

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)