

PSY 493: Psych Friends Practicum I
Fall 2025 Course Syllabus
1 to 3 credits, pre-arranged.
Tuesdays 11-12:45 location: Hon 236E

Instructor: Tessa M. Jordan, Ph.D.

Office Hours: Tuesdays 1-2pm; Thursdays 11:30-12:30pm

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Psych Friends:

Psych Friends is a peer-to-peer mentorship program that connects upper division Psychology majors (mentors) with students newer to the major (mentees) to exchange information and to build a strong social network within the psychology department. Psych Friends Peer Mentors focus on increasing the academic success & well-being of psychology students.

Course Objective:

This course provides junior and senior Psychology and Behavioral Neuroscience students with the opportunity to gain knowledge in key principles and processes related to mentorship and apply this knowledge by serving as a Psych Friends Peer Mentor. Students will complete online training and attend weekly meetings with the practicum coordinator and other students enrolled in the course. Once training is complete, students will spend approximately 3 hours per week per registered credit hour engaging in hosting peer-to-peer mentoring sessions, assisting with advising sessions, designing promotional and/or student resources, and/or participating in community building events.

Prerequisites: PSY 101, completed a minimum of 9 additional PSY credits, Psychology or Behavioral Neuroscience major/minor, Junior or Senior Standing, and Instructor Permission.

After successful completion of the course, students will be able to:

1. Understand and communicate knowledge regarding the major, effective study habits, time management skills, careers and education paths in psychology, and self-care techniques to peers.
2. Identify best practices in mentorship and apply these strategies to effectively mentor peers.
3. Assess their mentorship skills and competencies.
4. Relate the knowledge and skills they've gained serving as a peer mentor to their future education and career goals.

Course Policies:

This course is subject to all standard GVSU course policies which can be found at <https://www.gvsu.edu/coursepolicies/>

Course Requirements:

1. Students meet weekly as a group for training and group discussion. These meetings are mandatory, and only excused absences per the GVSU attendance policy will be permitted (i.e., intercollegiate events, religious holidays, military duty, documented medical conditions, birth/adoption of child, attendance at an academic or professional conference). More than two unexcused absences will result in failure of the course.
2. Students are required to upload a journal reflection and time log each week.
3. Students are required to complete all online and in-person training as scheduled.
4. Students are required to communicate promptly with mentees before and after a meeting.
5. Students are required to complete post session notes after each mentoring session.
6. Students are required to participate in the creation of promotional materials and student support resources, as well as assist with hosting events.
7. Students are required to complete assignments pertaining to their mentoring experiences and various topics that will be discussed during the weekly meetings.

Assignments/Methods of Evaluation:

Assignment:	Total Possible Points:	Percentage of Grade:
Post Session Notes	100	20%
Journal Reflections	100	20%
Log of Hours	50	10%
Program Materials	100	20%
Advising Sessions / Social Events	100	20%
Final Paper	50	10%
Total	500	100%

1. **Post Session Notes (150 points):** After each mentoring session, students are required to complete Post Session Notes in Navigate where they answer specific prompts related to their level of preparedness for the session and the mentee's level of engagement, as well as resources discussed.
2. **Journal Reflections with Log Hours (150 points):** Students are required to submit 200–300-word journal reflection discussing their training and mentorship. Your reflection should include how you spent your time the previous week, the number of meetings, topics discussed, ideas or questions you have. You can write about anything regarding their experience (e.g., your reflection on your training, reflections on your mentoring sessions, what you have found either easy and/or challenging, what you liked/disliked, how your experience has made them think about future academic experiences and/or careers, how your experience relates to previous or current course material). Entries should be typed and include a word count. **Log of Hours:** Students must keep a current log of all the hours they were engaged in peer mentoring activities, including a total number of hours. Include your log hours in each week's journal reflection.

3. **Program Materials (100 points):** Students enrolled in the course will work collaboratively to create promotional materials (fliers, emails, social media posts, video content, etc.) as well as student support resources.
4. **Advising Sessions / Social Events (100 points):** Students will assist with Advising Events as well as host social events for PSY and BNS students.
5. **Final Paper (50 points):** At the end of the semester, students will be required to write one final paper (750-1000 words) that discusses the skills they have learned and/or improved upon through their mentorship experience and how they will use those skills to enhance their future education and career experiences. This paper should be typed, double-spaced, and must include a word count at the end.

Grading Scale:

Credit	No Credit
72% or above	72% or below

This course is graded pass/fail; credit/no credit, students must obtain at least a C (73%) across all graded assignments to pass the course.