

Introduction to Helping Skills

COU211

Syllabus

1. Helping
2. Characteristics of Helpers
3. The Helping Process
4. Basic Helping Skills
5. Specialized Helping Skills for Understanding
6. Specialized Helping Skills for Comfort and Crisis
7. Specialized Helping Skills for Positive Action
8. Strategies

Your grade will be based on:

1. Any written assignments.
2. Attendance and class participation.
3. Final Exam.

All written assignments are to be typewritten.