



# Program Planning Guide

## Social and Human Services, Associate in Applied Science Degree (A45380)

**Program Length:** 5 semesters

**Program Sites:** Lee Main Campus; Distance Education

**Career Pathway Options:** Associate in Applied Science Degree in Social and Human Services

The *Social and Human Services* curriculum prepares students for entry-level positions in institutions and agencies that provide social, community, and behavioral health services. Along with core courses, students take courses that prepare them for specialization in specific human service areas.

Coursework includes the development of professional knowledge, skills, and values in human services. Opportunities for experiential learning allow students to apply knowledge and skills learned in the classroom. Graduates should qualify for positions in government, private, and nonprofit social and human services agencies. Graduates may choose to transfer and continue their education at a variety of colleges and universities.

| FALL START<br>(see below for spring start) |                               |           |          |          |           |                         |
|--|-------------------------------|-----------|----------|----------|-----------|-------------------------|
| Suggested Course Schedule                  |                               | Class     | Lab      | Clinical | Credits   | Notes:                  |
| <b>1st Semester (fall)</b>                 |                               |           |          |          |           |                         |
| ACA 122                                    | College Transfer Success      | 0         | 2        | 0        | 1         | Take first 8-weeks      |
| HSE 135                                    | Orientation Lab I             | 0         | 2        | 0        | 1         | Take second 8-weeks     |
| DDT 110                                    | Intellectual/Dev Disabilities | 3         | 0        | 0        | 3         |                         |
| GRO 120                                    | Intro to Gerontology          | 3         | 0        | 0        | 3         |                         |
| HSE 110                                    | Intro to Human Services       | 2         | 2        | 0        | 3         | One F2F* class required |
| MHA 140                                    | Intro to Mental Health        | 3         | 0        | 0        | 3         |                         |
| SAB 110                                    | Intro to Addiction & Recovery | 3         | 0        | 0        | 3         |                         |
| <b>Total Semester Hours</b>                |                               | <b>14</b> | <b>6</b> | <b>0</b> | <b>17</b> |                         |
| <b>2nd Semester (spring)</b>               |                               |           |          |          |           |                         |
| ENG 111                                    | Writing and Inquiry           | 3         | 0        | 0        | 3         |                         |
| HSE 223                                    | Counseling Theories & Skills  | 3         | 0        | 0        | 3         | One F2F* class required |
| MHA 238                                    | Psychopathology               | 3         | 0        | 0        | 3         |                         |
| PSY 150                                    | General Psychology            | 3         | 0        | 0        | 3         |                         |
| SWK 113                                    | Cultural Comp and Diversity   | 3         | 0        | 0        | 3         |                         |
| <b>Total Semester Hours</b>                |                               | <b>15</b> | <b>0</b> | <b>0</b> | <b>15</b> |                         |
|  |                               |           |          |          |           | *F2F = Face-to-Face     |



|   |                                    |    |   |   |    |                         |
|---|------------------------------------|----|---|---|----|-------------------------|
| <b>3rd Semester (summer)</b>  |                                    |    |   |   |    |                         |
| COM 110   | Intro to Communication             | 3  | 0 | 0 | 3  |                         |
| SOC 210   | Intro to Sociology                 | 3  | 0 | 0 | 3  |                         |
|   | <b>Total Semester Hours</b>        | 6  | 0 | 0 | 6  |                         |
| <i>Student may exit with a Diploma in Social and Human Services</i> |                                    |    |   |   |    |                         |
| <b>4th Semester (fall)</b>  |                                    |    |   |   |    |                         |
| BIO 110   | Principles of Biology              | 3  | 3 | 0 | 4  |                         |
| HSE 220   | Case Management                    | 2  | 2 | 0 | 3  | One F2F* class required |
| HSE 225   | Crisis and Intervention Principles | 3  | 0 | 0 | 3  | One F2F* class required |
| PSY 241   | Developmental Psychology           | 3  | 0 | 0 | 3  |                         |
|   | <b>Total Semester Hours</b>        | 11 | 5 | 0 | 13 |                         |
| <b>5th Semester (spring)</b>  |                                    |    |   |   |    |                         |
| HSE 123   | Interview Tech Human Services      | 2  | 2 | 0 | 3  | One F2F* class required |
| HSE 210   | Diversity Ethics and Trends        | 3  | 0 | 0 | 3  |                         |
| HSE 212   | Group Dynamics                     | 3  | 0 | 0 | 3  | One F2F* class required |
| PHI 240   | Intro to Ethics                    | 3  | 0 | 0 | 3  |                         |
| WBL 110   | World of Work                      | 1  | 0 | 0 | 1  |                         |
| WBL 110A  | World of Work Lab                  | 0  | 2 | 0 | 1  |                         |
|   | <b>Total Semester Hours</b>        | 12 | 4 | 0 | 14 |                         |
| <b>Total Semester Credits Required for Graduation: 65</b>           |                                    |    |   |   |    |                         |



### SPRING START

| Suggested Course Schedule    |                                    | Class     | Lab      | Clinical | Credits   | Notes:                  |
|------------------------------|------------------------------------|-----------|----------|----------|-----------|-------------------------|
| <b>1st Semester (spring)</b> |                                    |           |          |          |           |                         |
| ACA 122                      | College Transfer Success           | 0         | 2        | 0        | 1         | Take first 8-weeks      |
| HSE 135                      | Orientation Lab I                  | 0         | 2        | 0        | 1         | Take second 8-weeks     |
| HSE 110                      | Intro to Human Services            | 3         | 0        | 0        | 3         | One F2F* class required |
| MHA 140                      | Intro to Mental Health             | 3         | 0        | 0        | 3         |                         |
| PSY 150                      | General Psychology                 | 3         | 0        | 0        | 3         |                         |
| SAB 110                      | Intro to Addiction & Recovery      | 3         | 0        | 0        | 3         |                         |
|                              | <b>Total Semester Hours</b>        | <b>11</b> | <b>6</b> | <b>0</b> | <b>15</b> |                         |
| <b>2nd Semester (fall)</b>   |                                    |           |          |          |           |                         |
| DDT 110                      | Intellectual/Dev Disabilities      | 3         | 0        | 0        | 3         |                         |
| ENG 111                      | Writing and Inquiry                | 3         | 0        | 0        | 3         |                         |
| GRO 120                      | Intro to Gerontology               | 3         | 0        | 0        | 3         |                         |
| HSE 223                      | Counseling Theories & Skills       | 3         | 0        | 0        | 3         | One F2F* class required |
| MHA 238                      | Psychopathology                    | 3         | 0        | 0        | 3         |                         |
| SWK 113                      | Cultural Comp and Diversity        | 3         | 0        | 0        | 3         |                         |
|                              | <b>Total Semester Hours</b>        | <b>18</b> | <b>0</b> | <b>0</b> | <b>18</b> |                         |
| <b>3rd Semester (summer)</b> |                                    |           |          |          |           |                         |
| COM 110                      | Intro to Communication             | 3         | 0        | 0        | 3         |                         |
| SOC 210                      | Intro to Sociology                 | 3         | 0        | 0        | 3         |                         |
|                              | <b>Total Semester Hour</b>         | <b>6</b>  | <b>0</b> | <b>0</b> | <b>6</b>  |                         |
| <b>4th Semester (spring)</b> |                                    |           |          |          |           |                         |
| BIO 110                      | Principles of Biology              | 3         | 3        | 0        | 4         |                         |
| HSE 220                      | Case Management                    | 2         | 2        | 0        | 3         | One F2F* class required |
| HSE 225                      | Crisis and Intervention Principles | 3         | 0        | 0        | 3         | One F2F* class required |
| PSY 241                      | Developmental Psychology           | 3         | 0        | 0        | 3         |                         |
|                              | <b>Total Semester Hour</b>         | <b>11</b> | <b>5</b> | <b>0</b> | <b>13</b> |                         |
|                              |                                    |           |          |          |           |                         |

| 5th Semester (fall)  |                               |   |   |   |   |                         |
|--|-------------------------------|---|---|---|---|-------------------------|
| HSE 123  | Interview Tech Human Services | 2 | 2 | 0 | 3 | One F2F* class required |
| HSE 210  | Diversity Ethics and Trends   | 3 | 0 | 0 | 3 |                         |
| HSE 212  | Group Dynamics                | 3 | 0 | 0 | 3 | One F2F* class required |
| PHI 240  | Intro to Ethics               | 3 | 0 | 0 | 3 |                         |
| WBL 110  | World of Work                 | 1 | 0 | 0 | 1 |                         |
| WBL 110A   | World of Work Lab             | 0 | 2 | 0 | 1 |                         |
|  |                               |   |   |   |   |                         |
| <b>Total Semester Hours Credit Required for Graduation: 65</b> |                               |   |   |   |   |                         |



## Course Descriptions

### **ACA 122 College Transfer Success**

This course provides information and strategies necessary to develop clear academic and professional goals beyond the community college experience. Topics include the CAA, college policies and culture, career exploration, gathering information on senior institutions, strategic planning, critical thinking, and communications skills for a successful academic transition. Upon completion, students should be able to develop an academic plan to transition successfully to senior institutions. This course has been approved for transfer under the CAA/ICAA as a premajor and/or elective course requirement.

### **BIO 110 Principles of Biology**

This course provides a survey of fundamental biological principles for non-science majors. Emphasis is placed on basic chemistry, cell biology, metabolism, genetics, evolution, ecology, diversity, and other related topics. Upon completion, students should be able to demonstrate increased knowledge and a better understanding of biology as it applies to everyday life.

### **COM 110 Introduction to Communication**

This course provides an overview of the basic concepts of communication and the skills necessary to communicate in various contexts. Emphasis is placed on communication theories and techniques used in interpersonal group, public, intercultural, and mass communication situations. Upon completion, students should be able to explain and illustrate the forms and purposes of human communication in a variety of contexts.

### **DDT 110 Intellectual/Dev Disabilities**

This course covers intellectual and developmental disabilities. Emphasis is placed on causes of intellectual/developmental disabilities, service provision, and advocacy. Upon completion, students should be able to demonstrate a general knowledge of serving individuals with intellectual/developmental disabilities.

### **ENG 111 Writing and Inquiry**

*Prerequisite: Take One Set: Set 1: DRE-097; Set 2: ENG-002; Set 3: BSP-4002; Possible Corequisite: Take ENG-011*

This course is designed to develop the ability to produce clear writing in a variety of genres and formats using a recursive process. Emphasis includes inquiry, analysis, effective use of rhetorical strategies, thesis development, audience awareness, and revision. Upon completion, students should be able to produce unified, coherent, well-developed essays using standard written English. This course has been approved for transfer under the CAA/ICAA as a general education course in English Composition.

### **GRO 120 Intro to Gerontology**

This course introduces the psychological, social, and biological aspects of aging. Emphasis is placed on common mental, social, and physical changes that occur during the aging process. Upon completion, students should be able to recognize the aging process and its psychological, social, and biological aspects.

### **HSE 110 Intro to Human Services**

This course introduces the human services field, including the history, agencies, roles, and careers. Topics include personal/professional characteristics, diverse populations, community resources, disciplines in the field, systems, ethical standards, and major theoretical and treatment approaches. Upon completion, students should be able to identify the knowledge, skills, and roles of the human services worker.

### **HSE 123 Interviewing Techniques for Human Services**

This course covers the purpose, structure, focus, and techniques utilized in effective interviewing. Emphasis is placed on observing, attending, listening, responding, summarizing, and documenting with instructor supervision. Upon completion, students should be able to perform the basic interviewing skills needed to facilitate the helping relationship.

### **HSE 135 Orientation Lab I**

This course is designed to promote professional, program, and personal identification with the human services field. Emphasis is placed on interpersonal communication, verbal and non-verbal interactions, and team building. Upon completion, students should be able to identify with the human services profession and demonstrate basic team-building skills.

### **HSE 210 Diversity, Ethics, and Trends in Human Services**

This course is designed to provide students with an in-depth understanding of the role of diversity and ethical considerations within the human services profession. Emphasis is placed on the knowledge and skills in the evolving human services landscape. Upon completion, students should be able to apply ethical decision-making, demonstrate an understanding of diverse perspectives, and identify current trends in the human services field.

**HSE 212      Group Dynamics**

This course introduces interpersonal concepts and group dynamics. Emphasis is placed on self-awareness facilitated by experiential learning in small groups with analysis of personal experiences and the behavior of others. Upon completion, students should be able to show competence in identifying and explaining how people are influenced by their interactions in group settings.

**HSE 220      Case Management**

This course covers the variety of tasks associated with professional case management. Topics include needs assessment, service planning, referral procedures, documentation, follow-up, and integration of services. Upon completion, students should be able to effectively manage the care of the whole person from initial contact through termination of services.

**HSE 223      Counseling Theory and Skills**

This course provides an in-depth exploration of foundational theories and practical techniques essential for those working in diverse human services settings. Emphasis is placed on self-awareness, problem-solving, decision-making, and personal growth. Upon completion, students should be able to apply these theories to real-life scenarios and develop professional skills crucial for fostering supportive relationships in various settings.

**HSE 225      Crisis and Intervention Principles**

This course introduces the types of crises and the principles of intervention. Emphasis is placed on identifying culturally competent techniques for intervening in various crisis situations. Upon completion, students should be able to assess crisis situations and respond effectively.

**MHA 140      Introduction to Mental Health**

This course provides a comprehensive overview of mental health and wellness and the roles, duties, and ethical aspects of providing mental health services. Topics include the history of mental health services, common mental health challenges, professional qualifications, and current trends. Upon completion, students will be able to discuss the impact of mental health, examine various treatment settings, and analyze the requirements for providing mental health services in public, private, nonprofit, and community environments.

**MHA 238      Psychopathology**

This course examines the development and use of DSM/ICD in the mental health setting to establish a common language. Emphasis is placed on history, terminology, and assessment practices associated with the DSMIV/ICD in the treatment of psychological disorders. Upon completion, students should be able to explain the core vocabulary of treatment approaches and their applications.

**PHI 240      Introduction to Ethics**

*Prerequisite: Take ENG-111*

This course introduces theories about the nature and foundations of moral judgments and applications to contemporary moral issues. Emphasis is placed on moral theories such as consequentialism, deontology, and virtue ethics. Upon completion, students should be able to apply various ethical theories to moral issues such as abortion, capital punishment, poverty, war, terrorism, the treatment of animals, and issues arising from new technologies. This course has been approved for transfer under the CAA/ICAA as a general education course in Humanities/Fine Arts.

**PSY 150      General Psychology**

This course provides an overview of the scientific study of human behavior. Topics include history, methodology, biopsychology, sensation, perception, learning, motivation, cognition, abnormal behavior, personality theory, social psychology, and other relevant topics. Upon completion, students should be able to demonstrate a basic knowledge of the science of psychology. This course has been approved for transfer under the CAA/ICAA as a general education course in Social/Behavioral Sciences.

**PSY 241      Developmental Psychology**

*Prerequisite: Take PSY-150*

This course is a study of human growth and development. Emphasis is placed on major theories and perspectives as they relate to the physical, cognitive, and psychosocial aspects of development from conception to death. Upon completion, students should be able to demonstrate knowledge of development across the lifespan. This course has been approved for transfer under the CAA/ICAA as a general education course in Social/Behavioral Sciences.

**SAB 110      Intro to Addiction and Recovery Studies**

This course provides an overview of the core concepts of addiction and recovery. Topics include the history of substance use, effects on societal members, treatment of addiction, and preventive measures. Upon completion, students should be able to demonstrate knowledge of the origins of substance use, addiction, prevention, treatment, and recovery.

**SOC 210      Intro to Sociology**

This course introduces the scientific study of human society, culture, and social interactions. Topics include socialization, research methods, diversity and inequality, cooperation and conflict, social change, social institutions, and organizations. Upon completion, students should be able to demonstrate knowledge of sociological concepts as they apply to the interplay among individuals, groups, and societies. This course has been approved for transfer under the CAA/ICAA as a gen education course in Social/Behavioral sciences.

**SWK 113      Cultural Competency & Diversity**

This course examines and promotes understanding, sensitivity, awareness, and knowledge of various cultures and diversity. Emphasis is placed on professional responsibilities, duties, and skills critical to multicultural social services practice. Upon completion, students should be able to integrate and expand knowledge, skills, and cultural awareness relevant to diverse populations.

**WBL 110      World of Work**

This course covers the basic knowledge necessary for gaining and maintaining employment. Topics include job search skills, work ethic, meeting employer expectations, workplace safety, and human relations. Upon completion, students should be able to successfully make the transition from school to work.

**WBL 110A      World of Work Lab**

This course provides a laboratory experience that covers the knowledge necessary for gaining and maintaining employment. Topics include job search and job interview skills, employment expectations, and employment preparation. Upon completion, students should be able to demonstrate how to successfully make the transition from postsecondary education to work.