

Counseling Psychology 115: Educational Effectiveness – Fall 2005
1 Credit
Fetzer Academic Center, room 193
Thursdays 1:00 p.m. to 2:15 p.m.

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DESCRIPTION:

This course will use individual and group development activities to introduce student-athlete personal health and development topics. I will also address additional life skills topics such as decision making, stress managements, alcohol education, and nutrition. This course creates opportunities for student-athletes to learn the foundations of responsibility for self-actions and the importance of being a successful part of the campus community.

COURSE OBJECTIVES:

- To help you cope with various personal and social issues that can impact your success
- To encourage individual growth by increasing awareness of human diversity, cultures, values and beliefs.
- To develop a sense of personal responsibility for actions, behaviors, and the pursuit of goals.
- To enhance awareness of health promotion concepts as they relate to optimal health and improved lifestyle behaviors, thus affecting academic, athletic and personal aspects of life.

COURSE REQUIREMENTS:

Materials UW Student-Athlete Planner/ Handbook (supplied by instructor)
UW E-Mail Account – Call Doit if you have problems (264-DOIT)

Community Outreach Project You are required to participate in 2 hours of community involvement during the 10 week course. Volunteerism provides the student-athlete with an opportunity to gain “hands-on” service experience. To report your hours, turn in the necessary form to the instructor before December 13th.

Assignments There is no reading for this course. You will be graded based on weekly papers and participation. At the beginning of each class, you will be required to turn in a paper that is 1 page, double spaced, and 12 point font. This paper will describe one change and

its effect on you. Also, at the end of each paper, please include a question regarding the next topic to be discussed. The instructor will give more specific details each class. Each paper is worth 10 points. Two points will be deducted for every day it is late.

Attendance & Participation

Attendance and participation equates to showing up **ON TIME**, being prepared, listening, turning in assignments and participating in class discussions and activities. Attendance is **MANDATORY**. Attendance will be taken every week. If you will miss a class for athletic competition, you must notify the instructor by turning in your travel letter at least one week before you travel. If you will miss a class due to illness, you must notify your instructor before class through email or a phone call. In either case, you are responsible for turning in your journal that week.

COURSE EVALUATION:

Students will be evaluated on their weekly papers, completion of community service, as well as their participation in class. The points are awarded as follows:

Weekly Papers (10 points each)	90
Community Outreach Project	10
Class Participation (10 points/ class)	<u>100</u>
Total Point	200

COURSE SCHEDULE:

October 11th	Into/ Stress Management
October 18th	Time Management & Flow/ Focus
October 25th	Nutrition/ Eating Disorders
November 1st	Alcohol/ Sexual Assault
November 8th	Interpersonal Relationships
November 15th	Diversity/ LGBT Issues
November 22nd	Personal/ Career Exploration
November 29th	Financial Management: Got Budget?
December 6th	Authentic Happiness
December 13th	Course Wrap-up