



Syllabus
EDSR 5314: Personality and Counseling Theory
Sul Ross State University
Fall 2026

Instructor:

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Phone: 210-818-9524 (cell) If texting, please identify your name and the course you would like to discuss.

Office Location: Virtual, TBD at Eagle Pass Campus

Office Hours: Virtual, Thursdays and Fridays 9am-noon, by appointment

Connecting with Students for Success

As a part of a research study, I am committed in this course to the following:

I will know your name	I will provide user-friendly, timely feedback on your assignments	I will hold high standards and support you to achieve them	I will hold an individual meeting with each student during the semester
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This course will be participating in an initiative at Sul Ross State University referred to as “Connecting with Students for Success”. This study is aimed at connecting with students in a way that sets them up for better success, overall. As a part of this study, each student will be required to meet with me at least once during my office hours before March 18th, 2024. This will be included in your grade for the Career Choice Project. The reasoning behind this, is that I would like to personally speak to each of you about how you feel regarding your project, help you with questions about your project, discuss how you feel about the class overall, and your time at Sul Ross State University. Please schedule an appointment with the professor, as soon as possible, via email. I will be flexible in scheduling these appointments with you. Please see the office hours available for scheduling on the first page of the syllabus. If you need another time frame, please discuss with the professor.

CATALOG COURSE DESCRIPTION:

EDUA 5314 Personality and Counseling Theory (3-0). *A study of human personality dynamics as related to counseling theory and practice, emphasis on modern humanistic and phenomenological theories as they apply to counseling and developmental guidance. Must be taken within the first 12 hours.*

COURSE DESCRIPTION:

Have you ever wondered why someone acts the way he/she does? Have you ever thought about why you make the choices that you do? This course creates a better framework from which to view the behavioral patterns of not only ourselves but also of the students and clients we serve.

REQUIRED TEXTS:

All the required course materials for your classes are being delivered through Sully Shelf, the campus-wide course materials program. Your student account will be charged automatically, and you will not need to make a separate purchase.

- For this course we will be using a physical (print) book. You will receive an email confirming your materials are ready for pickup. Upon receipt of the email, please bring your Student ID to the online order pickup area at the campus store to pick up your print course materials. **Note:** If you drop this course on, or before, the last day of the DROP/ADD period (check the academic calendar [here](#)), when you return your physical course material to the campus store, your account will be refunded.

If you have any questions about Sully Shelf or the charge to your student account, please contact the campus store by phone at (432) 837-8194 or via email at sullyshelf@follett.com.

Seligman, L., & Reichenberg, L. W. (2019). *Theories of counseling and psychotherapy: Systems, strategies, and skills* (5th ed.). Pearson.

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). <https://doi.org/10.1037/0000165-000>

CACREP REQUIREMENTS FOR CLINICAL MENTAL HEALTH COUNSELING Counseling and Helping Relationships

	CACREP Standard	Activity	SLOs
II.F.5.a.	Theories and models of counseling	Chapters 2-19 Readings & Discussion Boards; Chapter Quizzes; Final Exam Paper	1, 2
II.F.5.b.	A systems approach to conceptualizing clients	Chapter 18 Reading and Discussion.	1,3

II.F.5.c.	Theories, models, and strategies for understanding and practicing consultation		
II.F.5.d.	Ethical and culturally relevant strategies for establishing and maintaining in-person and technology-assisted relationships		
II.F.5.e.	The impact of technology on the counseling process		
II.F.5.f.	Counselor characteristics and behaviors that influence the counseling process		
II.F.5.g.	Essential interviewing, counseling, and case conceptualization skills		
II.F.5.h.	Developmentally relevant counseling treatment or intervention plans		
II.F.5.i.	Development of measurable outcomes for clients		
II.F.5.j.	Evidence-based counseling strategies and techniques for prevention and intervention		

II.F.5.k.	Strategies to promote client understanding of and access to a variety of community-based resources		
II.F.5.l.	Suicide prevention models and strategies		
II.F.5.m.	Crisis intervention, trauma-informed, and community-based strategies, such as Psychological First Aid	Discussion Boards; Chapter Quizzes; Final Exam Paper	1, 2, 3
II.F.5.n.	Processes for aiding students in developing a personal model of counseling	Final Exam Paper	1, 3

Standards for Clinical Mental Health Counseling (CMHC) track	CACREP Standard	Activity	SLOs
CMHC: V.1.b.	Theories and models related to clinical mental health counseling	Chapters 2-19-Reading & Discussion Questions.	
CMHC:V.3. b.	Techniques and interventions for prevention and treatment of a broad range of mental health issues.	Chapters 2-19-Reading and Discussion Questions.	

COURSE OBJECTIVES:

The student will be able to:

1. Describe key concepts of various historical and contemporary counseling theories.
2. Identify and/or explain the impact of various counseling theories as related to personal and professional mental wellness.
3. Recognize the need for acting proactively and collaboratively regarding client challenges and drawing from a variety of counseling theories to apply appropriate interventions.
4. Understand how human development, socio-cultural, and environmental factors shape the nature of the counseling relationship and applied theories.
5. Recognize the impact that professional, ethical, and legal issues have on the selection and utilization of various counseling theories.

STUDENT LEARNING OUTCOMES:

The student will be able to:

1. Demonstrate their ability to apply within guidance and counseling, their knowledge of human development, diversity, and factors that affect client's ability to achieve their potential
2. Demonstrate their ability to plan, implement, and evaluate a developmental counseling program, this program will incorporate assessment, as well as individual and group counseling services utilizing appropriate theoretical frameworks, techniques, and interventions to address personal, interpersonal/social, and educational needs.
3. Demonstrate the ability to communicate and collaborate effectively with others in diverse settings, including the community in order to facilitate client success, and will demonstrate the ability to apply ethical, legal, and professional standards.

COUNSELOR EDUCATION MARKETABLE SKILLS:

1. Graduates will demonstrate oral and written communication skills to apply in careers related to mental and behavioral health including school counseling.
2. Graduates will demonstrate knowledge of ethics, social justice issues, and multicultural concerns to apply in careers related to mental and behavioral health including school counseling.
3. Graduates will demonstrate knowledge of human growth development throughout the lifespan to apply in careers related to mental and behavioral health including school counseling.

DISTANCE EDUCATION STATEMENT:

Students enrolled in distance education courses have equal access to the university's academic support services, such as library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email

accounts and submit online assignments through Blackboard, which requires secure login. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct,

as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website. Directions for filing a student complaint are located in the student handbook.

Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

TECHNOLOGY REQUIREMENTS:

Since the Counselor Education Program is a predominately online/web-delivered program, students are required to have their own computers and Internet that can handle the required technology including audio, a camera, Chrome or other browser, Blackboard (Bb), MS Teams, YouTube, and other applications. Not having the technology at your disposal at any time is not an excuse for failure to submit an assignment, join in an MS Teams or Blackboard Collaborate session, or take an exam.

ACADEMIC INTEGRITY:

Students in this class are required to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be timely, prepared, and focused. Meaningful, respectful, and pertinent online participation is also expected.

Examples of academic dishonesty include but are not limited to: submitting work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation.

ADA STATEMENT:

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Alpine students seeking accessibility/accommodations services must contact Mary Schwartz Grisham, M.Ed., LPC, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email mschwartz@sulross.edu Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.

PARTICIPATION POLICY: *(for online classes)* Since EDUA 5314 is an online course, participation will be evaluated in Blackboard online discussions. It is the student's responsibility to check the Discussion Board and Sul Ross email at least every other day for the duration of the course. In order for you to remain enrolled in EDUA 5314, you must reply to the Blackboard Discussion Board "Online Participation Policy" forum by the deadline posted on the Due Dates listing contained in this syllabus. It is policy at Sul Ross State University that if a student is enrolled in an online course and fails to stay active for a period of 3 weeks, fails to submit assignments, and/or does not reply to emails from the instructor, he/she will receive a final grade of "F." You may access the

“Online Participation Policy” forum by entering Blackboard, then selecting Discussion Board. Please follow the directions regarding your required response.

LIBRARY INFORMATION:

The Bryan Wildenthal Memorial Library in Alpine. Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library’s website, library.sulross.edu. Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

COURSE REQUIREMENTS

Assignments:

A schedule of assignments is attached to this syllabus. Complete chapter readings and study the material PRIOR to the date for which assignments are due. Discussion board questions and objective quizzes over the assigned readings will be given.

4-Part Research Paper:

A professionally written research paper will be a major portion of the final grade for the course. To better support student learning and success, the research paper will be submitted in four parts; see course schedule and/or Blackboard (Bb) for each section’s due date.

Instructions for Your Final “Exam” Paper:

1. Choose three major theories.
2. Describe each theory in detail.
3. Contrast and compare the theories you chose.
4. Based on your own personality and current counseling style, which theory or theories do you prefer to use? Please explain in detail why. *Note: for this section only, please write in first person, using "I" because you are addressing your personal preference(s).*

*HINT: USE THE ABOVE AS HEADERS IN YOUR PAPER TO ORGANIZE IT. In other words, after an Introduction, Theory #1 (whatever you choose) will be your next header; Theory #2 will be your next header; Theory #3 will be your next header; Contrast and Comparison will be your next header; Preferred Theory (Theories) will be your next header, and Conclusion will be your last header. There is some flexibility here, but this is basically what would work best.

Follow APA style for citations and reference entries (See the APA writing instructions/format information, use the APA writing manual and apastyle.org will be helpful). You must have a minimum of 3 reliable sources listed on your References page as well as your textbook. DO NOT use unreliable websites, dictionaries, Wikipedia, encyclopedias, etc.

Your textbook will be the primary source for this paper, but you are also required to locate **at least three professional, peer-reviewed journal articles** to supplement the information you offer in your paper.

Make sure that all three additional sources are from **peer-reviewed, professional journals** as you will lose points for using unreliable websites, dictionaries, Wikipedia, etc. You can go to the following URL for the Sul Ross library:

[Databases A-Z \(libguides.com\)](http://libguides.com)

This will take you to an Alphabetical List of Databases. Students, I suggest you use either Academic Search Complete or PsycINFO) to find an article that addresses the theory or theories of your choice. You can also "Jump to Advanced Search."

[Advanced Search: SRSU Library Quick Search \(ebscohost.com\)](http://ebscohost.com)

Be sure to limit your search to **full text articles not abstracts** which are just summaries. **Check the box for "peer-reviewed journals."** Enter whatever theory you choose into the search box (e.g., "cognitive therapy"). You should find quite a number of articles on any theory or theories you choose. You might want to limit your search to the last 7-10 years or so as those articles will be more current. If you are still having difficulty finding appropriate professional materials, that is when you phone the Sul Ross librarians. They are a graduate student's best friends.

By the way, remember to use **APA style for the correct form for a journal article reference entry (it is different than for your book), and also include citations for your text and the journal articles.**

You should have numerous parenthetical and narrative in-text citations in the body of your paper. Remember if you directly quote the author, word for word, you must use quotations and provide the page number. If you put the author's information into your own words, you must cite the source you borrowed the information from. If the information is not 100% originally created from you, you must cite a source. Otherwise, this can lead to plagiarism.

The paper should contain a title page (with your name, the course number, the date, the instructor, and the title of your paper), the body of your paper (from 8-9 pages), and a separate References page. Number all pages, beginning on the first page (title page). Your total paper should therefore **total a minimum of 10 pages, including title page and References page.**

Writing Style-- APA writing format is required. Written assignments must be typed using one-inch margins, 12-point type, and double line spacing; have all pages beginning with the title page numbered, and edit for spelling, punctuation, and grammar. Do not use contractions unless in a direct quote. Write in third person point of view/perspective (i.e., do not use I, me, we, you, etc.). Papers with multiple errors will receive a reduction in grade.

Do not wait until the night before the due date to write your paper. You will not have time to create a quality and well-edited paper.

When you feel you are nearly finished, I recommend submitting your paper to the "Draft" submission, so that you can check your similarity report and make needed changes prior to your final submission. You can submit your draft paper as many times as you want to and make revisions until you feel ready for your final submission, which is a separate submission tab. Note the due date.

EVALUATION/GRADING POLICY:

Chapter Quizzes

Discussion Boards/Responses

“Cheat Sheet” (Scrambled Theories) Test (125 points)

Final “Exam” Paper (4-part submission)*

*Plagiarizing any portion of your paper will result in a zero for the assignment and possibly disciplinary action.

Graduate students must maintain a 3.0 GPA to remain in good standing.

Grades of **Incomplete (I)** are not given in the Professional Studies Division of Sul Ross State University *except* in the *most extreme* situations.

COURSE SCHEDULE/DUE DATES

All weekly assignments are due by 11:59pm CST on the last Sunday after which they are assigned unless otherwise specified below or in Blackboard (Bb).

All initial Discussion Board (DB) postings are due by 11:59pm CST on the Thursday after which they are assigned unless noted below and/or in Bb.

All DB responses are due by 11:59pm CST on the Sunday after which they are assigned unless noted below and/or in Bb.

Week One: August 24-August 30

Module 1: Variable Due Dates

Introduction, Participation Policy Agreement, AI policy, Confidentiality agreement & Contact Information

Post “Nice to Meet You!” on Discussion Board (due Wednesday, August 26)

Post required “Participation Policy” agreement on Discussion Board (due Wednesday, August 26)

Please email the professor by Sunday 8/30 your best contact information, including phone and whether you can accept text messages. This is needed so that you can be contacted quickly if there is a concern with one of your assignments. Please email information to meara.mcmains@sulross.edu

Research Paper: Part One (Format) due Sunday 8/30

Week Two: August 31- September 6	
Chapter 1	
Foundations of Effective Counseling	
Chapters Discussion Board Postings (due Thursday)	
Chapters Discussion Board Responses (due Sunday)	
Quizzes: assigned chapters (please follow guidance in Blackboard as to which chapters align with which edition of the textbook)	
Week Three: September 7-September 13	
Chapter 2	
Freud and Classis Psychoanalysis	
Chapter Discussion Board Postings (due Thursday)	
Chapter Discussion Board Responses (due Sunday)	
Quizzes: assigned chapters	
Week Four: September 14-September 20	
Chapter 3	
Adlerian Therapy	
Chapter Discussion Board Posting (due Thursday)	
Chapter Discussion Board Responses (due Sunday)	
Quizzes: assigned chapters	
Week Five: September 21-September 27	
Chapter 4	
Post and Neo Freudian Psychoanalytic Therapies	
Chapter Discussion Board Postings (due Thursday)	
Chapter Discussion Board Responses (due Sunday)	
Quizzes: assigned chapters	
Research Paper: Part Two (References) due Sunday	

Week Six: September 28-October 4

Chapters 5 & 6

Behavior Therapy and Cognitive Behavioral Therapies

Chapter Discussion Board Postings (due Thursday)

Chapter Discussion Board Response (due Sunday)

Quiz: assigned chapters

Week Seven: October 5-October 11

Chapter 7

Reality therapy

Chapter Discussion Board Postings (due Thursday)

Chapter Discussion Board Responses (due Sunday)

Quizzes: assigned chapters

Week Eight: October 12-October 18

Chapter 8

Contemporary Cognitive Behavioral Therapies

Chapter Discussion Board Postings (due Thursday)

Chapter Discussion Board Responses (due Sunday)

Quizzes: assigned chapters

Week Nine: October 19-October 25

Chapters 9 & 10

Existential Therapy and Person-Centered Therapy

Chapter Discussion Board Postings (due Thursday)

Chapter Discussion Board Responses (due Sunday)

Quizzes: assigned chapters

Week Ten: October 26-November 1

Chapters 11 & 12

Gestalt Therapy, and Feminist Therapy

Chapter Discussion Board Postings (due Thursday)

Chapter Discussion Board Responses (due Sunday)

Quizzes: assigned chapters

Week Eleven: November 2- November 8

Chapters 13-15

Postmodern, Family Systems Therapies, and Developing your theoretical orientation

Chapter Discussion Board Postings (due Thursday)

Chapter Discussion Board Responses (due Sunday)

Quizzes: assigned chapters

Week Twelve: November 9- November 15

Modules 12 & 14

“Cheat Sheet” Test

Gloria & Albert Ellis/Rational Emotive Behavior Therapy (REBT)

Watch the following video, and write a summary:

Gloria and Albert Ellis: <https://www.youtube.com/watch?v=odnoF8V3g6g>

Week Thirteen: November 16-November 22

Research Paper due

Gloria & Carl Rogers/Person-Centered Counseling

Watch the following video, and write a summary:

Gloria and Carl Rogers: <https://www.youtube.com/watch?v=24d-FEptYj8>

November 23-November 29 Thanksgiving Break! Please take some time for self-care 🧘

Week Fifteen: November 30-December 6

Module 16

**Research Paper: Part Four (Final Submission) via module
Gloria & Fritz Pearls/Gestalt Therapy**

Watch the following video, and write a summary:

Gloria and Fritz Pearls: <https://www.youtube.com/watch?v=8y5tuJ3Sojc>

Due December 6

Extra Credit Module

Extra Credit Opportunity: Review for MEd Comprehensive Exam due by 11:59pm CST.

WRITING RUBRIC FOR ALL WRITTEN ASSIGNMENTS AND DISCUSSIONS:

Sub-skill	Beginning 1	Basic 2	Proficient 3	Advanced 4	Exceptional 5	Score
Integration of Knowledge	The paper did not incorporate knowledge from the literature or class in relevant and meaningful ways.	The paper somewhat incorporated knowledge from the literature in relevant and meaningful ways.	The paper incorporated knowledge from the literature in relevant and meaningful ways.	The paper effectively incorporated knowledge from the literature in relevant and meaningful ways.	The paper very effectively incorporated knowledge from the literature in relevant and meaningful ways.	
Organization and Presentation	The paper lacked topic sentences, transitions from one topic to another, relevant connections among topics, and a seamless flow.	The paper occasionally included topic sentences, transitions from one topic to another, relevant connections among topics, and a seamless flow.	The paper consistently included topic sentences, transitions from one topic to another, relevant connections among topics, and a seamless flow.	The paper consistently and effectively employed topic sentences, transitions from one topic to another, relevant connections among topics, and a seamless flow.	The paper uniformly and very effectively employed topic sentences, transitions from one topic to another, relevant connections among topics, and a seamless flow.	
Focus	The paper's topic lacked focus and a clear direction.	The paper's topic had occasional focus, direction, and purpose.	The paper's topic had focus and clarity of direction and purpose.	The paper's topic had effective focus and clarity of direction and purpose.	The paper's topic had very effective focus and clarity of direction and purpose.	
Level of Coverage	The paper lacked depth, elaboration, and	The paper occasionally included depth, elaboration	The paper included depth, elaboration, and	The paper effectively included depth, elaboration, and	The paper very effectively included depth, elaboration,	

	relevant material.	n, and relevant material.	relevant material.	relevant material.	and relevant material.	
Grammar/ Spelling	The paper contained numerous errors of grammar and spelling.	The paper contained some errors of grammar and spelling.	The paper contained very few errors of grammar and spelling.	The paper contained only one or two errors of grammar and spelling.	The paper contained no errors of grammar and spelling.	
References and Sources	The paper did not include content from peer reviewed journal articles and/or scholarly books/book chapters and instead cited web site material of questionable veracity.	The paper included content from a few peer reviewed journal articles and scholarly books/book chapters and instead included material from web sites of questionable credibility.	The paper included content from peer reviewed journal articles and scholarly books/book chapters and only included material from credible web sites.	The paper effectively included content from peer reviewed journal articles and scholarly books/book chapters and only included material from credible web sites.	The paper very effectively included content from peer reviewed journal articles or scholarly books/book chapters and only included material from credible web sites.	
APA Style	The paper did not use APA style.	The paper was partly based on APA style.	The paper was mostly based on APA style.	The paper was based on APA style with only a few exceptions.	The paper was completely and accurately based on APA style.	
Total Score						
Mean Score						

Comments: _____
