

Cuesta College

Leadership 53: Peer Counseling

FALL 2007 SYLLABUS

• What IS Peer Counseling?

Peer counseling is a practicum experience that helps to address positive mental health concepts and the helping relationship. This is not designed to be a lecture course. Instead, this class provides experiential learning opportunities through self-reflection, written activities, role plays, stories, feedback, and discussion.

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: October 23 – December 18, 2007 (9 weeks)

Instructor: Carolyn Weyel

E-mail: cweyel@cuesta.edu

Telephone: 546-3100, ext. 2480

Office Hours: Tuesdays and Thursdays, 10:30-11:30am. I am a part-time faculty member, so my time on campus is limited. However, I am always available to you via e-mail or phone, and can arrange meetings in person as needed.

Office: Student Center, room 5309

• 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.

• 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.
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 for more information on the required assignments to prepare for each class session.*

4. Feedback regarding this class is appreciated and expected. I'll let you know how you are doing in the class, and 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. **One-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 One-Minute Essay.* **Each One-Minute Essay is worth 10 points.**
3. **Chapter Response Essays:** Each chapter in the text helps to provide 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 two paragraphs:

- Paragraph One: Provide a written summary and review of the chapter in your own words.
- Paragraph Two: Discuss what you learned about yourself after reading the chapter and where you would like to grow. Include your thoughts and feelings as they relate to the course and your own experiences, beliefs, and what you are learning about yourself.

The designated chapters to respond to and the due dates are listed on the semester schedule. **Each Chapter Response Essay is worth 20 points, and will be graded as follows:**

Two complete paragraphs, submitted on time = 20 points

One paragraph, submitted on time = 10 points

Two paragraphs, submitted late = 10 points

One paragraph, submitted late = 5 points

4. **Out-of-Class Assignments:** Four (4) Out-of-Class Assignments will be given during the semester. Additional information regarding these assignments 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.**

- Can I get Extra Credit in this class?

Extra credit assignments may be offered throughout the semester. Pay attention to these opportunities as they arise, or ask the instructor for help to *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
One-Minute Essays	14 essays x 10 points each	140 points
Chapter Response Essays	5 essays x 20 points each	100 points
Out-of-Class Assignments	4 assignments x 30 points each	120 points

Total Points: 500 points

<u>Points</u>	<u>Grade</u>	<u>Description</u>
450-500	A	Excellent attainment of course requirements. Actively engaged in the course and assignments.
400-449	B	Good attainment of course requirements. Engaged in the course and assignments with encouragement.
350-399	C	Satisfactory attainment of course requirements. Hesitation in being part of the course and assignments.
300-349	D	Passing, but less than satisfactory attainment of course requirements. Reluctance to contribute to the course and assignments.
299 & below	F	Failure to attain course requirements.

Leadership 53 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	10/23/07	10		
One-Minute Essay #1	10/23/07	10		
Class Attendance #2	10/25/07	10		
One-Minute Essay #2	10/25/07	10		
Class Attendance #3	10/30/07	10		
One-Minute Essay #3	10/30/07	10		
Chapter Response Essay #1	10/30/07	20		
Class Attendance #4	11/1/07	10		
One-Minute Essay #4	11/1/07	10		
Chapter Response Essay #2	11/1/07	20		
Class Attendance #5	11/6/07	10		
One-Minute Essay #5	11/6/07	10		
Chapter Response Essay #3	11/6/07	20		
Class Attendance #6	11/8/07	10		
One-Minute Essay #6	11/8/07	10		
Class Attendance #7	11/13/07	10		
One-Minute Essay #7	11/13/07	10		
Chapter Response Essay #4	11/13/07	20		
Class Attendance #8	11/15/07	10		
One-Minute Essay #8	11/15/07	10		
Out-of-Class Assignment #1	11/15/07	30		
Class Attendance #9	11/27/07	10		
One-Minute Essay #9	11/27/07	10		
Out-of-Class Assignment #2	11/27/07	30		

<i>Assignment</i>	<i>Due Date</i>	<i>Possible Points</i>	<i>Completed Points</i>	<i>Other</i>
Class Attendance #10	11/29/07	10		
One-Minute Essay #10	11/29/07	10		
Class Attendance #11	12/4/07	10		
One-Minute Essay #11	12/4/07	10		
Out-of-Class Assignment #3	12/4/07	30		
Class Attendance #12	12/6/07	10		
One-Minute Essay #12	12/6/07	10		
Class Attendance #13	12/11/07	10		
One-Minute Essay #13	12/11/07	10		
Class Attendance #14	12/13/07	10		
One-Minute Essay #14	12/13/07	10		
Chapter Response Essay #5	12/13/07	20		
Out-of-Class Assignment #4	12/18/07	30		

TOTAL COMPLETED POINTS _____
TOTAL POSSIBLE POINTS 500
GRADE _____

Fall 2007 Schedule

<i>Date/Day</i>	<i>Class Topic and Assignment</i>
October 23, 2007 Tues	#1. Introduction to Peer Counseling
October 25, 2007 Thurs	#2. Understanding Yourself and Others
October 30, 2007 Tues	#3. Fundamentals of Peer Counseling and the Helping Relationship Chapter Response Essay #1 for Chapter 1 DUE in class.
November 1, 2007 Thurs	#4. Listening, Responding, and the Basics of Communication Chapter Response Essay #2 for Chapter 2 DUE in class.
November 6, 2007 Tues	#5. Identifying and Reflecting Feelings Chapter Response Essay #3 for Chapter 3 DUE in class.
November 8, 2007 Thurs	#6. Mediation: <i>Guest Speaker from Creative Mediation</i>
November 13, 2007 Tues	#7. Making Decisions and Relieving Stress Chapter Response Essay #4 for Chapter 4 DUE in class.
November 15, 2007 Thurs	#8. College Counseling: <i>Guest Speaker from Counseling Department</i> Out-of-Class Assignment #1 DUE in class.
November 20, 2007 Tues	No Class! <i>Work on Out-of-Class Assignment #2.</i>
November 22, 2007 Thurs	Thanksgiving Break!
November 27, 2007 Tues	#9. Thoughts, Emotional Awareness and Taking Responsibility Out-of-Class Assignment #2 DUE in class.
November 29, 2007 Thurs	#10. Sexual Assault: <i>Guest Speaker from SARP Center</i>
December 4, 2007 Tues	#11. Depression and Anger Out-of-Class Assignment #3 DUE in class.
December 6, 2007 Thurs	#12. Crisis Intervention: <i>Guest Speaker from SLO County Hotline</i>
December 11, 2007 Tues	#13. Health Issues: <i>Guest Speaker from Cuesta's Health Center</i>
December 13, 2007 Thurs	#14. Fear and Worry, Roadblocks to Counseling Chapter Response Essay #5 for Chapter 7 DUE in class.
December 18, 2007 Tues	FINAL: 9:45-11:45am Out-of-Class Assignment #4 DUE at 9:45am! <i>(No assignments will be accepted after this date.)</i>

* *One-Minute Essays will be completed at the end of each class session.*

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!*