

Welcome to  
Counseling Adolescents  
(CNS 562)

Professor: Dr. Fred Stickle, Ph.D.  
Dept. of Counseling and Student Affairs  
GRH 2012  
Western Kentucky University  
1906 College Heights Blvd. #51031

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270-745-8953 (W) 8:00-12:00 M-F  
270-782-0381 (H)

**Catalog Description:** Theories and Techniques of Developmental Counseling with the Teenage Population

**Course Rationale:** A better understanding of the emotional needs of adolescents and how the helping professional can assist in meeting the emotional needs of this particular group of individuals and their parents.

**Course Objectives:**

1. Knowledge of the developmental needs of adolescents.
2. Knowledge of counseling skills and techniques.
3. Knowledge of responding to wellness and crises counseling needs.
4. Knowledge of the uniqueness of each adolescent and how to empower the individual to develop and use their resources.

**Web –based Study Class:** This is a web-based study course. Your work in the class will consist of a series of assignments, which you do on your own, and return to your instructor. There will be no class meetings. The course is divided into 5 units and a term project. If you are unable to send in any of the units on the date listed, please e-mail me and request an extension of time.

**Text books:** There are 2 required text books

1. Stickle, Fred E. (2012). Adolescent Psychology, current edition  
Dubuque IA: McGraw-Hill Company
2. Boesky, Lisa (2007). When to Worry: How to Tell if Your Teen Needs Help and What to do About It. New York: Amacom. ISBN# 0814473636

You may purchase these at the WKU bookstore. If you wish, you may order by phone at (270) 745-2466. University Textbook and Supply also has the textbooks and can be ordered by calling (270) 783-0687.

**What to send in:** After you have completed a unit of study, send your materials through US mail to:

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Do not send certified or registered mail (these sometimes take very long to be received). Be sure to put your name on each paper. Do not send in individual assignments. Send in an entire unit at one time. You must send your material by the mail, **not e-mail**.

**Written Work:** Most assignments will require that you write a certain number of pages in response to the questions. A page refers to a typed, double-spaced page with 1-inch margins or about 200-250 words per page. You may write more if you desire. If you wish to hand write your answers you may do so; just keep in mind that a requirement of one page is about 200-250 words. All written work must be in your own words. Do not simply copy from the text. Reading, understanding, and then summarizing in your own words is part of the learning process.

**Due Dates/Grades:** Due dates will be sent to you with your packet materials. Dates will be listed for the 5 units and term project. If you need a few more days, e-mail or call me and make a request for an extended deadline; otherwise your materials must be postmarked no later than the date indicated. After turning in a unit of study, you will receive immediate feedback as to how you did on each assignment and a final grade for the unit. The materials you send will be kept by the instructor. Successfully completing all assignments in each unit will result in an A. In order to receive a final grade of a B, you must receive an A average on all 5 units. In order to receive a final A, you must complete the requirements for a grade of B, plus present an acceptable term project.

**Term Project:** The term project is required only for the students working for a final grade of A. It will need to be turned in on the date listed. The project will be to be started early in order to have enough time to do a good job.

**NOTE: It would be best to glance over all assignments for the 5 units and the term project before you start the course. Several assignments will involve discussions with other people.**

Students with disabilities who require accommodations (academic adjustments and/or auxiliary aids and services) for this course must contact the Office for Student Disability Services, located in room 101 of the Garrett Conference Center. The OSDS telephone number is 270-745-5004 (or 55004 if dialing from a campus phone) V/TDD. Please **DO NOT** request accommodations directly from the professor or instructor without a letter of accommodation from the OSDS.

**The syllabus and grading requirements may change if unforeseen extenuating circumstances occur.**

**If such an event occurs, students will be properly informed.**

**REMEMBER-DO NOT E-MAIL YOUR ASSIGNMENTS. THEY MUST BE SENT TO YOUR INSTRUCTOR VIA US MAIL!**