Curriculum Mapping Worksheet
Counseling & Psychological Services (CAPS)

Mission Statement:

The mission of the University of San Francisco Counseling and Psychological Services is to provide students with timely and effective mental health services that allow them to improve and maintain their mental well-being and to meet their educational, personal, emotional, and spiritual goals. We treat all individuals with respect. We acknowledge and value the intersection of race, ethnicity, gender, religion, sexual orientation, ability, and class.

Key **I: Introductory** **M: Moderate** **C: Comprehensive**

Counseling & Psychological Services (CAPS)	**Individual Therapy**		**Group Therapy**		**Outreach Workshops**		
					Stress	**Performance Anxiety**	**Suicide Prevention**
Student Learning Goals:	**VIT**	**AOD**	**AOD**	**ASG**	**ISM**	**PA**	**SP**
1. To Develop a stronger sense of Cultural Identity							
1a. Students attending the Alternative Sexuality Support Group will report an increased awareness of sexual identity through completing the Klein Sexual Orientation Grid and actively participating in the group.				C			
1b. Students who complete the Student Experience Survey will report a greater understanding of their cultural identity as it relates to: ethnicity, gender, race, social class, religion, sexual orientation, and physical ability, and/or family.	M						
2. To Improve Relationship							
2a Students who complete the Student Experience Survey will indicate improved relationships with others.	C						
3. To Increase Knowledge of Awareness of Mental Health Issues							
3a. Students participating in stress management workshops will be able to list three signals of stress.					C		
3b. Student participating in stress management workshops will be able to list three stressors.					C		
3c. Students participating in stress management workshops will be able to list three stress management techniques.					C		
3d. Students participating in performance anxiety management workshops will be able to list two ways to reduce performance anxiety.						C	
3e. Students participating in suicide prevention workshops will be able to list two potential signs of suicide risk.							C

3f. Students participating in suicide prevention workshops will be able to list two examples of how to help a friend who may be suicidal.							C
3g. Students participating in suicide prevention workshops will be able to identify two resources for help/assistance with suicidality.							C
3h. Students participating in suicide prevention workshops will report that part of their role in the community is to take action.							C
4. To Reduce Mental Distress							
4a. Students will learn to address emotional & lifestyle distress.	M	M					
4b. Students will indicate movement toward intention to change behavior regarding alcohol use.		M	M				
5. **To Increase Self-Care**							
5a. Students will report engaging in increased self care (i.e., eat better, maintain good sleep habits, exercise more, manage time, manage stress.)	M	M					

Unit Student Services Key:

Individual Therapy
VIT Volunteer Individual Therapy
AOD Alcohol & Drug (Individual Assessment)

Group Therapy
AOD Alcohol & Drug (Group Assessment)
ASG Alternative Sexualities

Outreach Workshops
ISM Introductory Stress Management
PA Performance Anxiety
SP Suicide Prevention