

# Counseling & Guidance

## Requirements:

Grade 9 Horace Mann Orientation (GUID 110)

## Elective Courses in 2025-26

- Introduction to Psychology (PSYC 310)
- Ethics in School and Society (GUID 311)
- Studies in Psychology: Biological, Clinical, Developmental, and Social Psychology (PSYC 410)

**100-level courses:**

**GUID 110 - Horace Mann Orientation**

*Ninth-grade requirement, meets 1 day/week during the first semester*

*Prerequisites: None*

HMO is a weekly, discussion-based course for ninth-grade students. Co-taught by HM faculty members and eleventh- and twelfth-grade HMO Peer Leaders, this course supports ninth-grade students in their adjustment to the Upper Division and introduces them to HM community norms and values. It fosters connections between ninth-grade students and their HMO Peer Leaders, who share information about important resources and support systems within the school, HM clubs and publications, service learning, athletics, study skills, and balancing academics, social interests, and extracurricular activities. Through guided discussion of media clips and various scenarios, students will consider how identity, culture and human development influence their behavior and decision-making and how to responsibly navigate social situations and friendships. A presentation and follow-up visit to the class by representatives of the New York Society for the Prevention of Cruelty Against Children (NYSPCC) will educate students about sexual abuse and consent. HMO teachers include Grade Deans and faculty from various departments, including the Department of Counseling & Guidance.

**300-level courses:**

**PSYC 310 - Introduction to Psychology**

*Full credit, meets 4 days/week*

*Prerequisites: None*

This course is a survey of the field of psychology, including the theories, research, and applications central to the discipline. The goal of the class is to engage students in exploration of the science of psychology and applications to everyday life. Psychology offers the opportunity to better understand one's own and others' thoughts, feelings, and behaviors by viewing the human experience from multiple perspectives. Topics covered include: research methods and statistics, brain and biology, sleep and consciousness, human development, motivation and emotion, memory and learning, social psychology, mental health, and clinical treatment. The course will incorporate discussion, film, media, collaborative and creative projects, readings, and lectures. Papers and projects challenge students to apply theories to analyze their own lives, fictional characters, and current events.

**GUID 311 - Ethics in School and Society**

*Full credit, meets 4 days/week*

*Prerequisites: None*

This elective will serve as a journey through the theory and practice of ethics in school and society. From Aristotle, to Rawls, to Caplan, the first semester encourages critical thinking about fundamental problems that concern existence, knowledge, and value. Students are introduced to the major ethical theories of utilitarianism, deontology, virtue ethics, natural law theory, social contract theory, egoism, and relativism. The second semester will call upon content mastered during the first semester to critically discuss artificial intelligence (AI), bioethics, and three topics selected by the class. Students will gain a basic understanding of systems of ethics, as well as current controversies and ethical thought in action. Along with readings and lectures, classes will include Socratic-style discussions and debates, video and audio presentations, and an emphasis on student-directed inquiry. The class will engage in individual and group projects in order to act, learn, and reflect on central ethical and moral issues. The Ethics class is a welcoming and safe space for new ideas with the understanding that our own ideas may not be without flaws. Collectively, our discussions and presentation will work to avoid ad hominem (Latin for "to the man") rebuttals; we'll focus on the issues, theories or facts presented, not the person presenting.

**400-level courses:**

**PSYC 410- Studies in Psychology: Biological, Clinical, Developmental, and Social Psychology**

*Full credit, meets 4 days/week*

*Prerequisites: Introduction to Psychology (PSYC 310), departmental approval.*

This course builds upon the knowledge and skills developed in Introduction to Psychology by exploring four subfields in greater depth: developmental, social, biological, and clinical psychology. Students will continue to explore the dominant psychological orientations and research methodology, with an emphasis on applying knowledge and skills to analyze case studies and real-world problems. Students will have the opportunity to pursue their own questions and interests by conducting small scale individual and group research projects. Students will learn how to write papers in APA style. Topics will also be studied through discussion, fieldwork, debate, film analysis, readings, and lectures. The overarching goals of the course are to: build upon

students' interests by allowing them to investigate their own questions using the scientific method; examine the human condition from multiple perspectives; enhance self-awareness and sensitivity to individual differences; and develop research and writing skills in the discipline.