

# Human Services & Gerontology

<b>ACADEMIC COUNSELING</b>	Folsom campus - 916-608-6500
	El Dorado Center - 530-642-5645
	Rancho Cordova Center - 916-255-0717

**DEGREES**

- A.A. - Human Services, General
- A.A. - Human Services, Gerontology

**CERTIFICATES OF ACHIEVEMENT**

- Human Services, General
- Human Services, Gerontology

**CERTIFICATES OF RECOGNITION**

- Human Services, Home Caregiver

This Folsom Lake College program prepares students for employment as an associate professional, and also prepares students for transfer level training for Psychology and Social Work majors towards Marriage Family Therapists, Social Workers, and Psychologists. Associate Professional employment includes agencies such as youth group homes, youth and family services, schools, probation, welfare, and mental health departments. Both the degree and certificates are CSU transferrable, and fulfill lower-division requirements for a Psychology BA degree, and fulfill upper-division requirements for a MS in Counseling degree.

**Career Options**

Peer Support Group Facilitator; Youth Group Home Worker; Alcoholism Program Worker; Family, Welfare, and Health Agencies Worker; Ombudsman Program Workers; Work with Correctional Agencies; Consumer Consultant; County or State Eligibility Worker; Conflict Containment Workers

**Highlights**

- Individual and group counseling
- Tours of Human Services agencies
- Interviews with employers
- Employment training, including resumes, cover letters, and interviews

- Identify the community resources used in assisting clients
- Appraise and apply the knowledge of existing California professional codes of ethics for the helping professions
- Describe the application of clients' rights in the social service delivery system
- Evaluate one's own values and attitudes as they apply to ethical decision making
- Demonstrate effective individual and group setting interpersonal and social skills in interactions with a demographically diverse population

The A.A. degree program in Human Services provides performance-based training for both associate level employment and transfer preparation. Provides training for Psychology and Social Work majors towards Marriage Family Therapists, Social Workers, and Psychologists. All courses within this curriculum are transferable to CSU four-year degree programs. Coursework includes performance-based training in client screening, intake, assessment, orientation, individual counseling, group counseling, consultation, client's rights, confidentiality, crisis intervention, client education, professional ethics, reports and record keeping.

**DEGREE**

**A.A.—Human Services, Gerontology**

REQUIRED PROGRAM	.....Units
GERON 331	Interviewing, Counseling the Elderly.....3
GERON 333	Techniques of Individual and Group Counseling of the Elderly.....4
HSER 300	Introduction to Human Services.....3
HSER 302	Introduction to Psychology of Human Relations.....3
HSER 340	Introduction to Chemical Dependency.....3
HSER 350	Employment Skills in Human Services.....3
HSER 360	Techniques of Interviewing and Counseling.....3
HSER 362	Practices in Human Services.....6
HSER 364	Techniques of Group Counseling.....4
PSYC 300	General Principles.....3
TOTAL UNITS REQUIRED	..... 35

Suggested Electives: ENGWR 300, ENGWR 330, ENGWR 331; CISA 300, CISA 301, CISA 320, CISA 321, CISA 340, CISC 320, CISC 321; HEED 300, 312, 313; STAT 300.

This A.A. degree may be obtained by completion of the Required Program, plus General Education Requirements, plus sufficient electives to meet a 60-unit total.

Upon completion of this program, the student will be able to:

- Demonstrate skill, ease, confidence, rapport, and listening skills when communicating with the elderly at different cognitive levels.
- Evaluate and discuss similarities and differences surrounding diverse aging populations as they relate to life expectancy, mortality, mobility, family, work, retirement, mental health, death, lifestyles, sexuality, and use of services.
- Discuss the impact of language and other cultural factors that influence drug education, drug use, and treatment options with the elderly.
- Evaluate common methods of care for the dying including hospitals, skilled nursing facilities, care centers, and hospice care.
- Recognize and identify risk of caregiver stress in cases of Alzheimer's, dementia, and other diagnoses correlated with aging.
- Identify and evaluate elder abuse causes, preventions strategies, and resources.
- Identify strategies for meeting the challenges of aging within a socio-cultural framework.
- Recognize and evaluate demographic, socioeconomic, legal, and physiologic aspects of aging
- Develop practical workplace skills and knowledge needed for employment in the field.
- Transfer skills, units, and experience to a gerontology major at a four year institution.

**DEGREE**

**A.A.—Human Services, General**

REQUIRED PROGRAM	.....Units
HSER 300	Introduction to Human Services.....3
HSER 302	Intro 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.....6
HSER 364	Techniques of Group Counseling.....4
PSYC 300	General Principles.....3
Plus six (6) units selected from:.....6	
GERON 300/SOC 335	Sociology of Aging (3)
HSER 304	Introduction to Counseling Children (3)
HSER 340	Introduction to Chemical Dependency (3)
HSER 494	Current Issues in Human Services (3)
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: ENGWR 300, 330, 331; CISA 300, 301, 320, 321, 340; HEED 300, 312, 313; STAT 300.

This A.A. degree may be obtained by completion of the Required Program, plus General Education Requirements, plus sufficient electives to meet a 60-unit total.

Upon completion of this program, the student will be able to:

- Define the functions of social service delivery systems
- Analyze public policy issues, complexities and controversies affecting social service agencies and their clients
- Integrate different theoretical approaches in working with clients

The Gerontology Degree Program will prepare students to assist seniors in managing their health, psychological, and social needs unique to the elderly population via a broad overview of the biological, psychological, and social aspects of aging. The need for specialization in gerontology is clearly shown in population trends and documented in literature citing the lack of adequately prepared geriatric caregivers. The focus is on preparation for associate-level positions with private industry, government and non-profit agencies providing health services to senior adults. All courses transfer to California State Universities. Students planning to continue specialization in gerontology by transferring to a four-year college should consult the Requirements for Transfer Institutions section of this catalog.

### CERTIFICATE OF ACHIEVEMENT

#### Human Services, General

REQUIRED PROGRAM	Units
HSER 300 Introduction to Human Services	3
HSER 302 Intro 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	6
HSER 364 Techniques of Group Counseling	4
PSYC 300 General Principles	3
Plus six (6) units selected from:	6
GERON 300/SOC 335 Sociology of Aging (3)	
HSER 304 Introduction to Counseling Children (3)	
HSER 340 Introduction to Chemical Dependency (3)	
HSER 494 Current Issues in Human Services (3)	
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: ENGWR 300, 330, 331; CISA 300, 301, 320, 321, 340; HEED 300, 312, 313; STAT 300

The certificate program in Human Services provides performance-based training for both associate level employment and transfer preparation. Provides training for Psychology and Social Work majors towards Marriage Family Therapists, Social Workers, and Psychologists. All courses within this curriculum are transferable to CSU four-year degree programs. Coursework includes performance-based training in client screening, intake, assessment, orientation, individual counseling, group counseling, consultation, client's rights, confidentiality, crisis intervention, client education, professional ethics, reports and record keeping.

Upon completion of this program, the student will be able to:

- Define the functions of social service delivery systems
- Analyze public policy issues, complexities and controversies affecting social service agencies and their clients
- Integrate different theoretical approaches in working with clients
- Identify the community resources used in assisting clients
- Appraise and apply the knowledge of existing California professional codes of ethics for the helping professions
- Describe the application of clients' rights in the social service delivery system
- Describe the application of clients' rights in the social service delivery system
- Demonstrate effective individual and group setting interpersonal and social skills in interactions with a demographically diverse population.

### CERTIFICATE OF ACHIEVEMENT

#### Human Services, Gerontology

REQUIRED PROGRAM	Units
GERON 331 Interviewing, Counseling the Elderly	3
GERON 333 Techniques of Individual and Group Counseling of the Elderly	4
HSER 300 Introduction to Human Services	3
HSER 302 Introduction to Psychology of Human Relations	3
HSER 340 Introduction to Chemical Dependency	3
HSER 350 Employment Skills in Human Services	3
HSER 360 Techniques of Interviewing and Counseling	3
HSER 362 Practices in Human Services	6
HSER 364 Techniques of Group Counseling	4
PSYC 300 General Principles	3
TOTAL UNITS REQUIRED	35

### CERTIFICATE OF RECOGNITION

#### Human Services, Home Caregiver

REQUIRED PROGRAM	Units
GERON 300/SOC 335 Sociology of Aging	3
HSER 302 Introduction to Psychology of Human Relations	3
HSER 350 Employment Skills in Human Services	3
HSER 498 Work Experience	3
TOTAL UNITS REQUIRED	12

The Home Caregiver Certificate prepares recipients with in-home ethical and legal preparation, interpersonal skill training, and information regarding the needs affiliated with aging. All courses transfer to California State Universities. Students planning to continue specialization in gerontology by transferring to a four-year college should consult the Requirements for Transfer Institutions section of this catalog.

Upon completion of this program, the student will be able to:

- demonstrate skill, ease, confidence, rapport, and listening skills when communicating with the elderly at different cognitive levels.
- evaluate and discuss similarities and differences surrounding diverse aging populations as they relate to life expectancy, mortality, mobility, family, work, retirement, mental health, death, lifestyles, sexuality, and use of services.
- discuss the impact of language and other cultural factors that influence drug education, drug use, and treatment options with the elderly.
- evaluate common methods of care for the dying including hospitals, skilled nursing facilities, and hospice care.
- recognize and identify risk of caregiver stress in cases of Alzheimer's and other dementia.
- identify and evaluate elder abuse causes, preventions strategies, and resources.
- identify strategies for meeting the challenges of aging within a socio-cultural framework.
- recognize and evaluate demographic, socioeconomic, legal, and physiologic aspects of aging.
- develop practical workplace skills and knowledge needed for employment

## Human Services (HSER)

### HSER 300 INTRODUCTION TO HUMAN SERVICES 3 UNITS

Prerequisite: None

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

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, pharmacokinetics and the physiological effects of psychoactive drugs on the central nervous system. Psychoactive drugs discussed include alcohol, opiates, stimulants, depressants, psychotherapeutics, and psychedelics. Also included will be the physiological and psychological mechanisms associated with tolerance, habituation, and withdrawal that occur during the addiction phase of drug use.

**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. Grade of "C" or better required to meet prerequisite.

Advisory: 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. Grade of "C" or better required to meet prerequisite or corequisite.

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 302, 360, and 362. Grade of "C" or better required to meet prerequisite.

Course Transferable to CSU

Hours: 54 hours LEC ; 54 hours LAB

Techniques of counseling in groups with people of a variety of ages. Group exploration and sharing of feelings about problems presented. Recognition of unique and common problems and participation in understanding and behavior change.

**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: 18 hours LEC ; 54 hours LAB

**HSER 499 EXPERIMENTAL OFFERING IN HUMAN SERVICES .5-4 UNITS**

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC ; 54 hours LAB

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**Gerontology (GERON)****GERON 300 SOCIOLOGY OF AGING 3 UNITS**

Prerequisite: None

Course Transferable to CSU

Hours: 54 hours LEC

This course examines the aged and the aging process, with emphasis on social factors affecting and affected by an aging population. It includes an analysis of demography and history of aging in America; individual aging and adaptation; needs, resources, and social support systems; employment and retirement; and social class/cultural differences. Not open to students who have received credit for SOC 335.

**GERON 331 INTERVIEWING, COUNSELING THE ELDERLY 3 UNITS**

Prerequisite: PSYC 300. Grade of "C" or better required to meet prerequisite.

Course Transferable to CSU

Hours: 54 hours LEC

Techniques of counseling the elderly with emphasis on rehabilitation using Remotivation-Reality Orientation, Sensitivity Training and Life Review. Individual and group processes as related to the elderly are applied. The course is an integral part of the Gerontology program.

**GERON 333 TECHNIQUES OF INDIVIDUAL AND GROUP COUNSELING OF THE ELDERLY 4 UNITS**

Prerequisite: GERON 331. Grade of "C" or better required to meet prerequisite.

Course Transferable to CSU

Hours: 54 hours LEC ; 54 hours LAB

Exploration of the effectiveness of counseling techniques of the elderly within an institutional setting. Non-traditional techniques of counseling and support are investigated. Student involvement with the elderly under supervision is a major function of the course. This course is an integral part of the Gerontology program.

**GERON 495 INDEPENDENT STUDIES IN GERONTOLOGY 1-3 UNITS**

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC ; 54 hours LAB

**GERON 498 WORK EXPERIENCE IN GERONTOLOGY 1-4 UNITS**

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC ; 54 hours LAB

**GERON 499 EXPERIMENTAL OFFERING IN GERONTOLOGY .5-4 UNITS**

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC ; 54 hours LAB