CENTRAL CAROLINA COMMUNITY COLLEGE

Health Sciences

Program Planning Guide

Social and Human Services Diploma (D45380)

Program Length: 3 semesters
Program Sites: Lee Main Campus; Distance Education
Career Pathway Options: Associate in Applied Science Degree in Social and Human Services; Diploma 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. ***NOTE: Social and Human Services Courses are taught in 8-week sessions.***

Suggested Course Schedule		Class	Lab	Work	Credits	Notes:
1st Semester (fall)						
ACA 122	Transfer & Career Success	0	2	0	1	
PSY 150	General Psychology	3	0	0	3	
Select two courses from this list for the 1st 8-week session						
HSE 135	Orientation Lab I	0	2	0	1	Must be taken during a student's first semester.
DDT 110	Intellectual/Dev Disabilities	3	0	0	3	
GRO 120	Intro to Gerontology	3	0	0	3	
MHA 140	Intro to Mental Health	3	0	0	3	MHA 140 is best taken in the 8-weeks before MHA 238
SAB 110	Intro to Addiction & Recovery	3	0	0	3	
SWK 113	Cultural Comp and Diversity	3	0	0	3	
Select two courses from this list for the 2nd 8-week session						
HSE 135	Orientation Lab I	0	2	0	1	Must be taken during a student's first semester.
HSE 110	Intro to Human Services	2	2	0	3	One required F2F class meeting on Lee Main Campus
HSE 223	Counseling Theories & Skills	3	0	0	3	One required F2F class meeting on Lee Main Campus
MHA 140	Intro to Mental Health	3	0	0	3	MHA 140 is best taken in the 8-weeks before MHA 238
MHA 238	Psychopathology	3	0	0	3	MHA 140 must be taken before/at

Effective Term: 2026FA

Health Sciences

						the same time as MHA 238
2nd Semester (spring)						
ENG 111	Writing and Inquiry	3	0	0	3	
Select two courses from this list for the 1st 8-week session						
HSE 135	Orientation Lab I	0	2	0	1	Must be taken during a student's first semester.
DDT 110	Intellectual/Dev Disabilities	3	0	0	3	
MHA 140	Intro to Mental Health	3	0	0	3	MHA 140 is best taken in the 8-weeks before MHA 238
SAB 110	Intro to Addiction & Recovery	3	0	0	3	
SWK 113	Cultural Comp and Diversity	3	0	0	3	
Select two courses from this list for the 2nd 8-week session						
HSE 135	Orientation Lab I	0	2	0	1	Must be taken during a student's first semester.
HSE 110	Intro to Human Services	2	2	0	3	One required F2F class meeting on Lee Main Campus
HSE 223	Counseling Theories & Skills	3	0	0	3	One required F2F class meeting on Lee Main Campus
GRO 120	Intro to Gerontology	3	0	0	3	
MHA 140	Intro to Mental Health	3	0	0	3	MHA 140 is best taken in the 8-weeks before MHA 238
MHA 238	Psychopathology	3	0	0	3	MHA 140 must be taken before/at the same time as MHA 238
3rd Semester (summer)						
COM 110	Intro to Communication	3	0	0	3	
SOC 210	Intro to Sociology	3	0	0	3	
Total Semester Credits Required for Graduation: 38						

Course Descriptions

DDT 110 Intellectual/Dev Disabilities
Local Corequisite: HSE-135
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.

GRO 120 Intro to Gerontology
Local Corequisite: HSE-135
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
Local Corequisite: HSE 135
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 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 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.

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
Local Corequisite: MHA-140
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.

SAB 110 Intro to Addiction and Recovery Studies
Local Corequisite: HSE-135
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.

SWK 113 Cultural Competency & Diversity
Local Corequisite: HSE-135
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.