



MASTER COURSE OUTLINE

A. HSER 1105 Introduction to Group Counseling

B. COURSE DESCRIPTION:

This course focuses on understanding group processes and utilizes this knowledge in working with groups of people. Skills and knowledge acquired are employed in two contexts: 1) understanding group interactions and their effects on participants, 2) understanding major group theories and 3) leading and/or facilitating groups concerning variety of special topics. A combination of cognitive and experiential techniques is used to facilitate learning that may include lectures, discussions, role-playing, group experiences, assigned readings, and films.

(2 Cr – 2 lect, 0 lab)

C. **Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Stages of group development
- Common group problems
- Creating and facilitating a group session
- Group work with marginalized groups
- Theories of group intervention
- Leadership skills
- When and how to intervene with group members
- Ethical issues unique to group work

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
**Critical Thinking	gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	<ol style="list-style-type: none"> attend and analyze a community group counseling session. compare and contrast leadership styles with information in class and assigned readings.
<u>CS</u>	understand the following aspects of group processes: leadership, roles, status, norms, cohesion, scapegoating, decision making, and problem solving.	<ol style="list-style-type: none"> discuss and actively enter into the group process being simulated in the classroom.
<u>CS</u>	understand the stages of group development and the special issues involved in working with youth in the various stages.	<ol style="list-style-type: none"> discuss and complete participant logs for each group conducted in class.
<u>CS</u>	understand model types of leadership and utilize different styles of leadership and the leaders' impact on the group process.	<ol style="list-style-type: none"> prepare, lead, and direct groups on a weekly basis. These groups are conducted by the instructor and students.
<u>CS</u>	understand the importance of groups and the varieties of groups employed in helping relationships. Specific goals of groups include but are not limited to: support, problem solving, task oriented, interpersonal development, information giving, values clarification, and therapy.	<ol style="list-style-type: none"> complete weekly logs. participate in and evaluate one ongoing group in the community.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Letter Grade

Revision date: 04/20/16; 11/06/17; 01/18/23

AASC Approval date: 11/21/17; 05/02/23

*Riverland Community College Disciplines	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

**Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

*These five MnTC Goals have been identified as Riverland Community College Disciplines.

** These five MnTC Goals have been identified as Riverland Community College Core Themes.

NOTE: The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.