YMIN426: Counseling Youth  
Spring 2010 – 2 Units  
Tuesday/Thursday 8:00-8:50am

Instructor: Fritz T. Moga  
Office: (916) 577-2263; email: fmoga@jessup.edu

Required Text: *Helping the Struggling Adolescent. (Updated and Expanded)*  

Course Description: An exploration of strategies and techniques of counseling adolescents. The class will examine needs and problems of normal and troubled adolescents including self image, sexuality, eating disorders, suicide and depression. Attention will be given to recognizing warning signs and understanding the referral process.

Objectives: *At the end of the semester the student will be able to:*  
1. Evaluate their motivation and passion for ministry.  
2. Demonstrate knowledge of how to take care of themselves in the course of life and ministry.  
3. Identify the basic principles and techniques of counseling.  
4. Apply counseling techniques to many specific struggles of adolescents.

Course Requirements:  
1. The student will write a five to six page paper describing their experiences with the Taking Care of Myself lectures from class (see attached assignment description). Due Thursday, February 18th.  
2. The student will distribute 10 student surveys about the struggles of adolescents, compile the results and interpret the information for practical use (see attached assignment description). Due Tuesday, March 23rd.  
3. There will be two exams: a midterm (Thursday, March 4th) and a comprehensive final (Thursday, May 13th, 9:00am). The test material will come from the reading of the text, classroom lectures and discussions, and life experiences.  
4. The student will write a five-page paper on a specific struggle of adolescence that will be chosen in class. It should include an in-depth description of the struggle, current statistics, and counseling guidelines. The paper should be typed, double-spaced with one-inch margins in a standard twelve-point font. A “Works Cited” page should be included citing a minimum of 5 sources used in the project (at least 2 books). Due Thursday, May 6th.

Additional Information:  
1. Regular and prompt attendance in class is expected. Students who miss more than (6) class sessions will have their grades lowered one-half grade for each successive absence. Tardiness counts as one-half of an absence.  
2. Exams may not be taken at any time other than the time indicated without the prior approval of the instructor.  
3. Assignments are due at the beginning of class. Late assignments will be lowered 20% of the original grade and will be accepted until the week before finals.  
4. Computers are to be used for classroom purposes only (taking notes, checking web pages when appropriate). Anyone found to be using a computer for ANY other reason will NOT be allowed to use a computer in class.  
5. Honesty in all matters is a valued principle at William Jessup University; therefore, any form of academic dishonesty, which includes cheating, plagiarism and falsification of documents, constitutes a breach of trust. No form of academic dishonesty will be tolerated.
a. Plagiarism is the use of another’s words, information or ideas without giving credit to that person. This includes copying, quoting, or taking ideas from published material. Please be careful and document all sources.

6. Students and faculty are to show appropriate respect for each other even when divergent viewpoints are expressed in the classroom. Such respect does not require agreement with or acceptance of divergent viewpoints.

7. Office Hours: Monday and Wednesday’s 11:00-12:00 or by appointment. Please contact me with any problems you may be having related to the course and the materials covered.

The various assignments will count toward the final grade as follows:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
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<tbody>
<tr>
<td>Taking Care of Myself</td>
<td>100</td>
</tr>
<tr>
<td>Struggle of Adolescents Survey</td>
<td>100</td>
</tr>
<tr>
<td>Midterm</td>
<td>100</td>
</tr>
<tr>
<td>Struggle of Adolescents Report</td>
<td>200</td>
</tr>
<tr>
<td>Final</td>
<td>200</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>700</strong></td>
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Grading Scale: 100-90% = A; 89-80% = B; 79-70% = C; 69-65% = D; 64%-below = F

Course Outline/Schedule:

**Tuesday**                                                                 **Thursday**

**January**  
19 – Introduction: Taking Care of Myself  21 – The Hurdle of Motivation
26 – The Hurdle of Loneliness/Depression  28 – The Hurdle of Stagnation

**February**  
2 – The Hurdle of Lust  4 – The Hurdle of Busyness
9 – The Hurdle of Burnout  11 – Principles and Techniques of Counseling
                        Goals of Counseling: Biblical Basis
16 – Adolescents  18 – Who Can Help?  
                        Taking Care of Myself Analysis Due

23 – Six Stages of Counseling  25 – Basic Counseling Techniques
                        Midterm Review

**March**  
2 – Understanding Crisis  4 – Midterm
9 – Legal and Ethical Considerations  11 – Jan Kern – Author of Scars That Wound,
                        Scars That Heal (a journey out of self-injury)
16 – Referrals: Crisis as Opportunity  18 – Peer Counseling

23 – Student Survey Debrief  25 – Pitfalls of Counseling
                        Student Surveys Due

**April**  
30 – Easter/Spring Break  1 – Easter/Spring Break
6 – The Struggles of Adolescents

Emotional Struggles

8 – Emotional Struggles

Teen Suicide

13 – Sexual Struggles

15 – Sexual Struggles

411: Teens and Sex

20 – Physical Struggles

22 – Physical Struggles

How to Tell if a Kid is on Drugs

27 – Social Struggles

American Adolescents

29 – Social Struggles

May

4 – Spiritual Struggles

Class Evaluation

6 – Spiritual Struggles

Adolescent Struggles Paper Due

Final Review

Final: Thursday, May 13th 9:00-10:00am

Bibliography:


