



Counseling & Student Affairs

Undergraduate Spring Classes

CNS 110 Human Relations with Dr. Fred Stickle

Learn the theory, concepts and skills necessary to increase self-awareness and improve relationships in social and academic settings. Processes of managing the problems of everyday life including conflict and social demands. *This class fits the colonnade (general education) requirement for Exploration: Social and Behavioral studies category.*

Course topics include:

- Getting acquainted with others
- Self-Awareness
- Who's in Control
- Dealing with Emotions
- Interpersonal Interaction
- Developing Close Relations
- Resolving Interpersonal Conflict
- Managing Stress



CNS 432 Helping Skills with Dr. Lacreteria Dye

Learn to demonstrate proficiency in basic helping skills through understanding how personal characteristics, attitudes towards helping, and attitudes regarding diversity influence helping relationships. Understand the counseling profession, the various counseling specializations, and when/how to refer individuals to appropriate professionals.

Course topics include:

- The Counseling Profession: Overview and History
- Helping Relationships & Skills
- Personal Qualities of Helpers and the Significance of Self-awareness
- Building Relationships and Establishing Goals
- Helping in a Diverse Social Context
- Current Theoretical Perspectives
- Introduction and Application to Helping Strategies
- Helping People in Crisis: Theory and Intervention
- Issues and Trends in Counseling

Visit wku.edu/csa

