Adventure-Based Counseling Minor

The Adventure-Based Counseling Minor
The minor in Adventure-Based Counseling (19-21 hours) combines existing courses from Outdoor Education (OE), Psychology (PY), and Human Services (HU) into a unique program of study. Adventure-Based Counseling and the closely related field of Adventure Therapy are two areas of Outdoor Education that are growing very quickly. This minor will provide a basic understanding of adventure-based counseling for those OE, PY, and HU students interested in pursuing a Master degree in a related area.

Requirements for a Minor in Adventure-Based Counseling (19 credits)

Adventure-Based Counseling Minor Core (12)

OE 210  Challenge Course Facilitation (3)
OE 300  Introduction to Adventure Based Counseling (3)
Choose one:
   PY 201  Psychology Applied to Modern Life (3)
   PY 202  General Psychology (3)
   PY 412  Theories and Principles of Counseling (3)

Adventure-Based Counseling Required Minor Electives (7-9)

Choose one of the following: (2)
   PY 341  Practicum (2)
   OE 241  Field Experience (2)
Choose one of the following: (3)
   PY 300  Child and Adolescent Development (3)
   PY 305  Adult Development and Aging (3)
   SC 414  Counseling Adolescents and Families (3)
Choose one of the following (2-4)
   OE 180  Discovery (4)
   OE 182  Wilderness Journey (2-4)
   OE 311  Outdoor Programming and Leadership: Kayaking (4)
   OE 312  Outdoor Programming and Leadership: Expedition Management (4)
   OE 313  Outdoor Programming and Leadership: Rock Climbing (4)
   OE 314  Outdoor Programming and Leadership: Canoeing (4)