

# EDCP - EDUCATION COUNSELING AND PERSONNEL SERVICES

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## **EDCP100 Academic Success Strategies (1 Credit)**

Empower students to become more active learners in college and in life. Examine prior and current learning strategies. Create new pathways for growth now and in the future.

**Restriction:** Junior standing or lower; or permission of instructor.

**Credit Only Granted for:** EDCP108B or EDCP100.

**Formerly:** EDCP108B.

## **EDCP101 The Transfer Student in the University (1 Credit)**

Support transfer students in making a successful transition to the University. By making students aware of themselves as learners, introducing students to campus resources, and teaching research-based learning strategies, this course empowers students to become active and effective learners.

**Credit Only Granted for:** EDCP108G or EDCP101.

**Formerly:** EDCP108G.

## **EDCP102 Math Study Skills and Building Confidence (1 Credit)**

Empower students to take charge of their math learning and utilize effective strategies for math success.

**Restriction:** Sophomore standing or lower; or permission of instructor.

**Credit Only Granted for:** EDCP108M or EDCP102.

**Formerly:** EDCP108M.

**Additional Information:** This course is recommended for freshmen and sophomore students enrolled in a math class who would like to increase their math confidence and learn how to study math efficiently. This hybrid course includes two in-person meetings (to be arranged) and weekly online assignments.

## **EDCP108 College and Career Advancement: Concepts and Skills (1 Credit)**

Knowledge and skills designed to enhance college as a learning experience or preparation for life.

**Repeatable to:** 3 credits if content differs.

## **EDCP210 Peer Counseling Skills and Mental Health Advocacy (3 Credits)**

Introduction to core helping skills in peer counseling settings and three predominant theoretical approaches used in the counseling field (humanistic, psychodynamic, cognitive-behavioral). The course also explores mental health stigma and advocacy. Students will build an understanding of the practical application of underlying principles and theory in counseling and the helping professions, while exploring their own, and societal, biases, assumptions, and attitudes toward mental health.

**Restriction:** Must not have completed EDCP310; and must not have completed PSYC433.

**Credit Only Granted for:** EDCP210, EDCP310, or PSYC433.

## **EDCP230 The Science and Practice of Happiness and Psychological Well-Being (3 Credits)**

An introduction to theory and research on positive psychology, subjective well-being, and the psychology of happiness. This will include examination of hedonic and eudaimonic models of well-being and sociocultural understandings of happiness, together with how it relates to health, relationships, money, religion, work, and social media. Students will also explore common misconceptions and myths about happiness and well-being and will engage in a variety of activities designed to deepen their understanding of happiness in their own lives and broader societal trends related to well-being.

## **EDCP298 Special Problems in Counseling and Personnel Services (1-3 Credits)**

Individual instruction in special problems related to counseling, student leadership, and college student development.

**Restriction:** Permission of EDUC-Counseling, Higher Education and Special Education department.

## **EDCP310 Peer Counseling Theory and Skills (3 Credits)**

The theories and skills of peer helping relationships. Counseling theories and skills at a level appropriate for students seeking basic level training for use in peer counseling settings.

**Credit Only Granted for:** EDCP210, EDCP310, or PSYC433.

## **EDCP312 Multi-Ethnic Peer Counseling (3 Credits)**

Knowledge, skills, and attitude to function as peer helpers of Multi-Ethnic students.

**Restriction:** Sophomore standing or higher.

**Formerly:** EDCP310A.

## **EDCP325 Substance Use and Abuse in American Society (3 Credits)**

Incidence, etiology, effects and management of substance use and abuse from perspective of the individual, the family, and society.

## **EDCP386 Experiential Learning (3-6 Credits)**

**Restriction:** Permission of EDUC-Counseling, Higher Education and Special Education department; and sophomore standing or higher.

## **EDCP411 Principles of Mental Health (3 Credits)**

Mechanisms involved with personal adjustment, coping skills, and the behaviors that lead to maladjustment.

**Prerequisite:** 9 semester hours in the behavioral sciences; or permission of EDUC-Counseling, Higher Education and Special Education department.

## **EDCP420 Advanced Topics in Human Diversity and Advocacy (3 Credits)**

This course will build upon students' knowledge of diversity in American society and will examine contemporary topics related to multiculturalism in educational and community contexts as well as strategies for advocacy in such venues. This course fulfills CORE requirements in diversity.

**Restriction:** Permission of EDUC-Counseling, Higher Education and Special Education department.

## **EDCP462 Disability in American Society (3 Credits)**

Critical examination of the history of discrimination and analysis of current policies toward people with severe physical and mental disabilities.

**Restriction:** Must have earned a minimum of 30 credits; and sophomore standing or higher.

**EDCP489 Field Experiences in Counseling and Personnel Services (1-4 Credits)**

Planned field experience in education-related activities. Credit not to be granted for experiences accrued prior to registration.

**Restriction:** Permission of EDUC-Counseling, Higher Education and Special Education department.

**EDCP498 Special Problems in Counseling and Personnel Services (1-3 Credits)**

Available only to major students who have formal plans for individual study of approved problems.

**Prerequisite:** Available only to major students who have formal plans for individual study of approved problems.

**Restriction:** Permission of EDUC-Counseling, Higher Education and Special Education department.

**EDCP499 Workshops, Clinics, Institutes (1-6 Credits)**

The following type of educational enterprise may be scheduled under this course heading: workshops conducted by the Department of Counseling and Personnel Services (or developed cooperatively with other departments, colleges and universities) and not otherwise covered in the present course listing; clinical experiences in counseling and testing centers, reading clinics, speech therapy laboratories, and special education centers; institutes developed around specific topics or problems and intended for designated groups.

**Repeatable to:** 6 credits.