southern exposure
WHAT'S NOW, NEW AND NEXT AT SOUTHERN OREGON UNIVERSITY

Register for PSY 318: Individual Exploration

Come explore interpersonal growth with a counselor-in-training in Personal Development: Individual Exploration. 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) Master's program. 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 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 an individual counseling environment.

Counseling sessions take place weekly and in-person, and are catered to student schedules. Students will attend an online orientation, engage in ten 50-minute weekly individual 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 in January of 2027! Sign up online. For more information, contact Chris or Brandon, the CMHC Graduate Assistants, via email at goldmanchris@sou.edu and mccowanb@sou.edu.