

**SIMON FRASER UNIVERSITY  
SUMMER SEMESTER 2008**

**EDUC 423-4  
HELPING RELATIONSHIPS  
(D100)**

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**PREREQUISITES**

EDUC 323-3

**REQUIRED READING**

Custom Courseware will be available in the SFU Bookstore

**LEARNING OBJECTIVES**

This course will focus on the development of basic listening skills and methods to foster human relationships. These skills are not meant to reflect any one theory of counselling but are seen as fundamental to the development of helping relationships. Specifically, at the end of the course students will have had the opportunity to:

- a. Increase your awareness of your own natural resources for helping others.
- b. Enable you to understand and demonstrate the appropriate use of a broad repertoire of specific helping skills.
- c. Enable you to more fully understand the interrelationship between your personality and your personal functioning and the processes and skills involved in becoming an effective helper.
- d. Enable you to investigate more deeply into the reasons why people behave as they do and how to effectively intervene to help people change.

**COURSE CONTENT**

The major focus of this course will be on training in the personal use of a variety of active listening skills. This will be accomplished through an experience/reflection format with opportunities to practice particular skills and by video recordings of your active listening exchanges. This will then be followed by constructive feedback from the instructor and fellow students. A formal requirement of this will be the preparation and presentation of 3 videotapes.

**WRITTEN ASSIGNMENTS**

**Skill-Learning Papers**

At the beginning of the semester each student will prepare a short paper (maximum 5 pages-Times Roman 12 pt font, double spaced) that assesses your strengths and challenges with respect to communications and human relations. This paper is due week 2. At the end of the semester, you will critique your first paper in relation to any changes of perspective. The second critique is due at the end of term along with your final videotape assignment.

**Class Participation/Journal**

Class participation is encouraged and attendance at all sessions is required. Because this is a skill development course, you will be called upon extensively in class to participate in active listening practices. Along with your own personal gains in the skill practice area, you will be responsible for your involvement in a partnership with another student. Hence, your consistent attendance is important for the practice component of another student. In addition to attendance, participation in the class includes the degree to which you contribute to in-class active listening practice. Therefore, students are required to keep a journal of in-class experiences as we proceed through the course (beginning with the first class). This journal will be self-evaluative and reflective allowing you to track your own progress through the course. There will be no evaluation of the journal.

## EVALUATION

1. Tape 1 & Critique 1 10%
2. Tape 2 & Critique 2 30%
3. Tape 3 & Critique 3 45%
4. Skill Learning Papers 15%

Further details of the evaluation will be discussed in class.

*Students in all Faculty of Education courses are encouraged to review policies pertaining to academic integrity available on the Undergraduate Programs website:*

[http://www.educ.sfu.ca/ugradprogs/student\\_resources/index.html](http://www.educ.sfu.ca/ugradprogs/student_resources/index.html)

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