

Register for PSY 319: Group Exploration

Come explore interpersonal growth with counselors-in-training in Personal Development: Group Exploration (CRN 6571). This course is a 1 credit pass/no pass experiential course. PSY 319 provides an opportunity to engage in self-exploration in a supportive group environment, facilitated by two graduate student counselors-in-training enrolled in the Clinical Mental Health Counseling (CMHC) Master's program.

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

Counseling sessions take place in-person weekly, and are catered to student schedules. Students will attend an online orientation, engage in ten 2-hour weekly group counseling sessions, and come to a closure meeting at the end of the term. 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 spring term 2026 - Register online.

For more information, contact Brandon or Linnea, the CMHC Graduate Assistants, via email at mccowanb@sou.edu and visherl@sou.edu.