

**SYLLABUS:
STUDENTS TAKING COURSE FOR ACADEMIC CREDIT**

Title: CG 211: Principles of Child Guidance
CRN: 20110 (beginning) 20109 (advanced)
Time: 9:00 am-noon, Saturdays, **Lane Downtown Center**, 1059 Willamette
Instructor: Laura Backen Jones, Ph.D., Counseling, 541-463-5234
E-mail: lauraj@ori.org
Enrollment: As a credit student **October 1 through December 3**

Course Description and Format

In this 3-hour human relations class, parents, teachers, counselors and interested others learn ideas and skills for strengthening relationships with children. Typical problems (e.g. fighting, crying, sibling conflict, homework, bedtime) are approached through activities, discussion and the use of real-life in-home video sequences. Topics include the use of encouragement, dealing with power struggles, effective communication, setting reasonable and consistent limits, stimulating independence/responsibility, and improving structure and routine. In addition, learn about stress, parenting, and resources you can develop to help you live a valued life. The class is taught in the context of the Community Center for Family Counseling ("Saturday Circus").

Objectives

- Survey the principles of child guidance.
- Examine a nurturing and respectful approach for interacting with children and strengthening adult-child relationships.
- Learn skills in working with children that support children's healthy development and lead to increased cooperation and mutual respect.
- Learn how to reduce stress and move forward in the direction of what you value in your life.

Reading Requirements

Reading Materials (required for CG 211 students)

- **Book 1:** Dreikurs, R. & Stoltz, V. *Children: The Challenge* (any edition)
- **Book 2:** One of the following (any edition): Dinkmeyer, D. & Dinkmeyer, D. *Parent's Handbook*, *Parenting Young Children*, or *Systematic Training for Effective Parenting of Teens*.
- **Supplemental readings from the instructor** (items from these readings will be on your exams)

Note: Your reading for the week should happen before the day of class. For example reading for Week 3 is Chapters 7-10, so you would want to read Chapters 7-10 before Class 3.

Session	Topic				
1 10-1-11	Parenting, Self-management and Move Forward Messages Manage yourself effectively and transform relationships	Book Chapters			
2 10-8-11	ACT to reduce stress and increase your wellbeing Do you wish that you could be more thoughtful in your parenting and more according to your values and less in reaction to your negative emotions? Proven strategies for reducing your stress, increasing your confidence in parenting, and making your family life more enjoyable.	Children the Challenge	Parent's Handbook	Parenting Young Children	Parenting Teens
3 10-15-11	Creating the Family Atmosphere You Want Encouragement *Written Assignment 1 Due*	1-2	1	1	1
4 10-22-11	Understanding Misbehavior Dealing effectively with demands for attention and power struggles *Exam 1*	3-6	2	2	2
5 10-29-11	Understanding Misbehavior II Handling hurting behaviors without being hurtful yourself. <i>Mistake repair... how to clean up when you have made a mistake</i>	7-10	3	3	3
6 11-5-11	Discipline: Natural and Logical Consequences Discipline effectively so your child learns responsibility, not revenge	11-14	4	4	4
7 11-12-11	Compassionate Interacting Rejuvenating Activities for Parents *Exam 2*	15-19	5	5	5
8 11-19-11	Effective Listening Reduce power struggles and have influence *Written Assignment 2 Due*	20-26	7	7	7
9 11-26-11	Thanksgiving Holiday - no class	27-32	8	8	8
10 12-3-11	Anger, Compassion and Possibilities Dealing effectively with others' anger and with your own. *Final Exam due by 5pm on December 9*	33-39	9	9	9

VERY IMPORTANT NOTE:

This class relies on moodle for communication and testing. **If you do not have regular internet access, and/or do not plan to use moodle drop this class!** Students must log in to their telecourse in Moodle (<http://classes.lanecc.edu>) before the end of the first week of classes. Students who do not log in to the course website may be administratively dropped from their course.

Exams

- 3 multiple choice exams (see schedule of topics for exam dates)
- Take exam on moodle on/before date due
- Worth 60% of your grade

Written Assignments

- Written Assignment 1: Move Forward Message
- Written Assignment 2: Child Observation
- Worth 30% of your grade

Reading Quiz

- 3 “pop” quizzes on assigned reading
- Will drop lowest grade
- Worth 10% of your grade

Variable Credit

If you take the course for less than 3 credits, we can work together to determine your assignments. **It is the student’s responsibility to approach the instructor to make arrangements by Week 3.**

This class has the following requirements for 3-credit students:

1. Assigned Reading (2 required books and supplemental readings)
2. 3 exams (take on moodle)
3. Two written assignments: Children’s Observation and Counseling Session Observation.
4. 3 pop quizzes over reading (will drop lowest pop quiz grade)
5. Attendance of at least 7/10 classes. **Please note: Attendance is a class requirement.** You must attend at least 21 hours to pass. **We will take your class attendance at the 11:40 meeting so if you have to leave early, you must let Laura, Susan or Arnold know.**

Letter grades are based on a combination of:

20%	Exam One	
20%	Exam Two	A = 90-100% C = 70-79%
30%	Children’s/Counseling Observation Report	B = 80-89% D = 60-69%
20%	Exam Three	
10%	Pop Quiz grade	

Note: We will have 3 pop quizzes over reading during the term. You can drop one of your pop quiz grades.

Procedure for receiving credit on items missed from exam

You can receive credit back for up to 5 items missed on each exam. Credit will only be given if the procedure below is followed. Note: Must be received by noon on Wednesday of finals week to receive credit

1. On a piece of paper, note your full name, your “L” number, and the exam for which you are submitting items.
2. For each item missed, note the item number from your exam. Locate the information from your book, class notes, or class handout and *write a brief 3-5 sentence* explaining the correct answer. Please note where you found this information *for each item*. If from:
 - a. the book, cite the book and page number
 - b. a handout, give title of handout and date of class
 - c. class notes, cite topic and class date