

Cuesta College Student Life and Leadership Office  
*Leadership 253: Peer Counseling*  
**SPRING 2009 CLASS SYLLABUS**

• **What IS Peer Counseling?**

Peer counseling is a practicum experience that helps to address positive mental health concepts and the helping relationship. This class provides experiential learning opportunities through self-reflection, written activities, role play, stories, and guest speakers.

**Course Description**

- Course Credits: 2 units
- Course Time: Tuesdays and Thursdays, 9:00-10:30am
- Course Location: Room 5305, San Luis Obispo campus
- Course Duration: March 23–May 21 (9 weeks)

**Instructor:** Maya Andlig

*E-mail:* maya\_andlig@cuesta.edu

*Telephone:* 546-3100, ext. 2480

*Office:* Student Center, room 5309

*Office Hours:* Tues and Thurs from 10:30-11:30 am

*However, I am always available to you via e-mail or phone, and can arrange meetings in person as needed. Please don't hesitate to contact me.*

*Remember that I want you to get a good grade.*

• **What do I need to HAVE to be successful in this class?**

**Required Resources:**

1. Textbook: *A Guide to Peer Counseling* by Jewel Rumley Cox.
2. A 3-ring binder with notebook paper. This will assist you in organizing all of the handouts you will be given and the written assignments you will complete.
3. Access to the internet, time to use the library; and a myCuesta account.

• **What do I need to KNOW to be successful in this class?**

**Our Class Guidelines:**

1. Attendance in this class is necessary! Your attendance and punctuality *will* affect your grade. **For every day you miss, deduct 20 points from your grade! This adds up!!**
2. Participation during class is important. This is YOUR class. If you don't share your thoughts and participate actively, we can't learn from your wisdom. Also, your involvement makes class discussions a lot more fun!

3. Preparation for class is a requirement. In order to participate in class, you must be prepared and be present! *See the semester schedule in this syllabus for more information on the required assignments to prepare for each class session.*
4. Feedback for this class is appreciated and expected. I'll let you know how you're doing in the class; I encourage and welcome you to let me know how I'm doing! I appreciate both positive comments and suggestions for improvement.
5. If you decide to stop attending class, you must process a drop slip for it. The instructor will not drop you, and you will receive an 'F' for the class.
6. One last thing...*Please respect our class discussions by turning off your cell phones while we are in session.*

• **What do I need to DO to be successful in this class?**

**Requirements:**

1. ***Class Attendance:*** Attend class, participate in discussions, and come prepared and on time. **Attendance at each full class session is worth 10 points. If you are late within the first 30 minutes of class, you will receive 5 points. If you are more than 30 minutes late to class, you will receive 0 points.**
2. ***Five-Minute Essays:*** At the end of each class, the instructor will assign a question for you to complete a very brief written response. *Only students present in class can complete and receive credit for a Five-Minute Essay. Each Five-Minute Essay is worth 10 points.*
3. ***Chapter Response Essays:***\* Each chapter in the text provides critical information on class topics. It is a benefit to you to read the text in order to prepare for class, and to assist with your own understanding and personal development.

Your Chapter Response Essays should contain the following 4 paragraphs: (one page of work)

- *Paragraph One and Two:* Provide a written summary and review of the chapter in your own words.
- *Paragraph Three and Four:* Discuss any of the questions provided to hone in on particular concepts and your own beliefs.

The designated chapters to respond to and the due dates are listed on the semester schedule. **Each Chapter Response Essay is worth a maximum of 20 points.**

**\*SEE PAGE 9 FOR ADDITIONAL INFORMATION.**

4. ***Out-of-Class Assignments:*** Four (4) Out-of-Class Assignments\* will be given during the semester. Additional information about these will be distributed before they are due. Please see the semester schedule for the due date for each

assignment. Each Out-of-Class Assignment is worth 30 points. Any assignments submitted late will receive a maximum of 15 points.

\*SEE PAGE 8: YOU HAVE OPTIONS WITH EACH OF THESE 4 ASSIGNMENTS.

• **Can I get *EXTRA CREDIT* in this class?**

Extra-credit assignments may be offered throughout the semester. Just ask! *Make sure you earn the grade you want!*

• **How do I earn my GRADE in this class?**

ASSIGNMENT/ACTIVITY	POINTS	TOTAL POINTS
Class Attendance	14 classes x 10 points each	140 points
Five-Minute Essays	14 essays x 10 points each	140 points
Chapter Response Essays	4 essays x 20 points each	80 points
Out-of-Class Assignments	4 assignments x 30 points each	120 points
Final (If you don't have an A)	1 Take-Home Final	50 points

**Total Possible Points: 530**

<u>POINTS</u>	<u>GRADE</u>	<u>DESCRIPTION</u>
530–483 requirements.	A	Excellent attainment of course Active engaged in the course and assignments.
482–436 with	B	Good attainment of course requirements. Engaged in the course and assignments encouragement.
435–389 requirements.	C	Satisfactory attainment of course

Hesitation in being part of the course and assignments.

388–342  
attainment  
  
contribute

D

Passing, but less than satisfactory  
  
of course requirements. Reluctance to  
  
to the course and assignments.

341 & below

F

Failure to attain course requirements.

*\*PLEASE NOTE: Any assignment that is not submitted when it is due  
  
may be handed in late for a maximum of half  
credit.*

## Leadership 253 Student Record Sheet

Student name \_\_\_\_\_

E-Mail address \_\_\_\_\_

Phone number \_\_\_\_\_

<i>Assignment</i>	<i>Due Date</i>	<i>Possible Points</i>	<i>Completed Points</i>	<i>Other</i>
Class Attendance #1	3/24/09	10		
Five-Minute Essay #1	3/24/09	10		
Class Attendance #2	3/26/09	10		
Five-Minute Essay #2	3/26/09	10		
Class Attendance #3	3/31/09	10		
Five-Minute Essay #3	3/31/09	10		
Chapter Response Essay #1	3/31/09	20		
Class Attendance #4	4/2/09	10		
Five-Minute Essay #4	4/2/09	10		
Chapter Response Essay #2	4/2/09	20		
Class Attendance #5	4/7/09	10		
Five-Minute Essay #5	4/7/09	10		
Chapter Response Essay #3	4/7/09	20		
Class Attendance #6	4/9/09	10		
Five-Minute Essay #6	4/9/09	10		
<i>Spring Break 4/13 thru 4/17...Be Safe and Enjoy! See You in a Week!</i>				
Class Attendance #7	4/21/09	10		
Five-Minute Essay #7	4/21/09	10		
Chapter Response Essay #4	4/21/09	20		
Class Attendance #8	4/23/09	10		
Five-Minute Essay #8	4/23/09	10		
Out-of-Class Assignment #1	4/23/09	30		
Class Attendance #9	4/28/09	10		
Five-Minute Essay #9	4/28/09	10		

Out-of-Class Assignment #2	4/28/09	30		
<b>Assignment</b>	<b>Due Date</b>	<b>Possible Points</b>	<b>Completed Points</b>	<b>Other</b>
Class Attendance #10	4/30/09	10		
Five-Minute Essay #10	4/30/09	10		
Class Attendance #11	5/5/09	10		
Five-Minute Essay #11	5/5/09	10		
Out-of-Class Assignment #3	5/5/09	30		
Class Attendance #12	5/7/09	10		
Five-Minute Essay #12	5/7/09	10		
Out-of-Class Assignment #4	5/7/09	30		
Class Attendance #13	5/12/09	10		
Five-Minute Essay #13	5/12/09	10		
Class Attendance #14	5/14/09	10		
Five-Minute Essay #14	5/14/09	10		
<b>FINAL</b>	5/18/09	50		

TOTAL COMPLETED POINTS ..... \_\_\_\_\_

TOTAL POSSIBLE POINTS ..... 530

GRADE ..... \_\_\_\_\_

## SPRING 2009 SEMESTER SCHEDULE

<i>DATE/DAY</i>	<i>CLASS TOPIC AND ASSIGNMENT</i>
March 24, 2009    Tues	<b>#1.</b> Introduction to Peer Counseling/Ground Rules Setting Stand Up/Sit Down Exercise Relationship/Rapport Building
March 26            Thurs	<b>#2.</b> Understanding Yourself and Others Mini Seminars Self-Esteem Inventory, Attachment Style Values Exploration Exercise, In-class essay
March 31            Tues	<b>#3.</b> Guest Speaker Amy Stapp, Creative Mediation /Video <b>Chapter Response Essay #1 for Chapters 1 &amp; 7 DUE in class.</b> <b>(Remember to compare to two pages of Dr. Phil Transcript or Dr. Phil and watch and write down your observation)</b> Cesar Chavez service assignment #1 activity outside class
April 2              Thurs	<b>#4.</b> Listening, Responding, and the Basics of Communication <b>Chapter Response Essay #2 for Chapter 2 DUE in class</b>
April 7              Tues	<b>#5.</b> Identifying and Reflecting Feelings <b>Chapter Response Essay #3 for Chapter 3 DUE in class</b>
April 9              Thurs	<b>#6.</b> Homelessness presentation: EOC Homeless Services
April 21            Tues	<b>#7.</b> Decision-Making Styles and Process/Loci of Control Quiz <b>Chapter Response Essay #4 for Chapter 4 DUE in class</b>
April 23            Thurs	<b>#8.</b> SARP Center Sexual Assault Response and Video <b>Out-of-Class Assignment #1 DUE in Class</b> <b>No late reading chapters will be accepted after this date.</b>
April 28            Tues	<b>#9.</b> Drug and Alcohol Issues/Guest Speaker <b>Out-of-Class Assignment #2 DUE in Class</b>
April 30            Thurs	<b>#10.</b> Eating Disorders/ <b>Body Tracing Assignment DUE in Class</b>
May 5                Tues	<b>#11.</b> Communication in Intimate Relationships Guest Speaker Daniel Conroy, LCSW <b>Out-of-Class Assignment #3 DUE in class</b>
May 7                Thurs	<b>#12.</b> Issues of Race, Equity and Privilege Today/Speaker Video <b>Out-of-Class Assignment #4 DUE in class</b>
May 12             Tues	<b>#13.</b> Crisis Intervention/Suicide: Guest Speaker from SLO County Hotline
May 14             Thurs	<b>#14.</b> Death and Dying/Final Stages Video/"The Last Lecture" <b>Late out-of-class assignments accepted until this date</b>
<b>May 18</b> <b>Monday!!!</b>	<b>FINAL: Will be take home and due on the Monday of Finals week. If you have an A, you don't have to take the final! No assignments will be accepted.</b>

- *Five-Minute Essays will be completed at the end of every class session, kept in Composition Books, and will be the basis for your roll and participation points.*

### **OUT-OF-CLASS ASSIGNMENT OPTIONS**

Because I want this to be your class as much as mine, you may request permission to substitute any of these assignments with an assignment that would be of equal value to your personal experience. Permission must be obtained prior to turning in your assignment.

- *All together, four assignments must be completed.*
- *Any may be substituted with attending an OPEN Alano Club Meeting or any support group attendance.*

#### **Assignment #1**

*Mediating in the Community/Cesar Chavez Day ..... Due in Class on April 23*

- *Participate in service as part of the celebration of Cesar Chavez. A list of possible activities will be provided. Write a one-page summary of Cesar Chavez and how he exemplifies the building of rapport, active listening, consensus building and strength-based approach to community. Write a one-page summary of the activity that you did and what you gained from the experience.  
30 points*

#### **Assignment #2**

*Listening and Responding ..... Due in class on April 28*

- *Record a 15 minute discussion with a friend. Have a conversation with a friend about a "problem" they are having. Record the discussion line for line, word for word. Critique your own value as a peer counselor by observing the following: Did you give enough feedback that showed your active listening? Did you create any of the "road blocks" discussed in Chapter 7? What would you do differently after analyzing it?*

**OR**

- *Attend dinner at Homeless Shelter and have a conversation with a client there about their "issues." Try to exhibit the active listening that you have read about. Record your observations, what you learned about the person, how much information you were able to gather. Did you find yourself doing any of the road blocks?*

#### **Assignment #3**

*Boundaries Examination-Handout will be provided ..... Due in class on May 5*

#### **Assignment #4**

*Family Issues and Dynamics ..... Due in class on May 7*

- **Explore your own family dynamics over the Spring break with the following questions:** What core personality traits does your family ascribe to you? What lessons/values did they try to impart to you?

OR

- *If you are not in contact with your family, you may listen to any of the following complete segments (3 parts per segment) of This American Life podcasts:*
  - Marriage
  - Monogamy
  - Liars
  - The Job that Takes Over Your Life
  - Bullying
  - Switched at Birth

*Please note that I am familiar with the content of all of these programs. You are to write a four-paragraph paper just as you would a chapter summary. See me for details*

### CHAPTER RESPONSE ESSAY QUESTIONS

In addition to a one-paragraph summary, please do the following:

- **Chapters 1 & 7:** Do you believe in the power of being heard? What challenges do you face to being an active listener and how will you address them?  
*Read a few pages of the Dr. Phil transcript and label road blocks and active listening strategies.*  
**Due March 31**
- **Chapter 2 – Listening and Responding:** When you read the phrases for showing that you are actively listening, do you feel comfortable using them? What phrases can you use that will make you feel comfortable to summarize content, check back with the client, and clarify? Please create an imaginary dialogue using yourself as the client and show the following: summarizing, checking for clarification, and open-ended questions.  
**Due April 2**
- **Chapter 3 – Reflecting Feelings:** What examples from the text presented you with the most challenge? Please try to create your own scenario based on a similar experience and create your own response. Underline where you feel you are “reflecting” feeling.  
**Due April 7**
- **Chapter 4 – Decision Making:** Please respond to the text and then list a decision that you have to make and try to apply what you learned. Write out the scenario as if you are your own client.  
**Due April 21**

*This is all the reading that we will complete in the assigned text.*

## STUDENT INFORMATION SHEET

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

Birthday \_\_\_\_\_

Number of Semesters completed at Cuesta \_\_\_\_\_

Major and Concentration (Current or Future) \_\_\_\_\_

Future Educational/Career Goals \_\_\_\_\_

What do you enjoy doing in your free time? \_\_\_\_\_

Why are you in this class? \_\_\_\_\_

What do you hope to learn in this course? \_\_\_\_\_

In the space below, please tell me about your family, interests, activities, or any other information you would like to share about yourself and your expectations for this class. *Thank you!*

