

Register For PSY 318: Self Exploration

Explore common concerns: Who am I? Where am I going? What's life about? Explore interpersonal growth and self-discovery in 10 individual counseling sessions!

Come explore interpersonal growth with a counselor-in-training in Individual Exploration, a 1 Credit P/NP (CRN 4270). This course is a 1 credit pass/no pass experiential course. PSY 318 provides an opportunity to engage in self-exploration in a supportive environment, facilitated by a graduate student counselor-in-training enrolled in the Clinical Mental Health Counseling (CMHC) masters program at SOU.

This class offers students an opportunity to explore relevant subject matters personalized to individual needs. Common topics explore (but are not limited to): expanding self-awareness, enhancing relationship skills, exploring one's place in the world, improving stress management tools, implementing positive lifestyle changes, or any other important topics. This course is a wonderful opportunity to focus on personal growth and get experience in an individual counseling environment.

Counseling sessions take place weekly and in person, and are catered to student schedules. Students will attend an orientation at the beginning of the term, and then engage in ten 50-minute weekly individual counseling sessions. At the end of the term, the students will attend a closure meeting. Throughout the term, the only homework is maintaining a written journal about your experiences. This course does not have any tests or homework outside of the written journal. There are no prerequisites to register, and it offers an upper-division credit! Starts in January of 2025! Sign up online. For more information, contact the CMHC Graduate Assistant, Linnea (visherl@sou.edu) or Tracy (charleswt@sou.edu).