



Interested in Counseling?

What is an Associate in Arts, Emphasis in Counseling & Applied Psychological Science?

The Associate in Arts (AA), Emphasis in Counseling and Applied Psychological Science provides the first two years of a four-year curriculum for students who wish to specialize in counseling and applied psychological science or are preparing for graduate programs in counseling or related fields. The program provides a foundation in counseling theories, counseling skills, career and lifespan development, ethics and research methods, and multicultural competence. **Graduates will not be license-eligible as professional counselors, but will be prepared to enter an undergraduate degree program in counseling and applied psychological science.**

Graduates of the associate's program may qualify for entry-level employment such as social and human service assistants or psychiatric technicians in community agencies, hospitals, rehabilitation centers and other behavioral healthcare delivery settings to support counselors and other mental health professionals.

Students who complete a bachelor's degree within the field may be prepared to enter a graduate program in counseling or pursue careers including but not limited to: social and community service managers, social science research assistants, probation officers and correctional treatment specialists, and education administrators (postsecondary).

Upon completion of a graduate degree students may pursue a number of careers, including but not limited to: clinical, counseling, and school psychologists, counseling psychologists, educational, guidance, school, and vocational counselors, substance abuse and behavioral disorder counselors, marriage and family therapists, mental health counselors, rehabilitation counselors, and psychology teachers (postsecondary).

Read more and view the degree pathway planner at www.cgcc.edu/degrees-certificates/behavioral-science-and-human-services/associate-arts-emphasis-counseling-and-applied-psychological-science-8137-aa

Dr. Nieset's CGCC Info Page: <https://sites.google.com/cgcc.edu/drnieset-cgcc-caps/home>

What is the recommended sequence for CAP classes at CGCC?

- **CAP120: Introduction to Counseling** [Meets SB requirement]

Description: Introduction to the field of counseling with a focus on skills and competencies needed as a mental health practitioner. Foundations of counseling including counseling theories, ethical considerations, prevention and intervention topics, and multicultural counseling practices.

Pre-requisites: None

- **CAP240: Introduction to Counseling Skills**

Description: Introduction to basic skills and techniques used in the counseling field. Focuses on active listening, self-awareness, and other related skills.

Pre-requisites: Successful completion of CPD/CAP120

- **CAP220: The Counselor in a Multicultural Society** [Meets C requirement]

Description: Current theories and research on culture, race and ethnicity, gender and other aspects of cultural diversity in a multicultural society through the lens of counseling. Focus on personal perspectives, will explore themes, theories, topics and research related to power, privilege and oppression in the United States as applied to counseling discipline.

Pre-requisites: None

- **CAP260: Career & Prof Preparation for the Helping Professions** [L requirement]

Description: Overview of the process of career and life planning through self-awareness for students interested in helping fields. Focus on current occupational trends and outlook, the learning models of the individual, the world of work, and decision-making. Emphasis on individual application and workplace diversity. Design materials for use in the professional world such as resumes, online presence, career portfolio.

Pre-requisites: Successful completion of ENG101

What University Transfer Options Are Available?

Arizona State University, Polytechnic Campus & Online

Bachelor of Science, Counseling & Applied Psychological Science

<https://degrees.apps.asu.edu/bachelors/major/ASU00/LSCAPSB/counseling-and-applied-psychological-science?init=false&nopassive=true>

Northern Arizona University, Statewide & Online

Bachelor of Interdisciplinary Studies, Applied Human Behavior (90/30)

<https://catalog.nau.edu/Catalog/details?plan=ISAPHB9B>