

COACHING FOR LIFESTYLE CHANGE  
FALL 2020SYLLABUS AND COURSE DESCRIPTION

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CPS 214

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**Catalog Description:** This course will further develop theory, skills, and techniques related to guiding individuals through meaningful lifestyle changes by emphasizing motivational interviewing strategies. Motivational interviewing techniques and diverse coaching methodologies will be taught, practiced, and compared and contrasted.

I. **Purpose of the Course:** To teach the motivational interviewing and add other coaching techniques and allow students an opportunity to practice and develop those skills in a non-threatening environment.

II. **Course Objectives:** By the end of the course, the students will:

- a. Explore and demonstrate an understanding of Motivational Interviewing and other Coaching techniques.
- b. Work with a client(s) toward meaningful behavioral change
- c. Develop skills and abilities to coach individuals

III. **Texts**

- a. Motivational Interviewing, Miller and Rollnick-Second Edition
- b. Excerpts from Co-Active Coaching Methodology
- c. Numerous Handouts

- IV. **Course Management:** This is a practical application course therefore the emphasis is placed on participation and reflections of the individual learner. Willingness to share insights, challenges and successes is vitally important. Reading, discussing, internalizing, practicing and applying the techniques represent the majority of the course content
- a. The nature of this course is interpersonal. Trust and confidence in classmates and teacher is necessary.
  - b. Grades are based on level of participation in coaching sessions, skills development homework, and final transcripts of coaching practice sessions and sessions with clients.
  - c. You will work with a number of clients in a coaching capacity who desires to make a meaningful change in their life. You may be asked to find the initial people with whom you'll work, in order for you to gain in competency before you are assigned to work with others. Practicing techniques is vital. Development depends upon practicing and assessing how you use the techniques.

V. **Course philosophy:**

As adult learners, many making the transition between traditional undergraduate processes and graduate coursework, you have both the capacity and the need to help direct the learning outcomes. I believe that students can and should participate in developing self-directed learning plans focused on examining ideas that are relevant, interesting, and pertinent to those sharing the learning experience.

Therefore, a successful learning outcome will be achieved by sharing information, thoughts, and ideas through discourse, active participation, gathering of resources, and an attitude of caring for the unique contribution of each participant.

VII. **Course Requirements**

There are five major components of the course worth 400 points total:

- a. Participation in class discussion via posting regarding the materials and techniques introduced; and
- b. Participation in coaching partnerships with peers/classmates for practicing developing skills.
- c. Participation with clients, as assigned.
- d. Reflections on materials, role playing scenarios, questions to ponder, and discussion of challenges in journals.

- 1.) Each week you will hand in personal reflections on insights taken from the reading-usually 1-2 pages and answers to questions pondered during specific weeks.
  - e. Once during the semester you will transcribe a coaching session and analyze if supplying your own reflections and suggestions on how it progressed.
  - f. One Test/Review
  - g. Client reviews of individual coaches

## VI. Grading

Grades will be calculated based on percentage of points earned from those that are available and assigned according to the following:

A	94-100%
A-	88-93 %
B+	82-87 %
B	76-81 %
B-	70-75 %
C+	64-69%
C	58-63%
C-	
D	
F	

Grades are available for viewing on the D2L website at all times during the academic semester. I make every effort to post scores on assignments within 7 business days of when it was due. If there is a circumstance when that is not a possibility, I will tell you verbally in class and give you an anticipated time when they will be posted.

Course adaptations will be made for COVID related events. All class events will be available remotely including coaching opportunities. If you need course adaptations or accommodations because of a disability, if you have emergency medical information to share with me, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible to discuss.

