

## **MINOR IN YOUTH WORK AND GUIDANCE**

### **Rationale**

The purpose of a Minor in Youth Work and Guidance is to provide NTU undergraduate students with the opportunity to gain awareness of the knowledge required for working with, and guiding youths in their personal development. This will enhance future employment possibilities in the domain of social service, guidance and counselling-related jobs. At the same time, students will gain an understanding of the psychological aspects of human development, and the psychosocial issues faced by youths in contemporary societies. They will develop an awareness of basic counselling skills and motivational strategies to promote task engagement, interest and enjoyment in learning.

### **Objectives**

Upon completion of the Minor in Youth Work and Guidance, students would be able to:

1. Apply the principles of basic counselling in their work with youths
2. Apply the principles of group dynamics and demonstrate group facilitation skills and approaches that are suitable for children and adolescents.
3. Apply the different theories associated with children and youth development to address and resolve developmental issues arising
4. Identify areas of distress in children and adolescents that experience mental health challenges, as well as the issues involved in taking care of them
5. Identify the theoretical and practical considerations underpinning youth motivation.

### **Requirements**

The Minor in Youth Work and Guidance (15 AUs) requires the completion of 5 courses of 3 AUs each. A total of 6 courses are offered, 3 of which are compulsory. A student can choose two of the three remaining courses to complete the Minor.

The courses are mostly independent of one another, with no prerequisites, and a student can choose to read the courses in any sequence except for AED28Q whereby students are required to read AED28D prior to undertaking this course. All courses in the minor will be assessed entirely by coursework.

### **Delivery and Assessment**

The minor will involve a variety of teaching and learning approaches – lectures, tutorials, on-line discussions, and seminar presentations. In an increasingly practice-oriented society, skills in collaboration and group work are central and these practices will characterize the learning in this minor. Assessment will be primarily through practice tasks and assignments.

Course Code and Title	Requirements for Minor	Pre-requisites	AUs	Semester (s) Offered
AED28D Basic Counselling Skills for Teachers in Initial Training Programs	Compulsory	Nil	3	Both January and July semesters if a sufficient number registered for it
AED28Q Group Counselling and Group Work	Compulsory	AED28D Basic Counselling Skills for Teachers in Initial Training Programs	3	January semester only
AED28R Developmental Issues in Childhood and Adolescence	Compulsory	Nil	3	January semester only
AED38A Motivating Pupils to Learn	Choose two of the three courses listed in this category	Nil	3	Both January and July semesters if a sufficient number registered for it
AED38E Psychopathology in Youth		Nil	3	January semester only
AED38G Special Topics in Youth work and Guidance		Nil	3	July semester only
<b>TOTAL</b>			<b>15</b>	

### **Description of Courses**

#### **AED28D Basic Counselling Skills for Teachers in Initial Training Programs (3AU)**

Although this course was originally designed for pre-service teachers, it also offers a practical “how-to’ guide to using basic counselling and helping skills for working with youths. The main features include an introduction to the concepts of helping; an exploration into the concepts of mental and maladjustment with youths; identification of youths with behavioral and emotional problems; qualities and role of the effective youth-helper. In this experiential course, students will have the opportunity to understand counselling from both the client’s and youth workers’ perspectives, through personal development sessions and role-plays. Study-topics include the ethics of helping, active listening; interpreting body language; and basic helping skills.

#### **AED28Q Group Counselling and Group Work in Schools (3AU)**

This course allows students to acquire basic understanding of counselling skills and processes that are implicit in group counselling and group work with children and adolescents. It is designed to meet the group facilitation skills needs of students who wish to complete the Minor in Youth Work and Guidance. Hence, lecture portions of this class will be run as a guidance group seated in a circle, facilitated by the one or two lecturers. After learning the basic principles and theories of group development, students will experience running their own in-class support groups.

**AED28R Developmental Issues in Childhood and Adolescence (3AU)**

This course aims to enhance participants' knowledge on the major developmental issues surrounding youths and children today. Supported with different theoretical framework, this course introduces to the participants, effective techniques and skills in working with children and youths of different ages and background. Participants are also encouraged to make links between their practice and theories taught in class, making learning more effective and relevant.

**AED38A Motivating Pupils to Learn (3 AU)**

This course is designed to help students understand the theoretical and practical considerations regarding motivating pupils in the classroom. Opportunities will be provided for participants to examine themes such as the psychological principles affecting pupil's learning, motivation and its relationship to classroom learning and pupil behavior, and theories of motivation. Throughout the course, students will be making connections of theory to practice – examining effective strategies to motivate reluctant and disinterested learners and designing and evaluating motivational strategies in the classroom.

**AED38E Psychopathology in Youth (3 AU)**

This course aims to equip students with the foundational knowledge relating to the aetiology, identification, developmental course and treatments of various psychological conditions observed in children and youths. The psychological disorders covered will include, anxiety disorders, obsessive compulsive and related disorders, depressive disorders, somatic symptom and related disorders, common psychotic conditions, feeding and eating disorders, and neurodevelopmental disorders in children.

**AED38G Special Topics in Youth work and Guidance (3 AU)**

This course introduces students to topics of special interest in the field of youth work. Topics may change in different academic years to reflect the current development and concerns in youth work and counselling. Topics may include service learning, multicultural perspective of youth work, issues affecting youths (such as gaming addiction, loss and grief, suicide and crisis interventions, or self-mutilation). By the end of this course, students will acquire additional knowledge and skills to complement other courses they have studied in this program.