

Common Course Outline
HUSC 101
Introduction to Human Services Counseling
3 Credits

Community College of Baltimore County

Description

HUSC 101 – Introduction to Human Services Counseling investigates the broad field of Human Services Counseling, explores the common knowledge, skills, and abilities, and focuses on career exploration and personal development specific to this field of study.

3 Credits

Prerequisites: None

Overall Course Objectives

Upon completion of this course students will be able to:

1. recognize the broad spectrum of career opportunities in the Human Services Counseling fields;
2. identify the major events in the history, current state, and future directions in the Human Services Counseling fields;
3. identify the stages of the life span and possible human services counseling needs in those stages;
4. describe the interrelationship between several helping professions and the importance of interdisciplinary teamwork;
5. recognize the importance of appropriate interpersonal boundaries;
6. reflect upon the ideal values, attitudes and traits of a helper, and evaluate the role of one's own values in his or her profession;
7. identify their own motivation for becoming a helper;
8. assess effective and ineffective helping;
9. demonstrate an attitude of basic cultural competence in the professional setting;
10. describe fundamental ethical orientations to human services counseling, including the basic rights of clients and responsibilities of professionals;
11. summarize the critical thinking skills used in the human services counseling professions;
12. apply self-care strategies and to develop a plan to avoid compassion fatigue;
13. explore one or more models of human services counseling service delivery through experiential or service learning;
14. write objectively in field-specific documentation;
15. demonstrate both verbal and nonverbal communication techniques used when working with at-risk populations; and
16. recognize the unique needs of specific populations often served in Human Services Counseling settings.

Major Topics

- I. Career paths in Human Services Counseling
- II. Goals and values of the Human Services Counseling profession
- III. History of the Human Services Counseling fields
- IV. Contemporary lenses of helping
- V. Future directions in Human Services Counseling
- VI. An interdisciplinary approach to client work
- VII. Boundaries and scope of practice
- VIII. Values, attitudes, and traits of effective helpers
- IX. Motivation for helping
- X. Cultural competence
- XI. Basic ethical issues in Human Services Counseling
- XII. Variety of service delivery models
- XIII. Career development and exploration
- XIV. Life span issues and needs for services
- XV. Objective writing skills
- XVI. Self-care
- XVII. Specific populations served in Human Services Counseling settings
 - A. Vulnerable adults
 - B. People with mental health diagnoses
 - C. People with substance use disorders
 - D. At-risk youth
 - E. Elderly
 - F. Veterans

Course Requirements

Grading procedures will be determined by the individual faculty member but will include the following:

Grading/exams

A minimum of two examinations

At least one reflective writing assignment related to career exploration, minimum 2 pages in length

A career biography, minimum 3 pages in length

Written Assignments: Students are required to use appropriate academic resources.

Other Course Information

This course is required for students in the Human Services Counseling degree program.