life skills. Includes study of goal-setting/success strategies, academic mindset and financial literacy. Develop an education/career plan utilizing career assessments and other college resources. Prerequisites: None.

Division: Counseling

FYE103 / Exploration of College, Career and Personal Success

3 Credits / 3.0 Periods for Lecture

Focus on student success through exploration of academic, career, and life skills. Includes study of goal-setting/success strategies, academic mindset, interpersonal skills, financial literacy, self-care strategies, diverse perspectives, and campus tools and resources. Develop an education/career plan utilizing career assessments and other college resources.

Prerequisites: None.

Division: Counseling