



Community College

Human Services Program Handbook

Welcome to the Human Services Program at LaGuardia Community College. This handbook is a handy reference guide to answer questions about our program requirements, policies, and courses.

The Human Services Program is based on interpersonal, multicultural, psychological, social and systems theories and their application throughout the helping process.

An Associate of Arts (AA) Degree in Human Services at LaGuardia provides a foundation for students to continued education and training in Bachelor degree programs in community health, healthcare administration, healthcare information management, human relations, human services, social work, disability studies, gerontology, and others. Human Service Professionals seek to empower individuals and communities, emphasize strengths and abilities, and foster human growth and development.

Our Human Services program focuses on training students with the skills necessary to provide culturally competent helping and supportive services to individuals, families, groups, and communities from diverse backgrounds. Our program specifically incorporates intensive training in Motivational Interviewing (MI) in our individual and group interviewing and counseling courses. MI is an evidence supported style of communication that is widely used within human services, social work and community health due to its effectiveness in supporting people in making difficult changes such as reducing or stopping substance use, adhering to medications, changing diet and exercise, and retaining in care for chronic health conditions. MI is an autonomy-supportive approach that engages the person in considering their own reasons for making changes in their behaviors to enhance their health and well-being. Our program is designed to meet the National Standards for Associate Degree in Human Services (Revised, 2013, Council for Standards in Human Service Education).

<http://www.cshse.org/standards.html>.

Our graduates may also seek entry level professional employment positions in various settings, such as group homes, after-school programs, shelters, senior centers, day care programs and community-based organizations. The Human Services program also prepares students for employment in support positions (e.g., health navigator, patient navigator, community health worker) in healthcare settings.

PROGRAM MISSION STATEMENT

The Human Services Program at LaGuardia Community College prepare students for careers that focus on helping people and communities to solve problems and be catalysts for change.

The Human Services Program:

- Provides a solid foundation in the principles, theories and skills needed to be effective human services professionals who promote the values and ethics of working with diverse populations and respect the dignity of all individuals, families and communities.
- Prepares students for entry-level positions in the helping professionals, and to continue their education at the baccalaureate level.
- Increases students' abilities and use of technology in order to provide quality services for individuals, families, and communities.
- Engages students as proactive learners and preparing them to be life-long learners.

PROGRAM GOALS

The Human Services Program at LaGuardia Community College goals are designed to fulfill the mission of the college and Council for Standards in Human Services Education recommendations.

- To provide students with a broad view of human services through an examination of institutions, service delivery systems and helping skills necessary for working with individuals, groups and communities at risk as well as the ethical and emotional challenges of working in the profession.
- To educate students in the fundamental concepts, skills, techniques, and intervention strategies needed for problem solving, crisis intervention and providing social and emotional support to people from different cultural, ethnic, faith system and socio-economic backgrounds.
- To provide students with an understanding of how communities are political action systems in developing grassroots human services and advocating for public human services.
- To empower our students at Human Services professionals to organize and participate in community decision- making processes, community planning and the development of human services, and community change techniques.
- To increase students' abilities to utilize self-awareness and reflection in working with individuals, families and communities at risk as well as in providing self-care strategies.

PROGRAM PHILOSOPHY

The Human Services Program is dedicated to providing foundational and experiential learning opportunities by faculty who model the competencies and values of human services.

- The faculty engage students in collaborative learning environments to nurture and challenge students toward fulfilling their educational and career goals while fostering increased self-awareness and personal growth.
- Students are encouraged to become critical thinkers, learn inquiry and problem solving, and embrace global perspectives.
- The program emphasizes integrative and reflective learning from experience and building foundations and skills for lifelong learning.
- The curriculum fosters the integration of theory and practice to develop the essential oral, written and digital communication abilities necessary for further educational success and entry-level employment.
- Assignments in the curriculum explore, demonstrate, practice and apply the knowledge, skills, techniques and values related to the field of human services.

ESSENTIAL FUNCTIONS OF HUMAN SERVICES PROFESSIONALS

There are three broad areas of essential functions in Human Services that are mainly interpersonal in nature. Human Services professionals may work in group homes, senior centers, after school programs day care centers, day habilitation programs as well as government and educational settings.

- Human Services Professionals are **instrumentalists** in that they assist clients in filling out forms for services, distribute pre-approved education materials, and help clients gather/find needed information.
- Human Services Professionals workers are **co-facilitators** of group discussions and therapeutic activities that can be art, music, games, and/or sports for individual clients or groups of clients.
- Human Services Professionals are **instructors** to help clients with Activities of Daily Living, to help clients follow instructions, to help clients remember appointments, and to help clients understand information needed for their own personal wellbeing and healthcare.

CAREERS IN HUMAN SERVICES

Human service professionals are dedicated to assisting those in need and work in a variety of settings, such as community-based organizations, schools, afterschool programs, legislative offices, hospitals, and local, state or federal agencies.

- Human service professionals seek to empower individuals and communities, emphasize strengths and abilities, and foster human growth and development.
- Human service professionals are instrumentalists—they get things done. They have strong communication and interpersonal skills; demonstrate patience, understanding, responsibility, and care.
- Human service professionals act as advocates and promote social justice by addressing social and economic inequalities among vulnerable populations of children and families, the elderly, homeless individuals and families, immigrant populations, people with addictions, people with disabilities, people with mental illnesses, veterans, and people involved in the juvenile and criminal justice systems.
- Human service professionals demonstrate respect for diversity and seek to eliminate oppression and discrimination with respect to race, ethnicity, national origin, color, sex, sexual orientation, gender identity or expression, age, marital status, political belief, religion, immigration status, and mental or physical disability.
- The program follows the values and ethical codes outlined by the National Organization for Human Services and Ethical Standards for Human Services Professionals, 2015.

LAGUARDIA COMMUNITY COLLEGE DECLARATION OF PLURALISM

- We are a diverse community at LaGuardia Community College.
- We strive to become a pluralistic community.
- We respect diversity as reflected in such areas as race, culture, ethnicity, gender, religion, age, sexual orientation, disability and social class. As a pluralistic community, we will:
 - *Celebrate*: individual and group diversity.
 - *Honor*: the rights of people to speak and heard on behalf of pluralism
 - *Promote*: intergroup cooperation, understanding and communication.
 - *Acknowledge*: each other's contributions to the community.
 - *Share*: beliefs, customs and experiences that enlighten us about members of our community.
 - *Affirm*: each other's dignity
 - *Seek*: further ways to learn about and appreciate one another
 - *Confront*: the expression of de-humanizing stereotypes, incidents where individuals or groups excluded because of difference, the intolerance of diversity and the forces of racism, sexism, heterosexism, homophobia, disability discrimination, ageism, and classism and ethnocentric that fragment the community into antagonistic individuals and groups
- ***The LaGuardia Declaration of Pluralism encompasses many of the values that form the foundation of the Human Services Professions.***

INTERNSHIP REQUIREMENT

The Human Services Program culminates with the Health & Human Services Internship course. This experiential learning experience challenges students to apply acquired competencies, skills and concepts in real world human services settings to enhance their ability to compete in the dynamic labor market while preparing them for advanced level of study at a 4-year college.

The internship course is only offered during the 12-week semester and requires one full day of work a week in a human-services setting. The internship course requires weekly reading and writing assignments as well as ePortfolio activities. Students who are unable to commit to one day a week during the 12-week term should consult with the Program Director at least one semester in advance to review options (e.g., summer volunteer work, beginning placement early with fewer hours required per week) for successful completion of the required internship in their final semester.

STUDENT ADVISING

- Advising is focused on helping students achieve their academic and career goals.
- Students will be introduced their Advising Team consisting of faculty, academic advisors, and trained Peer Advisors in the First-Year Seminar for Health Sciences (HSF090).
- Advisement is required for all students in the Human Services Program.
- Students will meet with a member of their Advising Team each term to have an advising “hold” lifted and to review academic progress as well as course selection for the following semester.

TRANSFER TO HUMAN SERVICES, SOCIAL WORK AND OTHER PROFESSIONAL PROGRAMS

Many Social Work and other professional programs require minimum grades in entry level program courses as an overall minimum GPA for admittance. Students are *strongly encouraged* to strive for least a B in all program level courses and maintain an overall GPA greater than 3.0 for successful transfer. The Human Services Program at LaGuardia Community College has an articulation agreement with the Human Relations B.S. Program at the CUNY School of Professional Studies. Each 4-year program has its own entry requirements as well as policies on which of our courses they will accept to transfer into their program requirements. Students should research transfer programs at least two semesters before their graduation date.

CUNY PATHWAYS

CUNY Pathways is the University’s re-organization of the liberal arts and general education requirements for students obtaining AA, AS, AAS, BA, and BS degrees. As of Fall 2013, all students new to LaGuardia, including transfer students and current students that changed their majors after of Fall I 2013, are required to follow CUNY Pathways. English, Math and Science form the “Required Core” of Pathways courses. The “Flexible Core” of Pathways maximizes student choices of courses in the Liberal Arts, Math and Science. ***Major programs may make recommendations for certain Pathways courses.***

- The Pathways recommendations for the Human Services Program include specific courses required to apply to many four-year programs in Human Services and Social Work: SSY101 General Psychology, SSP101 Power & Politics, and SSS100 Sociology.
- These pre-requisites are part of a comprehensive education in the disciplines that form the foundations of service, practice and advocacy in Human Services.
- *Please review the Program of Study and suggested Graduation Plan before selecting courses each semester to ensure timely progression towards degree completion.*

THE HUMAN SERVICES MAJOR PROGRAM OF STUDY

Required Core	12 credits
<i>English Composition</i>	<i>6 credits</i>
ENA/C/G101 Composition I	3
ENG102 Writing Through Literature	3
<i>Mathematical and Quantitative Reasoning</i>	<i>3 credits</i>
MAT119 Statistics w/ Elementary Algebra or MAT120 Elementary Statistics I	3
<i>Life and Physical Sciences</i>	<i>3 credits</i>
SCB101 Topics in Biological Sciences <i>prerequisite: MAT096</i>	3
Flexible Core – Required program prerequisites & recommended courses	18 credits
<i>World Cultures & Global Issues</i>	<i>3</i>
SSA101 Cultural Anthropology (recommended for transfer to York BSW) <i>prereq: ENG099</i>	3
<i>U.S. Experience in its Diversity</i>	<i>3</i>
SSP101 U.S. Power and Politics*(<i>prerequisite for HSS295 prerequisite: ENG099</i>)	3
<i>Creative Expression</i>	<i>3</i>
HUC106 Public Speaking (recommended) <i>prerequisite: ENG099</i>	3
<i>Individual and Society</i>	<i>3</i>
SSS100 Introduction to Sociology*(<i>prerequisite for HSS218 prerequisite: ENG099</i>)	3
<i>Scientific World</i>	<i>3</i>
SSY101 General Psychology* <i>prerequisite: ENG099 (prerequisite for HSS216)</i>	3
<i>Additional Flexible Core Course</i>	<i>3</i>
Human Services and Health Navigation Option	30 credits
<i>Health Sciences</i>	<i>6 credits</i>
HSF090 First Year Seminar – Health Sciences	0
SCH160 Health & Wellness <i>prerequisites: MAT095, pre/co: ENG101</i>	3
SCN195 Community Health <i>prerequisites: MAT096, ENG101</i>	2
SCN196 Community Health Research <i>pre/co-requisite: SCN195</i>	1
<i>Human Services Core</i>	<i>21 credits</i>
HSS101 Introduction to Human Services* <i>prerequisite: ENG101, pre-co: MAT096</i>	3
HSS102 Social Policy & Welfare <i>pre/co-requisite: HSS101</i>	3
HSS214 Social Gerontology <i>prerequisites: HSS101, HSS102</i>	3
HSS218 Group Interviewing & Counseling <i>prerequisites: SSS100, HSS216</i>	3
HSS216 Interviewing & Counseling <i>prerequisites: SCN195, SSY101</i>	3
HSS295 Community Organizing <i>prerequisites: ENG102, SSP101, HSS214</i>	3
HSS290 Health & Human Services Seminar & Internship <i>prerequisite: HSS216</i>	3
<i>Health Science Elective (choose one)</i>	<i>3 credits</i>
SCH150 Drugs, Society & Human Behavior <i>prerequisites: MAT096, ENG99</i>	3
SCH210 Human Sexuality <i>prerequisites: MAT096, ENG99</i>	3
SCN194 HIV/AIDS, Science & Society <i>prerequisites: MAT096, ENG101</i>	3
Total	60 Credits

*Courses required to apply to BSW programs at many senior colleges

PROGRAM FACULTY AND STAFF

- David S. Bimbi Ph.D., *Professor, Director Health & Human Services Programs*
- Maureen Doyle MSW, *Associate Professor*
- Juline Koken Ph.D., *Associate Professor*
- David Whyne MSW, *Instructor & Fieldwork Coordinator*
- Maria Cuoco MSW, *Instructor*
- Diane Hessemann MSW, *Instructor*
- Juan Olmedo, MSW, *Instructor*
- Regina Varin-Mignano MSW, *Instructor*
- Karla Chinchilla AA, *College Assistant*

ACADEMIC PROGRESSION

- The Human Services program takes a minimum of 3 semesters to complete as program level courses must be taken in sequence with respective prerequisites completed (e.g., ENG101).
- Students must be in good academic standing at the college to enroll in any 200-level HSS course.
- Students must earn at least a grade of C in all prerequisites for required program courses.
- Students must maintain at least a program GPA of 2.0.
- *A grade of less than a C in required courses will prevent advancement through the program.*

RECOMMENDED FLEXIBLE CORE COURSES

HUC106 Public Speaking, 3 credits, Creative Expression

This course is designed to provide the student with a critical understanding of, and increased skill in, formal public speaking. In addition to examining oral rhetoric theory, students learn and practice skills in topic selection, research, organization, delivery and criticism of speeches. *Prerequisites: CSE099, ENA/ENG099, ESA099, ENA/ENC101*

SSA101 Cultural Anthropology, 3 credits, World Cultures & Global Issues*

This course examines the similarities and differences found in the various types of human cultures and societies. It acquaints students with the basic concepts that help explain differences and similarities. The role of culture and language in determining human behavior is examined as is the interrelationship of aspects of behavior (economics, politics, family, and religion) in different types of societies. Patterns of cultural change will also be discussed. *Prerequisites: CSE099, ENA/ENG099, ESA099, ENA/ENC101*

*Recommended for students transferring to the 4-year Social Work program at York College

FLEXIBLE CORE PROGRAM PREREQUISITES (required to apply to BSW programs at many senior colleges)

SSP101 U.S. Power and Politics, 3 credits, pre-req for HSS295 taken as Pathways: U.S. Diversity

This course analyzes the relationship between the theory, form, and practice of American government. The course studies the strengths and weaknesses of the American political system. A major concern of the course is the nature of power in America and the options for reforming the American political system. *Prerequisite: ENG099*

SSS100 Intro to Sociology, 3 credits, pre-req for HSS218 taken as Pathways: Individual & Society

This course offers students information and ideas with which to understand the social factors of human life. It places the study of social interaction, social processes, and social institutions in an historical context. It examines the human condition with particular reference to work, to culture, to personality, to ethnic, class, and gender relations, as well as to economic and political institutions. *Prerequisite: ENG099*

SSY101 General Psychology, 3 credits, pre-req for HSS216 taken as Pathways: Scientific World

This course is an introduction to some of the major fields and theories in the science of psychology, covering a range of topics such as biological foundations, learning, cognition, emotion, perception, theories of personality, psychological disorders and their treatment and the research methods of psychology. *Prerequisite: ENG099*

FIRST YEAR SEMINAR

HSF90 First Year Seminar for Health Sciences, 0 credits

This department designed seminar introduces students to the College's technology suite, advisement council, co-curricular activities, and the mission of service to others common to all health science majors. Students will begin creating their ePortfolio in this class.

HYBRID LEARNING & ePORTFOLIO

The majority of the courses in the Human Services Program and some of the Health Sciences courses are offered as hybrid and will meet for two hours at a time. Students are expected to complete online learning assignments on their own time by given deadlines. Hybrid learning and ePortfolio help foster personal and professional growth in preparation for transfer.

HEALTH SCIENCE COURSES

SCH150 Drugs, Society & Human Behavior, 3 credits

This course provides an overview of legal and illegal substances and their effects on society as well as individuals. Drug regulation and criminalization are examined in their historical contexts as well as the roles that psycho-active substances have played in various cultures throughout human history. A variety of methods are used to explore such issues as the psychosocial aspects of drug taking; the dynamics of dependence; pharmacology; medical and non-medical use of drugs; preventive measures and treatment.

Prerequisites: MAT096, ENG099

SCH160 Health & Wellness, 3 credits

Personal health behavior is examined in the areas of cardiovascular health, stress, sex and sexuality, substance abuse, nutrition, and physical activity. Chronic and communicable diseases will also be examined. Students will analyze the role of health risk behaviors in the development of disease, injury and chronic illness. *Prerequisites: ENG101, MAT095*

SCH210 Human Sexuality, 3 credits

This course will provide students with an insight into the historical, societal, and cultural influences on sexuality and individual behavior. The physical (sexual-reproductive anatomy/development, behavior), psychosocial (gender, sexual orientation, attitudes), and emotional (attraction, functioning) aspects of human sexuality are reviewed as well as ethical and legal issues. The positive functional aspects of sexuality are emphasized rather than the dysfunction. *Prerequisites: MAT096, ENG099*

SCN194 HIV/AIDS, Science & Society, 3 credits (Urban Studies/Writing Intensive)

This interdisciplinary course examines in historical context the socio-political responses to HIV/AIDS both nationally and internationally. The biology of HIV transmission, AIDS etiology and treatment, as well as prevention science strategies will be reviewed. The course will also extensively cover the historical role of New York City in the development of HIV/AIDS activism and the impact of the epidemic on local NYC communities. *Prerequisites: MAT096, ENG101*

SCN195 Community Health, 2 credits (Urban Studies/Writing Intensive)

This course will examine the historical, philosophical, and theoretical principles and foundations of community health. Global perspectives on the role of health education in keeping people and communities healthy, as well as future trends in health promotion will be analyzed. NYC Department of Health initiatives and data, as well as NYC historical events in health are used to illustrate course concepts. This writing intensive course includes assignments based on required reading and activities in and outside of the classroom. *Prerequisites: MAT96, ENG101, SSY101*

SCN196 Community Health Research, 1 credit

This course provides an overview of open sources of health data on New York City residents available for public use. Students will be introduced to the process of preparing and presenting research through development of an ePortfolio project focused on a specific health issue within their local community.

Pre/co-requisite: SCN195

HUMAN SERVICES PROGRAM COURSES

HSS101 Introduction to Human Services, 3 credits

This course provides students with a broad view of human services. A historical perspective of how human services developed in the US and internationally; the involvement of faith based groups; development of secular services; and crisis intervention services in response to natural disasters, war, poverty and hunger will be addressed. *Prerequisite: ENG101, pre-co: MAT096*

HSS102 Social Welfare & Social Policy, 3 credits

This course introduces the foundations of applied social welfare policy analysis and intervention. The development of social welfare policy and programs in the United States will be examined within historical context utilizing multiple analytical frameworks (e.g., ideologies, theories, values, belief systems). The impact of social welfare policy on poverty, health care, child welfare, and changing population demographics will be reviewed for effectiveness. *Ppre-co/requisite: HSS101*

HSS214 Social Gerontology, 3 credits

This course examines older adults as a diverse population group within American society through interdisciplinary perspective of social gerontology (e.g., anthropology, biology, health, political science, psychology and sociology). Older adults as a socio-political group in the United States and the individual, familial, cultural and social aspects of aging and the aging process will be explored through required readings and written assignments. *Prerequisites: HSS101, HSS102*

HSS216 Interviewing & Counseling, 3 credits, (2 hr lecture, 2 hr lab)

This course will provide students with an in-depth look at approaches to individual counseling with an emphasis on practical knowledge and techniques for effective counseling practice in a multicultural society. Laboratory activities will focus on Motivational Interviewing. *Prerequisites: SSY101, SCN195*

HSS218 Group Interviewing & Counseling, 3 credits, (2 hr lecture, 2 hr lab)

This course will provide students with an in-depth look at multicultural group counseling with an emphasis on practical knowledge and techniques for effective group leadership. Students will explore theories of group dynamics; learn and practice skills for leading groups in a wide range of settings such as social work, mental health, substance abuse, and others. Lab activities focus on building skills for leading groups using Motivational Interviewing. *Prerequisites: SSS100, HSS216*

HSS290 Health & Human Services Internship, 3 credits

Through an experiential fieldwork and seminar, this course introduces students to the duties and responsibilities of professionals working within a health and human services setting. Students will be required to complete 72 hours of fieldwork and attend two supervision meetings during the semester. Seminar will focus on development of essential professional skills and ethical practices (e.g., communication, cultural competency), through classroom discussion and written activities in ePortfolio. *Prerequisites: HSS216, SCN195*

HSS295 Community Development & Organizing 3 credits (Capstone Course includes REG hour)

This course introduces community organization theory and practice in human services. The history and development of community organizing for social and human services are emphasized. Planning techniques of organizations in the profit, not-for-profit and governmental sectors and the processes affecting change in human service organizations are reviewed. This capstone course includes a studio hour focused on the development of an ePortfolio based community project. *Prerequisites: ENG102, SSP101, HSS214*

PROGRAM SEQUENCE: MINIMUM 3 SEMESTERS OF HUMAN SERVICES COURSES**Pre-Program Courses:** HSF090 FYS Health Sciences, SCH160 Health & Wellness**Program Prerequisites Semester A:** MAT096, ENG101 Composition I, SSS100 Sociology**Program Prerequisites Semester B:** SSY101 General Psychology**Program Prerequisites Semester C:** ENG102 Writing through Literature, SSP101 Power & Politics

<u>Human Services</u>	
<u>Semester A</u>	<u>9 cr</u>
SCN195 Community Health <i>prerequisites: MAT096, ENG101, SSY101</i>	2
SCN196 Community Health Research <i>pre/co-requisite: SCN195</i>	1
HSS101 Intro to Human Services <i>prerequisite: ENG101, pre-coreq: MAT096</i>	3
HSS102 Social Policy & Welfare <i>pre/co-requisite: HSS101</i>	3
<u>Semester B</u>	<u>9 cr</u>
HSS214 Social Gerontology <i>prerequisites: HSS101, HSS102</i>	3
HSS216 Interviewing & Counseling <i>prerequisites: SCN195, SSY101</i>	3
Health Science Elective <i>Choose one: SCH150, SCH210, SCN194</i>	3
<u>Semester C</u>	<u>9 cr</u>
HSS218 Group Interv & Counseling <i>prerequisites: SSS100, HSS216</i>	3
HSS290 HHS Seminar & Internship <i>prerequisites: SCN195, HSS216</i>	3
HSS295 Community Organizing <i>prerequisites: ENG102, SSP101, HSS214</i>	3
<u>Total Credits</u>	<u>30</u>

EVENING PROGRAM

Not all courses in the Human Services Program are offered every semester in the evening hours. Students should consult with their Human Services Faculty advisor to plan accordingly.

- Evenings every term – SCN195 and the Health Science Electives (SCH150, SCH210, SCN194)
- *Fall I – HSS214, HSS216*
- *Fall II – HSS101, SCH160, SCN196*
- *Spring I – HSS102, HSS218, HSS290 and HSS295*
- *Spring II – SCH160, SCN196*

Suggested sequence to complete program taking evening only courses

- Year 1: Fall II – HSS101; Spring I – HSS102 & HS Elective; Spring II – SCN195 & SCN196
- Year 2: Fall I – HSS214 & HSS216; Fall II – SCH160; Spring I – HSS218, HSS290 & HSS295

SAMPLE GRADUATION PLAN – 4 SEMESTERS

<u>Semester 1</u>	<u>15 cr</u>	<u>Semester 2</u>	<u>15 cr</u>
HSF090 FYS Health Sciences	0	ENG102 Writing/Literature <i>prerequisite: ENG101</i>	3
ENA/C/G101 Composition I	3	Flex Core 4: HUC106 Public Speaking <i>prerequisite: ENG099</i>	3
MAT119/120 Statistics	3	SCN195 Community Health <i>prerequisites: MAT096, ENG101</i>	2
Flex Core 1: SSY101 Psychology <i>prerequisite: ENG099</i>	3	SCN196 Community Health Research <i>pre/co-requisite: SCN195</i>	1
Flex Core 2: SSS100 Sociology <i>prerequisite: ENG099</i>	3	HSS101 Intro to Human Services <i>prerequisite: ENG101, pre-coreq: MAT096</i>	3
SCH160 Health & Wellness <i>prerequisite: MAT095; pre/co-req: ENG101</i>	3	HSS102 Social Policy & Welfare <i>pre/co-requisite: HSS101 Intro Human Services</i>	3
<u>Semester 3</u>	<u>15 cr</u>	<u>Semester 4</u>	<u>15 cr</u>
SCB101 Biology <i>prerequisite: MAT096</i>	3	Flex Core 5: SSA101 Cultural Anthro <i>prerequisite: ENG99</i>	3
Flex Core 3: SSP101 U.S. Politics <i>prerequisite: ENG099</i>	3	Flex Core 6: Elective	3
HSS216 Interviewing & Counseling <i>prerequisites: SCN195, SSY101</i>	3	HSS295 Community Organizing <i>prerequisites: ENG102, SSP101, HSS214</i>	3
HSS214 Social Gerontology <i>prerequisites: HSS101, HSS102</i>	3	HSS290 HHS Seminar & Internship <i>prerequisites: SCN195, HSS216</i>	3
Health Science Elective <i>Choose one: SCH150, SCH210, SCN194</i>	3	HSS218 Group Interv & Counseling <i>prerequisites: SSS100, HSS216</i>	3
		<u>Total Credits</u>	<u>60</u>

SAMPLE GRADUATION PLAN – 5 SEMESTERS

<u>Semester 1</u>	<u>12 cr</u>	<u>Semester 2</u>	<u>12 cr</u>
HSF090 FYS Health Sciences	0	ENG102 Writing/Literature <i>prerequisite: ENG101</i>	3
ENA/C/G101 Composition I	3	MAT119/120 Statistics	3
Flex Core 1: SSY101 Psychology <i>prerequisite: ENG099</i>	3	HSS101 Intro to Human Services <i>prerequisite: ENG101, pre-coreq: MAT096</i>	3
Flex Core 2: SSS100 Sociology <i>prerequisite: ENG099</i>	3	SCN195 Community Health <i>prerequisite: MAT096, ENG101</i>	2
SCH160 Health & Wellness <i>prerequisite: MAT095; pre/co-req: ENG101</i>	3	SCN196 Community Health Research <i>pre/co-requisite: SCN195</i>	1
<u>Semester 3</u>	<u>12 cr</u>	<u>Semester 4</u>	<u>12 cr</u>
SCB101 Biology <i>prerequisite: MAT096</i>	3	Flex Core 4: HUC106 Public Speaking <i>prerequisite: ENG099</i>	3
Flex Core 3: SSP101 U.S. Politics <i>prerequisite: ENG099</i>	3	Flex Core 5: SSA101 Cultural Anthro <i>prerequisite: ENG099</i>	3
HSS102 Social Policy & Welfare <i>pre/co-requisite: HSS101</i>		HSS216 Interviewing & Counseling <i>prerequisites: SCN195, SSY101</i>	3
Health Science Elective <i>Choose one: SCH150, SCH210, SCN194</i>	3	HSS214 Social Gerontology <i>prerequisites: HSS101, HSS102</i>	3
<u>Semester 5</u>	<u>12 cr</u>		
Flex Core 6: Elective	3		
HSS295 Community Organizing <i>prerequisites: ENG102, SSP101, HSS214</i>	3		
HSS290 HHS Seminar & Internship <i>prerequisites: SCN195, HSS216</i>	3		
HSS218 Group Interv & Counseling <i>prerequisites: SSS100, HSS216</i>	3		
<u>Total Credits</u>	<u>60</u>		

SAMPLE GRADUATION PLAN – PART TIME

<u>Semester 1</u>		<u>6 cr</u>	<u>Semester 2</u>		<u>9 cr</u>
HSF090 FYS Health Sciences	0		SCH160 Health & Wellness	3	
			<i>prerequisite: MAT095; pre/co-req: ENG101</i>		
ENA/C/G101 Composition I	3		Flex Core 1: SSY101 Psychology	3	
			<i>prerequisite: ENG099</i>		
MAT119/120 Statistics	3		HSS101 Intro to Human Services	3	
			<i>prerequisite: ENG101, pre-co: MAT096</i>		
<u>Semester 3</u>		<u>9 cr</u>	<u>Semester 4</u>		<u>9 cr</u>
ENG102 Writing/Literature	3		Flex Core 3: HUC106 Public Speak	3	
<i>prerequisite: ENG101</i>			<i>prerequisite: ENG099</i>		
Flex Core 2: SSS100 Sociology	3		Flex Core 4: SSP101 U.S. Politics	3	
<i>prerequisite: ENG99</i>			<i>prerequisite: ENG099</i>		
HSS102 Social Policy & Welfare	3		SCN195 Community Health	2	
<i>pre/co-requisite: HSS101</i>			<i>prerequisite: MAT096, ENG101</i>		
			SCN196 Community Health Research	1	
			<i>pre/co-requisite: SCN195</i>		
<u>Semester 5</u>		<u>9 cr</u>	<u>Semester 6</u>		<u>9 cr</u>
SCB101 Biology	3		Flex Core 6: Elective	3	
<i>prerequisite: MAT096</i>					
Flex Core 5: SSA101 Cultural Anthro	3		HSS216 Interviewing & Counseling	3	
<i>prerequisite: ENG099</i>			<i>prerequisites: SCN195, SSY101</i>		
HSS214 Social Gerontology	3		Health Science Elective	3	
<i>prerequisites: HSS101, HSS102</i>			<i>Choose one: SCH150, SCH210, SCN194</i>		
<u>Semester 7</u>		<u>9 cr</u>			
HSS295 Community Organizing	3				
<i>prerequisites: ENG102, SSP101, HSS214</i>					
HSS290 HHS Seminar & Internship	3				
<i>prerequisites: SCN195, HSS216</i>					
HSS218 Group Interv & Counseling	3				
<i>prerequisites: SSS100, HSS216</i>					
<u>Total Credits</u>	<u>60</u>				