

PERSONAL ENRICHMENT PROGRAM (PEP) DESCRIPTION

OBJECTIVE: To provide quality counseling and support services to undergraduate Columbia International University (CIU) students to enhance or “enrich” their overall personal and spiritual well-being in order to assist them in becoming successful in their academic studies, while they develop into the unique individuals God has designed each one to be according to His will. PEP is also designed to provide a structured counseling intervention opportunity for the MA in Counseling graduate students enrolled in the CNS 6910 Counseling Practicum course, who will be providing the counseling and support services. At times, student interns who are enrolled in one of the internship courses may also provide PEP counseling services.

GOALS:

- To increase academic success for undergraduate CIU students.
- To provide individualized academic support for undergraduate CIU students.
- To promote emotional and spiritual well-being tailored to each individual’s needs.
- To improve retention for undergraduate CIU students.
- To provide a one on one structured counseling experience for MA in Counseling graduate students.

Struggling CIU undergraduate students, mostly identified by their classroom performance, are appropriate for PEP, as well as any other student who is interested in enriching their overall mental health and experience while a student at CIU. Students will be welcome to participate in the PEP Program by committing to meeting weekly with their assigned PEP counselor for a target of at least 10 sessions ideally. Interventions provided will be aimed at enhancing the student’s chances for success in completing the semester. PEP services focus on both academic and personal needs or issues, limited to minor issues or life adjustments in nature. For example, these issues may involve interpersonal relationships, communication skills, coping skills, anxiety and stress management, time management, study skills, prioritizing, and healthy boundary setting.

OUTLINE OF THE PEP PROGRAM

1. Students are invited into the PEP Program and participate voluntarily.
2. Students are assigned to a MA in Counseling student enrolled in CNS 6910 as their PEP counselor or to a MA in Counseling student intern enrolled in one of the internship courses who has volunteered to participate in providing services.
3. Students will meet weekly with their PEP counselor for at least 10 PEP sessions ideally, beginning the second or third week of classes. PEP counselors will work with PEP referrals to set up mutually agreed upon session times.
4. Sessions will take place in one of four counseling labs located on the CIU campus on the second floor of the Schuster Building.
5. The CNS 6910 professor(s) and/or the internship professor(s) will supervise and provide training on counseling strategies to the PEP counselors during weekly group supervision sessions.
6. All PEP counselors will also receive weekly individual clinical supervision by a PEP clinically licensed supervisor.
7. Students will be informed prior to committing to the program that their PEP counselor will be discussing the sessions with their clinical supervisor and also

- anonymously in their class group supervision sessions. Focus of these discussions will be for the purpose of training and intervention strategies.
8. Students will be required to sign an informed consent form when they commit to participating in the PEP program. When they commit they agree to follow through with at least ten weekly sessions.
 9. The PEP Program will support the objectives of CNS 6910 as outlined in the course syllabus, and also that of the counseling student interns.
 10. Both participating students and PEP counselors will be given the opportunity to provide formal feedback on their overall PEP experience by each completing a survey at the end of the semester but students are encouraged to also provide ongoing feedback throughout the semester by participating with our Better Outcomes Now (BON) measurement system by completing the Outcome Rating Scale (ORS) and the Session Rating Scale (SRS). These feedback scales are easily completed on the PEP counselor's secure device, and only take a few minutes at the beginning and end of each session.