

Human Services

Student Services & Counseling

Dean
Juan Avalos

Phone
(916) 691-7350

Area Office
L 217

Counseling
(916) 691-7316

Cooperative Work Experience
(916) 691-7372

DEGREE

A.A.—Human Services, General

CERTIFICATE OF ACHIEVEMENT

Human Services, General

Program Description

This CRC program prepares students for employment as para-professionals with agencies such as youth group homes, youth and family services agencies, schools, probation, welfare, and mental health departments.

Career Opportunities

Peer Support Group Facilitator
Youth Group Home Worker
Family, Welfare, and Health Agencies Worker
Consumer Consultant
County or State Eligibility Worker
Conflict Containment Worker

Highlights

- Individual and group counseling
- Interviews with employers
- Employment training including resumes, cover letters, and interviews

NOTE TO TRANSFER STUDENTS:

If you are interested in transferring to a four-year college or university to pursue a bachelor's degree in this major, it is critical that you meet with a CRC counselor to select and plan the courses for your major. Schools vary widely in terms of the required preparation. The courses that CRC requires for an associate's degree in this major may be different from the requirements needed for the bachelor's degree.

For information about the student learning outcomes for this program, see <http://www.crc.losrios.edu/pslo>

DEGREE

A.A.—Human Services, General

CODE #1152

This degree is designed for persons who are seeking careers as youth group home workers, family welfare and health agencies workers, county or state eligibility workers, and other para-professional positions. Graduates will have a broad range of human services skills, including group counseling, client interviewing, communication, problem solving, and employment.

REQUIRED PROGRAM	Units
HSER 300 Introduction to Human Services	3
HSER 302 Introduction to Psychology of Human Relations.....	3
HSER 350 Employment Skills in Human Services.....	3
HSER 360 Techniques of Interviewing and Counseling.....	3
HSER 362 Practices in Human Services	3, 3
HSER 364 Techniques in Group Counseling	4
PSYC 300 General Principles	3

Plus six (6) units selected from:	6
PSYC 320 Social Psychology (3)	
SOC 300 Introductory Sociology (3)	
SOC 321 Race, Ethnicity and Inequality in the U.S. (3)	
TOTAL UNITS REQUIRED	31

Suggested Electives: BUS 100, 310; CISA 305, 315, 330, 340; COMM 301, 325; ECE 312; HEED 300, 312, 313; PSYC 330, 360, 372; SOC 301, 310

G.E. Graduation Requirements for this degree - see pages 20-21

CERTIFICATE OF ACHIEVEMENT

Human Services, General

CODE #1152

This certificate is designed for persons who are seeking careers as youth group home workers, family welfare and health agencies workers, county or state eligibility workers, and other para-professional positions. Completers will have a foundation in human services skills, including group counseling, client interviewing, and employment.

REQUIRED PROGRAM	Units
HSER 300 Introduction to Human Services	3
HSER 302 Introduction to Psychology of Human Relations.....	3
HSER 350 Employment Skills in Human Services.....	3
HSER 360 Techniques of Interviewing and Counseling.....	3
HSER 362 Practices in Human Services	3, 3
HSER 364 Techniques in Group Counseling	4
PSYC 300 General Principles	3

Plus six (6) units selected from:	6
PSYC 320 Social Psychology (3)	
SOC 300 Introductory Sociology (3)	
SOC 321 Race, Ethnicity and Inequality in the U.S. (3)	
TOTAL UNITS REQUIRED	31

HUMAN SERVICES (HSER)

HSER 300

Introduction to Human Services

3 Units

Prerequisite: None

Advisory: ENGWR 101; equivalent skills or higher

Course Transferable to CSU

Hours: 54 hours LEC

A comprehensive overview of the field of Human Services in private and public agencies. Includes learning of agency functions and worker activities through reading, class discussion, and class speakers. Emphasis is on the roles and skills of associate professionals such as health workers, activity directors for the elderly, and adolescent and child welfare assistants.

HSER 302

Introduction to Psychology of Human Relations

3 Units

Prerequisite: None

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC

Introduction to attitudes, values, and methods that enhance communication skills in human relations. Required course for the Human Services major. Open to all students.

HSER 304

Introduction to Counseling Children

3 Units

Prerequisite: None

Course Transferable to CSU

Hours: 54 hours LEC

A study of the tools children use daily to cope with feelings, adjust to changes, overcome disappointment and trauma, make sense out of the world around them and grow in their various relationships. Children's play medium will be experienced, with special emphasis on the importance of imagination and the use of fantasy. Assignments will require association with children.

HSER 340

Introduction to Chemical Dependency

3 Units

Prerequisite: None

Course Transferable to CSU

Hours: 54 hours LEC

A survey course that examines the psychological and physiological effects of chemical dependency on the individual. Also included is an analysis of the effects of substance abuse on the family; the sociological and economic conditions contributing to substance abuse, and a description of communication efforts at prevention and treatment.

HSER 341

Physiology and Pharmacology:

Alcohol & Other Drugs

3 Units

Prerequisite: HSER 340 with a grade of "C" or better

Course Transferable to CSU

Hours: 54 hours LEC

This course is a study of the chemical composition of alcohol, and the mechanism of action of alcohol and other psychoactive drugs in the human body including opiates, stimulants, depressants, psychotherapeutics, and psychedelics. The physiological and psychological mechanisms associated with tolerance, habituation, and withdrawal that occur during the addiction phase of drug use will be studied.

HSER 342

Alcoholism: Intervention, Treatment & Recovery

3 Units

Prerequisite: HSER 341 with a grade of "C" or better

Course Transferable to CSU

Hours: 54 hours LEC

This course is a study and evaluation of techniques used in the treatment of chemical dependency. Topics include intervention, individual and group counseling, detoxification, twelve-step programs, therapeutic communities, and aftercare programs.

HSER 350

Employment Skills in Human Services

3 Units

Prerequisite: None

Course Transferable to CSU

Hours: 54 hours LEC

Information in interviewing and counseling with parents, family system dynamics, family and drug intervention, crisis training, court mandated reporting, legislative mandates required of counselors, and laws pertaining to counseling minors and other client populations within Human Services Agencies.

HSER 360

Techniques of Interviewing and Counseling

3 Units

Prerequisite: HSER 302 with a grade of "C" or better

Advisory: HSER 350; HSER 300 and concurrent enrollment in HSER 362

Course Transferable to CSU

Hours: 54 hours LEC

Exploration of the effectiveness of these techniques as applied to para-professional experiences as counselor and group counselor aides, mental health workers, social service technicians and other new careers on all academic levels in people-to-people services. This course is an integral part of the Human Services curriculum.

HSER 362

Practices in Human Services

3 Units

Prerequisite: None

Corequisite: HSER 360

Course Transferable to CSU

Hours: 18 hours LEC ; 108 hours LAB

This course provides advanced study and supervised field experience in public and/or private agencies providing mental health, corrections, chemical dependency, and child/adolescent treatment services. Students apply concepts, values and skills acquired in other core courses to the process of helping others. Student evaluation is competency-based. This course may be taken four times for credit.

HSER 364**Techniques of Group Counseling 4 Units**

Prerequisite: HSER 300, 350, 360, and 362 with grades of "C" or better

Course Transferable to CSU

Hours: 54 hours LEC ; 54 hours LAB

This course provides an overview of basic group counseling techniques and practices including ethical issues in the field of group work.

Topics explored will include enhanced communication skills within group dynamics, theories of group counseling, best practices guidelines and diversity issues. Laboratory exercises will include group work with outside groups and evaluation methods.

HSER 494**Topics in Human Services .5-4 Units**

Prerequisite: None

Course Transferable to CSU

Hours: 54 hours LEC

Exploration of those topics and issues which are most relevant for future and present workers in human services. Emphasis will be on those issues which are not consistently covered by other required human services courses. These issues may include: chemical dependency, interventions in poverty, stress management, child neglect and abuse, patient rights, and organization for advocacy.

HSER 495**Independent Studies in Human Services 1-3 Units**

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC ; 54 hours LAB

HSER 498**Work Experience in Human Services 1-4 Units**

Prerequisite: None

Course Transferable to CSU

Hours: 300 hours LAB

This course provides students with opportunities to develop marketable skills in preparation for employment or advancement within their current job. Course content will include understanding the application of education to the workforce; completion of required forms, which document the student's progress and hours spent at the work site; and developing workplace skills and competencies. During the course of the semester, the student is required to fulfill an 18 hour orientation and 75 hours of related paid work experience, or 60 hours of unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. The course may be taken again when there is new or expanded learning on the job for a maximum of 16 units.

HSER 499**Experimental Offering in Human Services .5-4 Units**

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC ; 54 hours LAB