

**SIMON FRASER UNIVERSITY
SUMMER SEMESTER 2008**

**EDUC 423-4
HELPING RELATIONSHIPS
(E100)**

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MONDAY 5:30-9:20 EDB 7500F

PREREQUISITES

EDUC 323-3

DESCRIPTION

The purpose of this course is to assist students in developing basic listening, reflecting and interviewing skills. Since skills training is most effective when students are active participants, the course will be devoted to providing opportunities for students to practice role-plays and various exercises. Students will also videotape their interviews as a means to reflect upon and critique their skill development. Students who enroll in this course are expected to actively participate in role-play sessions. As such, students are expected to maintain complete confidentiality and demonstrate professional and ethical conduct during class and interviewing activities. Students will also be asked to sign a contract with respect to care of counselling videotapes, and will be asked to erase/destroy all tapes once the course is completed.

COURSE OBJECTIVES

This course is intended to give students the opportunity to develop and enhance their ability to be empathetic with others. Students will be assessed on their ability to achieve the following:

1. Demonstrate, describe and critique the primary elements of effective helping.
2. Apply a variety of basic counselling skills during mock interviews.
3. Become aware of personal values, beliefs, judgements, and premature advice when in the process of listening to another.
4. Appreciate issues of diversity that may arise in interviewing and counselling.

EVALUATION

Final Grades will be based on a variety of sources that will include the following:

Attendance and Active Participation in all sessions ...5%
Transcripts and Critiques of 3 videotapes.....10%, 25%, 35%
Reflection Paper on Personal Skill Development.....25%

REQUIRED TEXT

Young, M. (2005). *Learning the Art of Helping: Building Blocks and Techniques* (3rd ed). Upper Saddle River, NJ: Pearson/Merrill Prentice Hall.
ISBN 013111753X

Additional readings and resources will be provided 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
