

# COU154e School-based Counselling

**Level:** 1

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

**E-Learning:** BLENDED - Learning is done MAINLY online using interactive study materials in Canvas. Students receive guidance and support from online instructors via discussion forums and emails. This is supplemented with SOME face-to-face sessions. If the course has an exam component, this will be administered on-campus.

## **Synopsis:**

This course aims to equip students with the knowledge and skills to function as professional school counsellors working with children and teenagers in educational settings. The course content covers the development of school counselling in Singapore, the scope of school counselling, and the roles and responsibilities of the professional school counsellor in group guidance, career development and in testing and assessment. Students are introduced to different approaches and skills in working with children, teenagers, parents, and crisis counselling in educational settings. They will also examine the school counsellor's accountability and discuss ethical issues related to school counselling. To complete the training, students will be taught how to plan a comprehensive, developmental school counselling programme.

## **Topics:**

- From School Guidance to School Counselling
- The School Counsellor's Role in Group Work
- The School Counsellor's Role in Career Development
- The School Counsellor's Role in Testing and Assessment
- Counselling Children in Primary Schools
- Counselling Adolescents in Secondary Schools
- Expressive Arts in Counselling Children and Adolescents
- The School Counsellor and Family Partnership
- Crisis Counselling and Critical Incident Management
- Planning a Developmental, Comprehensive School Counselling Programme
- The School Counsellor's Accountability and Programme Evaluation
- Professional and Practical Issues in School Counselling

## **Textbooks:**

Jeannine R. Studer - University of Tennessee at Knoxville.: The Essential School Counselor in a Changing Society. (eText) Saga  
ISBN-13: 9781483323640

**Learning Outcome:**

- Present a historical account on the development of school counselling in Singapore.
- Discuss the roles and job scope of school counsellors.
- Explain the process of setting up school counselling services in schools.
- Comment on professional and ethical issues related to school counselling.
- Demonstrate skills in individual counselling with children and adolescents.
- Illustrate the role of school counsellors with simple case studies.
- Describe approaches and techniques in working with parents and families.
- Implement group guidance activities in schools.

**Assessment Strategies (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	PRE-CLASS QUIZ 1	5
	PRE-CLASS QUIZ 2	5
	TUTOR-MARKED ASSIGNMENT 1	40
Overall Examinable Components	Written Exam	50
<b>Total</b>		<b>100</b>