

Bachelor of Arts

BA with a Social Sciences Major - *Counselling Studies*

Why concentrate in Counselling Studies?

We are intended to experience life within relationships, but our culture emphasizes individual efforts and success. Within the counselling concentration, students will develop skills that foster personal and relational health – such as empathic listening – alongside communication skills that will be beneficial in the workplace and in mentoring or pastoral roles.

Those considering further professional study in counselling or psychotherapy will find opportunities to discern their interest and skills for these career directions. This concentration will provide you with knowledge of techniques and frameworks used in the counselling practice, which will prepare you for further study in counselling or psychotherapy.

Program Strengths

At CMU, counselling studies combine courses in social science, psychology and conflict resolution to study ways that people live in relationship, while fostering skills that are necessary for building healthy relationships. Professors work with students to develop communication and interpersonal skills, which contributes to academic and professional success.

Opportunities beyond the classroom provide chances for students to gain counselling-related experience which can contribute to finding meaningful employment. Students will complete a practicum placement in a related field, which will strengthen skills, develop interests and provide opportunities to connect classroom learning to hands-on experience.

Career Paths

- Residential life coordinator
- Support worker
- Residential treatment worker
- Street outreach facilitator
- Corrections officer
- Employment equity officer
- Labour relations coordinator
- Employment counsellor
- Public relations director
- Career counsellor
- Social worker (*with additional studies*)
- Child care worker
- Pastor/clergy
- Missionary
- Mental health program director

Skills Developed

- Integrating knowledge from a variety of disciplines
- Understanding the dynamics of conflict
- Problem solving
- Holistic thinking
- Building awareness of current social issues
- Adaptability, flexibility
- Communicating complex ideas
- Working with diverse groups
- Strong interpersonal skills – active listening, problem solving
- Strong oral and written expression/communication
- Organization
- Time Management
- Independent work
- Cross cultural awareness

Counselling Studies Concentration Programs

CMU offers programs in counselling including:

- Counselling Studies concentration to accompany Social Science major within the four-year Bachelor of Arts
- Counselling Studies concentration to accompany Social Science major within the three-year Bachelor of Arts
- Counselling Studies minor, which may accompany any major outside the Social Sciences

CMU Courses in the Counselling Studies Program

- Introduction to Psychology: Foundations
- Introduction to Psychology: Individuals and Interactions
- Counselling Theories
- Counselling Techniques
- Interpersonal Communication
- Abnormal Psychology
- Pastoral Care and Counselling
- Social Cognition and Influence
- Social Relationships and Behaviour
- Developmental Psychology – Childhood
- Developmental Psychology – Adolescence and Adulthood
- Psychology and Christianity
- Social Welfare
- Sociology of Gender
- Restorative Justice
- Cultural Anthropology

Course descriptions can be found on the CMU website. Contact the admissions department with further questions.

In addition to specific counselling studies courses, students will take courses in the humanities, sciences, social sciences and courses in Biblical and Theological Studies as part of the degree.

A work-integrated learning course is required in every degree at CMU. This practicum can be done as an intensive 12-week placement or a once-a-week placement over 20 weeks during the school year. The work placement can help students explore the field they are majoring in for career possibilities or it can provide a way to expand their experiences in a field they haven't thought about before.