

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Counseling 135 – Counseling and Identity in a Modern Multicultural Society

3 hours lecture, 3 units

Catalog Description

This course explores the different aspects of what makes us human, focusing on motivation, personality, identity, wellness, and diversity. Students will learn about motivation theories, including Maslow's hierarchy of needs, and how different factors shape identity. The course further addresses how identity is constructed through social influences, cultural factors, and gender roles, highlighting concepts like intersectionality and emotional intelligence. Additionally, the course will look at wellness and mental health, considering how social media and self-esteem affect our well-being. By the end of the course, students will develop a better understanding of diversity and learn how to communicate effectively across different cultures, preparing them to interact positively in a diverse modern society.

Prerequisite

None

Course Content

- 1) The Multifaceted Nature of Motivation
 - a. Perspectives on fundamental human needs
 1. Maslow's hierarchy of needs
 - b. Characteristics of motivation
 - c. Conscious and unconscious motivation
 - d. Intrinsic and extrinsic motivation
 1. Emotions as a driving force
- 2) Dimensions of Personality
 - a. What is personality?
 - b. Methods for personality assessment
 - c. Concept of adjustment
 1. Defense mechanisms
 2. Suppression and repression
 - d. Adjustment challenges
 1. Guilt
 2. Insomnia
 3. Culture Shock
 4. Distortions
 5. Positive Mindset
- 3) Constructing Identity
 - a. Components of social identity
 1. Dominant discourses in society impacting identity development
 2. Characteristics of social class structures
 3. Social hierarchy and components of power
 - b. Intersectionality
 - c. Emotion
 1. Emotional Intelligence
 - d. Multiple Intelligences
 - e. Cultural impacts on identity formation
 1. Yosso's Cultural Wealth Model

- 2. Intercultural communication
- f. Perspectives on gender roles and identity
 - 1. Parental influences on gender roles
 - 2. Societal influences on gender roles
 - 3. Modifying traditional attitudes toward gender roles
- 4) Holistic Approaches to Wellness
 - a. Dimensions of Wellness
 - b. Self concept
 - c. Self esteem
 - 1. Social Media and its impact
 - d. Wellness and Culture
 - e. Mental Health
- 5) Relationships in Modern Society
 - a. Changing role structure in relationships
 - b. Communication strategies in relationships
 - 1. Listening
 - 2. Empathy
 - 3. Introspection
 - 4. Cultural and unconscious bias
 - 5. Conflict resolution
 - c. Wellness/Mental well-being within relationships
- 6) Diversity Consciousness
 - a. The value of diversity consciousness
 - 1. Diverse intellectual strengths and learning styles
 - 2. Individuality and cultural pride
 - b. Diversity consciousness development
 - 1. Diversity consciousness as a lifelong process
 - 2. Developmental strategies in diversity consciousness
 - 3. Impact of cultural encapsulation
 - 4. Unconscious Bias and Stereotypes
 - (1) Development of stereotypes
 - (2) Racism, classism, sexism, and ableism
 - (3) Stereotype threat
 - c. Culturally responsive communication methods
 - 1. Communication and culture
 - 2. Cultural diffusion
 - 3. Inclusive communication

Course Objectives

Students will be able to:

- 1) Analyze various perspectives on motivation, including Maslow's hierarchy of needs, the characteristics of motivation, and the roles of conscious and unconscious factors, as well as intrinsic and extrinsic motivations.
- 2) Understand the concept of personality and its assessment methods, exploring the idea of adjustment, defense mechanisms, and challenges related to guilt, insomnia, and culture shock.
- 3) Investigate the components of social identity, dominant societal discourses, and the impact of social class, power dynamics, and intersectionality on identity development.
- 4) Examine the changing structures of relationships and effective communication strategies.
- 5) Analyze the dimensions of wellness and discuss the influence of culture and social media on mental health and overall well-being.
- 6) Assess the value of diversity consciousness and develop strategies to recognize and address unconscious bias, stereotypes, and the impact of cultural encapsulation on communication and relationships.

Method of Evaluation

Grades are based on demonstrated proficiency in the subject matter determined by multiple measurements for evaluation. Assessment frameworks may include alternative, equity-minded approaches to evaluation, such as ungrading, labor-based grading, contract-based grading, etc. The instructor continually evaluates students' assignments and provides regular and timely feedback so that students can improve their skills. Feedback is strengths-based and supportive. The instructor also proactively addresses concerns with attendance and assignment outcomes before the student is in danger of failing the course.

- 1) Essay exams, quizzes and a final assessment
- 2) Writing assignments
- 3) Oral Presentation
- 4) Individual Projects
- 5) Class participation

Special Materials Required of Student

Access to high speed internet

Minimum Instructional Facilities

Smart classroom and computer lab

Method of Instruction

- 1) Lecture
- 2) Large group and small group discussion
- 3) Classroom or individual activities
- 4) In-class writing
- 5) Audiovisual Presentations
- 6) Individualized feedback on student work

Out-of-Class Assignments

- 1) Required reading materials
- 2) Research-based papers and assignments.
- 3) Written reflection and journals on assigned multicultural activities.

Texts and References

- 1) Required (representative example):
 - a. I Never Knew I Had a Choice, 11th ed. Corey & Corey 2018.
 - b. Diversity Consciousness, 4th ed. Bucher, Richard 2021.
 - c. Motivation in Learning, Training, and Development: A Collection of Essays, Romero-Hall, Enilda 07/07/2020.
<https://pressbooks.pub/motivationleap/>
 - d. Diversity and Multi-Cultural Education in the 21st Century, Alapo, Remi 06/25/2022.
<https://pressbooks.cuny.edu/oalapo/>
 - e. Intercultural Communication for the Community College, Krumrey, Karen 07/08/2019.
<https://openoregon.pressbooks.pub/comm115/>
- 2) Supplemental: None

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Develop strategies to identify and address unconscious bias, stereotypes, and the effects of cultural encapsulation on communication and relationships.
- 2) Analyze the elements that shape social identity, examining how societal discourses, social class, power dynamics, and intersectionality affect identity development.