



Program.....

Program Level ☐ Bachelor ☐ Graduate Diploma ☐ Master ☐ Higher Graduate Diploma ☐ Doctor

Course Title.....

Faculty/College/Institute .....

Course Code.....

Department .....

## Course Specification

### Section 1 General Information

#### 1. Course Code and Title

In Thai ICSP 359 พื้นฐานทักษะการให้คำปรึกษา

In English ICSP 359 Foundations of Counseling Skills

#### 2. Number of Credits 4 (4-0-8)

(Theory 48 hrs. Practice 0 hrs. Self-Study 96 hrs./week)

#### 3. Curriculum and Course Type

3.1 Program Undergraduate Degree- (International Program)

3.2 Course Type Specific Course ☐ Compulsory Course ☒ Elective Course

#### 4. Course Coordinator and Instructor

4.1 Course Responsible Instructor Dr. Jaruwan Sakulku, jaruwan.sau@mahidol.edu

4.2 Instructors Dr. Jaruwan Sakulku

#### 5. Semester/Class Level

5.1 Semester 3 / Class Level ...

5.2 Number of Students Allowed Approximately 40 Students

#### 6. Prerequisites

-

#### 7. Co-requisites

-



Program.....

Program Level ☐ Bachelor ☐ Graduate Diploma ☐ Master ☐ Higher Graduate Diploma ☐ Doctor

Course Title.....

Faculty/College/Institute .....

Course Code.....

Department .....

## Section 2 Course Goals and Course Description

### 1. Course Goals

This course shall encourage students to reflect, discuss and apply concepts and methods in the fields of counseling psychology. Students will study basic language and concepts in counseling psychology which shall serve as an important foundation for self-assessment and self-management skills as well as for further studies and professional development in the field.

### 2. Course Description

(In Thai) ภาพรวมของแนวคิดพื้นฐาน ประวัติศาสตร์ กระบวนการให้คำปรึกษา ทักษะใน CBT; กลไกการเปลี่ยนแปลง และการประยุกต์ใช้ในโรงเรียนที่สำคัญของการให้คำปรึกษาและจิตบำบัด

(In English) An overview of the basic concepts; history; process of counseling; skills in CBT; mechanisms of change; and applications of the major schools of counseling and psychotherapy

## Section 3 Course Objectives, Course-level Learning Outcomes and Course Implementation

### 1. Course Objectives

- To provide students with an understanding of the fundamental concepts and principles of counseling, including therapeutic relationship, empathy, active listening, and goal setting.
- To equip students with basic counseling skills, such as effective communication, empathetic responding, and problem-solving techniques.
- To develop students' self-awareness, self-reflection, and self-regulation abilities, which are essential for effective counseling.
- To introduce students to various counseling approaches and theories, such as humanistic, cognitive-behavioral, and psychodynamic, and to help them understand how these theories can inform counseling practice.
- To enhance students' knowledge and understanding of ethical and legal issues in counseling, including confidentiality, informed consent, and boundaries.
- To provide students with opportunities to practice and apply counseling skills in a supervised and supportive environment.
- To prepare students for further study and training in counseling, psychology, social work, or related fields



Program.....

Program Level

☐ Bachelor☐ Graduate Diploma☐ Master☐ Higher Graduate Diploma☐ Doctor

Course Title.....

Faculty/College/Institute .....

Course Code.....

Department .....

**2. Course-level Learning Outcomes: CLOs**

On completion of the course, the students will be able to .....

- 1) CLO1 Apply a cross cultural perspective to the study of counseling psychology
- 2) CLO2 Analyze the ethical ramifications when assessing counseling methods
- 3) CLO3 Increase students self-awareness and social awareness through discussing and implementing counseling concepts
- 4) CLO4 Distinguish between various counseling methods and researchers in the field

**3. How to organize learning experiences to develop the knowledge or skills stated in number 2 and how to measure the learning outcomes**

CLOs	Teaching and learning experience management					Learning outcomes measurements			
	Lecture	Class Discussion	Roleplay	.....	.....	MCQ	Roleplay	Peer re-view feedback	.....
CLO1	✓	✓	✓			X		X	
CLO2	✓	✓				X			
CLO3	✓	✓	✓			X	X	X	
CLO4	✓	✓				X	X		



Program.....

Program Level ☐ Bachelor ☐ Graduate Diploma ☐ Master ☐ Higher Graduate Diploma ☐ Doctor

Course Title.....

Faculty/College/Institute .....

Course Code.....

Department .....

## Section 4 Lesson Plan and Evaluation

### 1. Lesson Plan

Teaching Period	Topics/Details	Number of hours		Methods: Teaching Media	Lecturer
		Theory*	Practice**		
1	Introduction to counseling psychology	4			
2	Overview of concepts in counseling	2		Lecture:	
		2		Group discussion	
3	Cognitive-Behavioral Theories	4		lecture	
4	Striving for empathy	2		Lecture	
		1:00		roleplay	
		1		Reflection	
5	Expressing empathy	2		Lecture	
			2	Demonstration and practice	
6	Unconditional positive regard 1	4		Lecture, group discussion	
7	Unconditional positive regard 2		4	Roleplay, group discussion	
8	New clients	4		Lecture, group discussion	
9	Structuring counseling, Counseling skills	4		Lecture, group discussion	
10	Counseling skills 1	4		Roleplay, group discussion	
11	Counseling skills 2		4	Roleplay, group discussion	
12	Mock counseling		4	Roleplay, group discussion	
	Total hours of the entire semester	34	14		



Program.....

Program Level

☐

Bachelor

☐

Graduate Diploma

☐

Master

☐

Higher Graduate Diploma

☐

Doctor

Course Title.....

Faculty/College/Institute .....

Course Code.....

Department .....

## 2. Plan for Assessment of Expected Course-Level Learning Outcomes (CLOs)

### 2.1 Measurement and Evaluation of learning achievement

#### A. Formative Assessment

.....

#### B. Summative Assessment

(1) Tool and weight for measurement and evaluation

Learning Outcomes	Evaluation Method*				Weight (Percentage)
	MCQ	roleplay	Peer feed-back		
CLO1 Apply a cross cultural perspective to the study of counseling psychology	10	15	10		35
CLO2 Analyze the ethical ramifications when assessing counseling methods	20		-	-	20
CLO3 Increase students self-awareness and social awareness through discussing and implementing counseling concepts	10	15	10		35
CLO4 Distinguish between various counseling methods and researchers in the field	10				10
รวม	50	30	20		100

(2) Grading Rules

.....



Program.....

Program Level ☐ Bachelor ☐ Graduate Diploma ☐ Master ☐ Higher Graduate Diploma ☐ Doctor

Course Title.....

Faculty/College/Institute .....

Course Code.....

Department .....

### (3) Measurement and Evaluation

Grade	Achievement	Final score (% range)
A	Excellent	90-100
B+	Very Good	85-89
B	Good	80-84
C+	Fairly Good	75-79
C	Fair	70-74
D+	Poor	65-69
D	Very Poor	60-64
F	Fail	Less than 60

Identify the symbol deemed as “pass.”

## 2.2 Re-examination (if the course allows any.)

Re-examination is not allowed

## 3. Students' Appeal

Students can contact the lecturer to appeal the result of any assessment via email or through office hours. Students can contact the OAA to seek further clarification when needed.

## Section 5 Teaching Resources

### 1. Required Texts

- 1) Cochran, J.L., & Cochran, N.H. (2015). The heart of counseling: Counseling skills through therapeutic relationships (2nd edition). New York, NY: Routledge.
- 2) Other selected readings will be given to the students in class.
- 3) Class case studies and articles are required reading



Program.....

Program Level ☐ Bachelor ☐ Graduate Diploma ☐ Master ☐ Higher Graduate Diploma ☐ Doctor

Course Title.....

Faculty/College/Institute .....

Course Code.....

Department .....

---

## 2. Suggested Materials

1) Selected journal articles and readings will be posted on the website and updated based on students interest and research development

## 3. Other Resources (if any)

.....

## Section 6 Evaluation and Improvement of Course Implementation

### 1. Analysis and Evaluation of Course Implementation

#### A. Data for Analysis

Based on student feedback and comments from students on learning outcomes and evaluation criteria  
Formative feedbacks to students' project and papers are clearly explained and commuted to students  
Comments from students on feedbacks.

#### B. Course Effectiveness Evaluation

Teaching logs to record teaching

Feedbacks from students

Dialogue with peers

Updating teaching methods through attending conferences or seminars

### 2. Revision Process and Improvement Plan for Course Effectiveness

Based on comments from students, instructor reflection, and changes within theoretical development, this course will be revised on an annual basis.

### 3. The self-assessment report of the course

Self-assessment is inherently flawed and often leads to attribution bias. Given the data from student evaluations, course registration and regular discussions with stakeholders, a better understand of the instructor's effectiveness can be achieved.



Program.....

Program Level ☐ Bachelor ☐ Graduate Diploma ☐ Master ☐ Higher Graduate Diploma ☐ Doctor

Course Title.....

Faculty/College/Institute .....

Course Code.....

Department .....

## Appendix

### 1. Relations between the course and the program

**Table 1** Relations between the course and the PLOs

Course Title.....	Program-Level Learning Outcomes (PLOs)							
	PLO1	PLO2	PLO3	PLO4	PLO5	PLO6	PLO7	PLO..
(Course Code) ICSP 359					✓	✓	✓	

แสดงระดับการจัดการเรียนรู้ของรายวิชา ด้วยอักษร I, R, P หรือ M โดยนำข้อมูลของรายวิชาที่แสดงไว้ในหลักสูตร Curriculum Mapping มาแสดงให้สอดคล้องกัน

**Table 2** Relation between CLOs and PLOs

(Course Code) .....	Program-Level Learning Outcomes (PLOs)							
	PLO1	PLO2	PLO3	PLO4	PLO5	PLO6	PLO7	PLO..
CLO1 Apply a cross cultural perspective to the study of motivation					✓			
CLO2 Analyze the ethical ramifications when assessing motivation in various contexts							✓	
CLO3 Increase students self-awareness and social awareness through discussing and implementing motivational theories						✓		
CLO4 Distinguish between various motivational theories and researchers in the field						✓		





Program.....

Program Level

☐

Bachelor

☐

Graduate Diploma

☐

Master

☐

Higher Graduate Diploma

☐

Doctor

Course Title.....

Faculty/College/Institute .....

Course Code.....

Department .....

ระบุว่าแต่ละ CLO สอดคล้องกับ PLO ในระดับ SubPLO ไດบ้าง โดยใช้หมายเลขของ SubPLO ใน column PLO ที่ตรงกัน เพื่อ แสดงความเชื่อมโยงให้ชัดเจน (Program-level Constructive Alignment)

**Table 3** PLOs and SubPLOs that the course is responsible for

PLOs	Sub PLOs
PLO1 Graduates will be able to describe and explain key features of and issues concerning the current world order, with particular attention to the Asia-Pacific region, using appropriate terminology.	1.1 demonstrate an understanding of the principles upon International Relations and the Asia-Pacific region are built
PLO2 Graduates will be able to discuss and apply major theories, approaches and methodologies in the field of international relations and global affairs in order to analyze the current world order and how it has evolved over time.	1.2 identify the national & global challenges associated with current economic, political, and social systems
	2.1 identify concepts related to the context of learned issues/topics
PLO3 Graduates will be proficient readers who are able to locate, evaluate, analyze and synthesize different forms of data and source materials relevant to international relations and global affairs.	2.1 identify concepts related to the context of learned issues/topics
	2.2 collect, analyze, synthesize data, & evaluate information and ideas from multiple sources
	3.1 connect, synthesize and/or transform ideas or solutions within a particular framework
PLO5 Graduates will demonstrate knowledge of and respect for cultural differences, particularly in the Thai context, and be able to work in culturally diverse groups effectively.	5.1 identify the national & global challenges associated with current economic, political, and social systems
	5.2 exhibit characteristics of responsible citizenship



Program.....

Program Level ☐ Bachelor ☐ Graduate Diploma ☐ Master ☐ Higher Graduate Diploma ☐ Doctor

Course Title.....

Faculty/College/Institute .....

Course Code.....

Department .....

	5.3 work effectively in diverse team (and multi-cultural settings)
PL06 Graduates will document, reflect upon and set goals for their learning; they will seek to achieve these goals through acquiring in-depth knowledge and new skills, and will be able to adjust their approaches to learning and their goals based on their experiences.	6.1 Create an original explanation or solution to the issue/problems
	6.2 Articulate the rationale for & consequences of his/her solution- identify opportunities & risk
	6.3 Implement innovation through process management approach
PLO7 Graduates will demonstrate knowledge of internationally recognized ethical standards and apply principles of ethical reasoning to decision-making, civic engagement, and research, consistently crediting the work of others	7.1 identify ethical issues and recognize different viewpoint and ideologies

แสดงข้อมูลของ PLOs-SubPLOs เฉพาะที่รายวิชาอ้างอิงถึง เพื่อแสดงการมีส่วนร่วมพัฒนานักศึกษาใน PLOs ที่รายวิชารับผิดชอบ

## 2. Rubric scoring\*

\*หมายเหตุ ถ้ามีการใช้ Rubric scoring เป็นเครื่องมือในการวัดผล ให้แสดงเพิ่มเติมในภาคผนวกข้อที่ ๒.