

# Peer Counseling I: Course Syllabus



## Peer Counseling I

### **COURSE DESCRIPTION:**

Helping people achieve their goals is one of the most rewarding of human experiences. Peer counselors help individuals reach their goals by offering them support, encouragement, and resource information. This course explains the role of a peer counselor, teaches the observation, listening, and emphatic communication skills that counselors need, and provides basic training in conflict resolution, and group leadership. Not only will this course prepare you for working as a peer counselor, but the skills taught will enhance your ability to communicate effectively in your personal and work relationships.

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### *Unit 1: Peer Counseling Basics*

#### **Objectives:**

Upon completion of this unit, you will be able to:

- Provide information or resources.
- Make referrals to other types of services.
- Assist with problem solving.
- Help people explore their options.
- Assist with conflict resolution.
- Provide constructive feedback.

### **ASSIGNMENTS:**

Peer Counseling Basics: Unit Text

Questions	<i>Homework</i>	10 points
Peer Counseling Basics: Online Peer Counseling I Lab Questions	<i>Homework</i>	10 points
Unit 1 Discussion Assignment 1	<i>Discussion</i>	5 points
Unit 1 Discussion Assignment 2	<i>Discussion</i>	5 points
Unit 1 Quiz – Peer Counseling Basics	<i>Quiz</i>	15 points

## ***Unit 2: Communicating Needs & Feelings***

### **Objectives:**

Upon completion of this unit, you will be able to:

- Describe the benefits of having emotions.
- Explain what emotional intelligence is and why it is important.
- Describe seven basic emotions, what triggers them, and how to recognize them.
- Recognize signs that reveal which basic needs are not being met.
- Describe what it means to take responsibility for your own emotions and feelings.
- Demonstrate how to communicate feelings and needs effectively.

### **ASSIGNMENTS:**

Communicating Needs & Feelings: Unit Text Questions	<i>Homework</i>	10 points
Communicating Needs & Feelings:	<i>Homework</i>	10 points

## Online Peer Counseling I Lab Questions

Unit 2 Discussion Assignment 1	<i>Discussion</i>	5 points
Unit 2 Discussion Assignment 2	<i>Discussion</i>	5 points
Unit 2 Quiz – Communicating Needs & Feelings	<i>Quiz</i>	15 points

### *Unit 3: Needs, Feelings & Human Behavior*

#### **Objectives:**

Upon completion of this unit, you will be able to:

- Discuss the many ways our earliest caregivers influence our mental and emotional development.
- Discuss the role of temperament and early environmental influences on our mental and emotional development.
- Explain the connection between our earliest influences and the development of our individual habits of thought and behavior.
- Explain how the behavior habits acquired in childhood affect our adolescent and adult choices.
- Explain why humans have developed and use defensive behaviors.
- Begin recognizing defensive behaviors in yourself and others.

#### **ASSIGNMENTS:**

Needs, Feelings & Human Behavior: Unit Text Questions	<i>Homework</i>	10 points
Needs, Feelings & Human Behavior: Online Peer Counseling I Lab Questions	<i>Homework</i>	10 points

Unit 3 Discussion Assignment 1	<i>Discussion</i>	5 points
Unit 3 Discussion Assignment 2	<i>Discussion</i>	5 points
Unit 3 Quiz – Needs, Feelings & Human Behavior	<i>Quiz</i>	15 points

#### ***Unit 4: Listening, Questioning, Paraphrasing & Reflecting***

##### **Objectives:**

Upon completion of this unit, you will be able to:

- Explain what it means to listen attentively, or actively, and the benefits of having this skill.
- Describe or demonstrate how counselors show their attentiveness to peers.
- Explain the purpose of facilitative questioning.
- Understand and demonstrate the use of closed- and open-ended questions.
- Define or demonstrate the counseling skill of paraphrasing.
- Define or demonstrate the counseling skill of reflecting.

##### **ASSIGNMENTS:**

Listening, Questioning, Paraphrasing & Reflecting: Unit Text Questions	<i>Homework</i>	10 points
Listening, Questioning, Paraphrasing & Reflecting: Online Peer Counseling I Lab Questions	<i>Homework</i>	10 points
Unit 4 Discussion Assignment 1	<i>Discussion</i>	5 points

Unit 4 Discussion Assignment 2	<i>Discussion</i>	5 points
Unit 4 Quiz – Listening, Questioning, Paraphrasing & Reflecting	<i>Quiz</i>	15 points

### *Peer Counseling I Midterm Exam*

#### **Objectives:**

Upon completion of this unit, you will be able to:

- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from the first five units in this course (Note: You will be able to open this exam only one time.)

#### **ASSIGNMENT:**

Peer Counseling I Midterm Exam	<i>Exam</i>	<b>50 points</b>
Midterm Discussion Assignment	<i>Discussion</i>	5 points

### *Unit 5: Feedback, Body Language, Summarizing & Assessing*

#### **Objectives:**

Upon completion of this unit, you will be able to:

- Define feedback and explain why it is used.
- Demonstrate using feedback.
- Explain how to use a peer's body language as a therapy tool.
- Define summarizing and demonstrate its use.
- Define assessing and explain what it is used for.

- Explain what a non-judgmental attitude is and demonstrate how to practice it.

### ASSIGNMENTS:

Feedback, Body Language, Summarizing & Assessing: Unit Text Questions	<i>Homework</i>	10 points
Feedback, Body Language, Summarizing & Assessing: Online Peer Counseling I Lab Questions	<i>Homework</i>	10 points
Unit 5 Discussion Assignment 1	<i>Discussion</i>	5 points
Unit 5 Discussion Assignment 2	<i>Discussion</i>	5 points
Unit 5 Quiz – Feedback, Body Language, Summarizing & Assessing	<i>Quiz</i>	15 points

### *Unit 6: Conflict Resolution*

#### **Objectives:**

Upon completion of this unit, you will be able to:

- Explain how conflict is more than a disagreement, and discuss the factors that make conflict resolution difficult.
- Define and discuss the conflict styles of competing, avoiding, accommodating, and compromise.
- Define collaboration and explain what makes it an ideal style of negotiation and what makes it difficult to use.
- Understand and explain how your personal biases and past conflict experiences affect you as you negotiate with others.
- Follow ground rules and guidelines, and utilize counseling skills to practice the art of conflict resolution.
- Exercise options for managing an impasse (stalemate) in the resolution process.

**ASSIGNMENTS:**

Conflict Resolution: Unit Text Questions	<i>Homework</i>	10 points
Conflict Resolution: Online Peer Counseling I Lab Questions	<i>Homework</i>	10 points
Unit 6 Discussion Assignment 1	<i>Discussion</i>	5 points
Unit 6 Discussion Assignment 2	<i>Discussion</i>	5 points
Unit 6 Quiz – Conflict Resolution	<i>Quiz</i>	15 points

**Unit 7: Leadership & Teamwork****Objectives:**

Upon completion of this unit, you will be able to:

- Identify basic styles of leadership and discuss each style's strengths.
- Describe your own natural leadership style, with its strengths and weaknesses.
- Discuss the basics of collaborative leadership.
- Explain the benefits of working in teams and what the primary building blocks of successful teams are.
- Explain how a team leader encourages and facilitates effective teamwork.
- Explain the four stages teams go through as they mature.

**ASSIGNMENTS:**

Leadership & Teamwork: Unit Text Questions	<i>Homework</i>	10 points
Leadership & Teamwork: Online Peer Counseling I Lab Questions	<i>Homework</i>	10 points
Unit 7 Discussion Assignment 1	<i>Discussion</i>	5 points
Unit 7 Discussion Assignment 2	<i>Discussion</i>	5 points
Unit 7 Quiz – Leadership & Teamwork	<i>Quiz</i>	15 points

### ***Unit 8: Group Leadership***

#### **Objectives:**

Upon completion of this unit, you will be able to:

- Educate others regarding the benefits of participating in counseling groups.
- Describe three types of peer counseling groups and the primary focus of each type.
- Provide a general job description of a group facilitator.
- Name three group stages of development and discuss the expected behaviors of group members during each of the stages.
- Define group cohesion, and name two or more ways to facilitate group cohesion during each stage of group development.
- Identify six problems that may arise during group sessions and suggest one or two ways of addressing each one.

#### **ASSIGNMENTS:**

Group Leadership: Unit Text Questions	<i>Homework</i>	10 points
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Group Leadership: Online Peer Counseling I Lab Questions	<i>Homework</i>	10 points
Unit 8 Discussion Assignment 1	<i>Discussion</i>	5 points
Unit 8 Discussion Assignment 2	<i>Discussion</i>	5 points
Unit 8 Quiz – Group Leadership	<i>Quiz</i>	15 points

### *Peer Counseling I Final Exam*

#### **Objectives:**

Upon completion of this unit, you will be able to:

- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from units six to ten in this course – the last five units. (Note: You will be able to open this exam only one time.)

#### **ASSIGNMENT:**

Peer Counseling I Final Exam	<i>Exam</i>	<b>50 points</b>
Class Reflection Discussion Assignment	<i>Discussion</i>	10 points