

## Bachelor of Arts in Human Services

### Bachelor of Arts in Human Services with Mental Health Recovery Concentration

#### Program Description

The Human Services major at CSUDH is a single subject major (no minor required) that prepares students who earn the B.A. degree for employment in a variety of professional service careers. This major is interdisciplinary and combines courses from Human Services, Child Development, Health Sciences, Psychology, Sociology, Anthropology, and other areas. It is like a degree in social work, and it is a great major for people who want meaningful jobs helping others and serving their communities. The program also offers a concentration in Mental Health Recovery for those interested.

This interdisciplinary program includes:

A set of core courses that provide a broad background of the knowledge and skills needed to help improve the quality of life of those in need. Electives that provide specialized, in-depth training in an area of concentration are chosen and designed by the student. Supervised work in the field of human services through a series of fieldwork courses.

The major appeals to caring, socially concerned, people-oriented individuals who want to learn how to serve the community effectively. Human services help those in need through:

- Counseling
- Case Management
- Program Development
- Group Facilitation
- Education
- Caregiving
- Problem-Solving
- Outreach
- Advocating
- Planning
- Training
- Organizing
- Administration

These services are provided through a wide range of government and private agencies and organizations, such as mental health agencies, family service centers, geriatric care, detox centers, educational settings, the corrections system, recreation departments, children's services, hospitals, community groups, Department of Children and Family Services, and many others.

Students will be able to apply for the following Graduate programs (just to name a few):

- Social Work
- Marriage and Family Therapy
- Occupational Therapy
- School Counseling (K-12)
- College Counseling
- General Counseling (Addiction, Substance Abuse, Mental Health)

# Graduation Requirements

## General Education (GE)

49 units of required undergraduate courses of General Education, includes lower division and upper division integrative studies. (Integrative Studies Humanities, Integrative Studies Natural Sciences, Integrative Studies Social Sciences)

### Lower Division (100-200 level)

- Oral Communication (3 units)
- Written Communication (3 units)
- Logical/Critical Reasoning (3 units)
- Physical Science (3 units)
- Natural Science in Life Science (3 units)
- Natural Science in Science Laboratory (1 unit)
- Quantitative Reasoning and Problem Solving (3-4 units)
- Arts Course (3 units)
- Letters Course (3 units)
- Arts or Letters Course (3 units)
- Perspectives on Individual, Groups, and Society (3 units)
  - Recommend SOC 101 or PSY 101
- Global and Historical Perspectives (3 units)
- Lifelong Learning and Self-Development (3 units)
- Ethnic Studies (3 units)

### Upper Division (300+ level)

- Integrative Studies Humanities (3 units)
- Integrative Studies Natural Science (3 units)
- Integrative Studies Social Science (3 units)

## Statutory

HIS 101 AND POL 101

## Writing Requirement (GWAR)

HUS 310 will meet this requirement.

## Major Requirements

57 units

## Total Units

120 units (Most students in this major may need to take additional elective units to reach 120)

## Units and Residence Requirements

Transfer Units (70 units maximum from Community college)  
Major requirements (57 units) (30 units must be completed in residence)  
General Education Units (9 units of upper division integrative studies)  
Total Units (120 units minimum)

## Grade Point Average (GPA)

2.0 or higher

# Human Services- General

## 4-Year Roadmap

<b>Semester 1</b>	✓
Lower Division General Education (3 units)	
Area B4: Elementary Stats & Probability (MAT 131, 132, or 134) (3-4 units)	
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	

<b>Semester 2</b>	✓
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	

<b>Semester 3</b>	✓
Lower Division General Education- <b>BIO102</b> (3 units)	
Lower Division General Education Lab (1 unit)	
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	
U.S. History (HIS 101) (3 units)	
3 Elective Units to reach 120 (3 units)	

<b>Semester 4</b>	✓
U.S. CA State & Local Govn't-POL 101 (3 units)	
3 Elective Units to reach 120 (3 units)	
3 Elective units to reach 120 (3 units)	
BIO 250 or 254 (Pre-requisite, BIO 102) (3 units)	
1 Major Elective(3 units)	

## 2-Year Roadmap

(most transfer students will begin here if most lower division general education courses have been completed)

<b>Semester 5</b>	✓
<b>HUS 300</b> (3 units)	
PSY 363 (3 units)	
ANT 310 (3 units)	
SOC 320 (3 units)	
U.D. Integrative Studies Social Science* (Double counting courses available) (3 units)	

<b>Semester 6</b>	✓
<b>HUS 310*</b> (Pre-requisite, HUS 300); (Co-req. HUS 380 and 381) (3 units)	
<b>HUS 380</b> (Co-req. HUS 310 and 381) (2 units)	
<b>HUS 381</b> (Co-req. HUS 310 and 380) (1 units)	
HUS 315 (Pre-requisite, HUS 300) (3 units)	
HUS 330 (Pre-requisite, HUS 300) (3 units)	
U.D. Integrative Studies Natural Science (3 units)	

<b>Semester 7</b>	✓
<b>HUS 400</b> (Pre-requisite, HUS 310, 380 and 391); (Co-req. HUS 390 and 391) (3 units)	
<b>HUS 390</b> (Co-req. HUS 400 and 391) (2 units)	
<b>HUS 391</b> (Co-req. HUS 400 and 390) (1 units)	
HUS 460 (Pre-req. HUS 300, Statistics) (3 units)	
1 Major Elective (3 units)	
U.D. Integrative Studies Humanities (3 units)	

<b>Semester 8</b>	✓
<b>HUS 410</b> (Pre-requisite, HUS 400, 390 and 391); (Co-req. HUS 480 and 481) (3 units)	
<b>HUS 480</b> (Co-req. HUS 410 and 481) (2 units)	
<b>HUS 481</b> (Co-req. HUS 410 and 480) (1 units)	
1 Major elective (3 units)	
1 Major Elective (3 units)	
1-2 Elective units to reach 120 (1-2 units)	

Pre-requisites/Co-requisites are listed in **burgundy**.

- Pre-requisites- courses that must be taken before another course.
- Co-requisites- courses that must be taken together.

Courses in **bold** must be taken in that sequence and should be your priority that semester.  
 Courses in **blue** will double-count (used for more than 1 area).

\*HUS 310 also meets the Graduate Writing Assessment Requirement (GWAR)

\*ANT 336, 337, 338, 371, HEA 468 will double count for UD Integrative studies Social Science and 1 Major elective

## Human Services- General

All Major requirements must be completed with a C or better.

Student \_\_\_\_\_ I.D. Number \_\_\_\_\_

MAJOR REQUIREMENTS (57 UNITS)	Prerequisite/Co-Requisite	Semester	Grade
<b>A. COMMON CORE COURSES (36 units)</b>			
<b>Interdisciplinary Courses (15 units)</b>			
<b>MAT 131</b> Elementary Statistics and Probability (3)	(MAT 132 or 134 can be used as substitution)		
<b>BIO 250</b> Human Anatomy and Physiology (3) <b>OR</b> <b>BIO 254</b> Human Biology (3) (May be substituted with an elective with advisor approval)	<b>Pre-requisite BIO 102</b>		
<b>ANT 310</b> Culture and Personality (3) <b>OR</b> <b>ANT 389</b> Transmission of Culture (3)			
<b>PSY 363</b> Abnormal Psychology (3)			
<b>SOC 320</b> Sociology of the Family (3) <b>OR</b> <b>HIS 379</b> The Family in History (3)			
<b>Human Services Courses (21 UNITS)</b>			
<b>HUS 300</b> Introduction to Human Services (3)			
<b>HUS 310</b> Helping & Professional Relationships (3) <b>MUST be taken with HUS 38 and 381</b>	<b>Pre-requisite HUS 300</b> <b>Co-requisite HUS 380 and 381</b>		
<b>HUS 315</b> Intercultural Communication for Human Services (3)	<b>Pre-requisite HUS 300</b>		
<b>HUS 330</b> Human Behavior and the Social Environment (3)	<b>Pre-requisite HUS 300</b>		
<b>HUS 400</b> Case Management in Human Services (3) <b>MUST be taken with HUS 390 and 391</b>	<b>Pre-requisite HUS 310</b> <b>Co-requisite HUS 390 and 391</b>		
<b>HUS 410</b> Advanced Case Management (3) <b>MUST be taken with HUS 480 and 481</b>	<b>Pre-requisite HUS 400</b> <b>Co-requisite HUS 480 and 481</b>		
<b>HUS 460</b> Research Methods for Human Services (3)	<b>Pre-requisite HUS 300</b>		
<b>B. FIELDWORK PRACTICUM (9 units)</b>			
<b>HUS 380</b> Field Work Practicum in HUS I (2 units; 120 hours) <b>AND</b> <b>HUS 381</b> Seminar in Human Services I (1 unit)	<b>Pre-requisite HUS 300</b> <b>Co-requisite HUS 310</b>		
<b>HUS 390</b> Field Work Practicum in HUS II (2 units; 120 hours) <b>AND</b> <b>HUS 391</b> Seminar in Human Services II (1 unit)	<b>Pre-requisite HUS 310, 380 and 381</b> <b>Co-requisite HUS 400</b>		
<b>HUS 480</b> Field Work Practicum in HUS III (2 units; 120 hours) <b>AND</b> <b>HUS 481</b> Seminar in Human Services II (1 unit)	<b>Pre-requisite HUS 400, 390 and 391</b> <b>Co-requisite HUS 410</b>		
<b>C. ELECTIVES</b> Select 4 upper division electives from the approved Elective List (last page) Human Services, Child Development, Health Sciences, Anthropology, Psychology, and Sociology with the assistance of an advisor (from at least two different departments).		<b>Semester</b>	<b>Grade</b>
1.			
2.			
3.			
4.			

# Human Services- Mental Health Recovery

## 4-Year Roadmap

<b>Semester 1</b>	✓
Lower Division General Education (3 units)	
Area B4: Elementary Stats & Probability (MAT 131, 132, or 134) (3-4 units)	
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	

<b>Semester 2</b>	✓
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	

<b>Semester 3</b>	✓
Lower Division General Education- <b>BIO102</b> (3 units)	
Lower Division General Education Lab (1 unit)	
Lower Division General Education (3 units)	
Lower Division General Education (3 units)	
U.S. History (HIS 101) (3 units)	
3 Elective Units to reach 120 (3 units)	

<b>Semester 4</b>	✓
U.S. CA State & Local Govn't-POL 101 (3 units)	
3 Elective Units to reach 120 (3 units)	
3 Elective units to reach 120 (3 units)	
BIO 250 or 254 (Pre-requisite, BIO 102) (3 units)	
1 Major Elective(3 units)	

## 2-Year Roadmap

(most transfer students will begin here if most lower division general education courses have been completed)

<b>Semester 5</b>	✓
<b>HUS 300</b> (3 units)	
PSY 363 (3 units)	
ANT 310 (3 units)	
SOC 320 (3 units)	
U.D. Integrative Studies Social Science* (Double counting courses available) (3 units)	

<b>Semester 6</b>	✓
<b>HUS 310*</b> (Pre-requisite, HUS 300); (Co-req. HUS 380 and 381) (3 units)	
<b>HUS 380</b> (Co-req. HUS 310 and 381) (2 units)	
<b>HUS 381</b> (Co-req. HUS 310 and 380) (1 unit)	
<b>HUS 307</b> (Pre-requisite, HUS 300) (3 units)	
HUS 315 (Pre-requisite, HUS 300) (3 units)	
HUS 330 (Pre-requisite, HUS 300) (3 units)	

<b>Semester 7</b>	✓
<b>HUS 400</b> (Pre-requisite, HUS 310, 380 and 391); (Co-req. HUS 390 and 391) (3 units)	
<b>HUS 390</b> (Co-req. HUS 400 and 391) (2 units)	
<b>HUS 391</b> (Co-req. HUS 400 and 390) (1 unit)	
<b>HUS 311</b> (Pre-requisite, HUS 307); Co-req. HUS 400, 390, and 391) (3 units)	
HUS 460 (Pre-req. HUS 300, Statistics) (3 units)	
U.D. Integrative Studies Humanities (3 units)	

<b>Semester 8</b>	✓
<b>HUS 410</b> (Pre-requisite, HUS 400, 390 and 391); (Co-req. HUS 480 and 481) (3 units)	
<b>HUS 484</b> (Co-req. HUS 410 and 485) (2 units)	
<b>HUS 485</b> (Co-req. HUS 410 and 484) (1 unit)	
<b>HUS 368</b> (Pre-requisite, HUS 307 and 311); (Co-req. HUS 410, 484, and 485) (3 units)	
U.D. Integrative Studies Natural Science (3 units)	
1-2 Elective units to reach 120 (1-2 units)	

Pre-requisites or Co-requisites are listed in **burgundy**.

- Pre-requisites- courses that must be taken before another course.
- Co-requisites- courses that must be taken together.

Courses in **bold** must be taken in that sequence and should be your priority that semester. Courses in **blue** will double-count (used for more than 1 area)

\* HUS 310 also meets the Graduate Writing Assessment Requirement (GWAR)

\* ANT 336, 337, 338, 371, HEA 468 will double count for UD Integrative studies Social Science and 1 Major elective

## Human Services - Mental Health Recovery Concentration Courses

All Major requirements must be completed with a C or better.

Student \_\_\_\_\_ I.D. Number \_\_\_\_\_

MAJOR REQUIREMENTS (57 UNITS)	Prerequisite/Co-Requisite	Semester	Grade
<b>A. COMMON CORE COURSES (36 units)</b>			
<b>Interdisciplinary Courses (15 units)</b>			
<b>MAT 131</b> Elementary Statistics and Probability (3)	(MAT 132 or 134 can be used as a substitution)		
<b>BIO 250</b> Human Anatomy and Physiology (3) OR <b>BIO 254</b> Human Biology (3) (may be substituted with an elective with advisor approval)	<i>Pre-requisite</i> BIO 102		
<b>ANT 310</b> Culture and Personality (3) <b>OR</b> <b>ANT 389</b> Transmission of Culture (3)			
<b>PSY 363</b> Abnormal Psychology (3)			
<b>SOC 320</b> Sociology of the Family (3) <b>OR</b> <b>HIS 379</b> The Family in History (3)			
<b>Human Services Courses (21 UNITS)</b>			
<b>HUS 300</b> Introduction to Human Services (3)			
<b>HUS 310</b> Helping & Professional Relationships (3) <b>MUST take with HUS 380 and 381</b>	<i>Pre-requisite</i> HUS 300 <i>Co-requisite</i> HUS 380 and 381		
<b>HUS 315</b> Intercultural Communication for Human Services (3)	<i>Pre-requisite</i> HUS 300		
<b>HUS 330</b> Human Behavior and the Social Environment (3)	<i>Pre-requisite</i> HUS 300		
<b>HUS 400</b> Case Management in Human Services (3) <b>MUST take with HUS 390 and 391</b>	<i>Pre-requisite</i> HUS 310 <i>Co-requisite</i> HUS 390 and 391		
<b>HUS 410</b> Advanced Case Management (3) <b>MUST take with HUS 484 and 485</b>	<i>Pre-requisite</i> HUS 400 <i>Co-requisite</i> HUS 484 and 485		
<b>HUS 460</b> Research Methods for Human Services (3)	<i>Pre-requisite</i> HUS 300, MAT 131 or equivalent		
<b>B. FIELDWORK PRACTICUM (9 units)</b>			
<b>HUS 380</b> Field Work Practicum in HUS I (2 units; 120 hours) <b>AND</b> <b>HUS 381</b> Seminar in Human Services I (1 unit)	<i>Pre-requisite</i> HUS 300 <i>Co-requisite</i> HUS 310		
<b>HUS 390</b> Field Work Practicum in HUS II (2 units; 120 hours) <b>AND</b> <b>HUS 391</b> Seminar in Human Services II (1 unit)	<i>Pre-requisite</i> HUS 310, 380 and 381 <i>Co-requisite</i> HUS 400		
<b>HUS 484</b> Field Work Practicum in HUS III (2 units; 120 hours) <b>AND</b> <b>HUS 485</b> Seminar in Human Services II (1 unit) <b>Offered Spring semesters only</b>	<i>Pre-requisite</i> HUS 400, 390 and 391 <i>Co-requisite</i> HUS 410		
<b>C. REQUIRED MHR COURSES (9 units)</b>		<b>Semester</b>	<b>Grade</b>
1. HUS 307			
2. HUS 311 (pre-requisite HUS 307)			
3. HUS 368 (pre-requisite HUS 311) <b>Offered Spring semesters only</b>			
<b>D. ELECTIVE (3 units)</b> Select 1 upper-division elective from the list of approved HUS Electives (page 3) Child Development, Health Sciences, Anthropology, Psychology, and Sociology with the assistance of an advisor.		<b>Semester</b>	<b>Grade</b>
1.			

## Human Services Approved Major electives

*\*Select four courses from at least two different departments with the assistance of an advisor (12 units)*

**NOTE:** *If you are planning to minor or double major in a different discipline, you may not double count that coursework to satisfy elective requirements.*

### **CHILD DEVELOPMENT**

(Permission Number will be required)

- CDV 363 Development in Diverse Contexts
- CDV 372 Social Development and Interpersonal Relationships
- CDV 380 Stress, Risk and Resiliency
- CDV 423 Child Development and Social Policy
- CDV 440 Becoming American: Immigrant children and Families in the U.S.
- CDV 450 Development in Poverty

### **HEALTH SCIENCES** (Permission Number will be required for HEA 314 and 471)

- HEA 309 Mapping Public Health
- HEA 314 Health Behavior
- HEA 468 Multicultural Health
- HEA 471 Law, Ethics, and Social Values in Healthcare

### **ANTHROPOLOGY**

- ANT 344 Aging in Cross-Cultural Perspective
- ANT 346 Anthropology of Work
- ANT 336 Comparative Cultures: Comparative Sociopolitical Systems
- ANT 337 Comparative Cultures: Ethnography and Film
- ANT 338 Comparative Cultures: Mainland Southeast Asia
- ANT 339 Comparative Cultures: Mexico and Central America
- ANT 340 Comparative Cultures: Peoples and Cultures of Egypt
- ANT 342 Comparative Cultures: South America
- ANT 345 Medical Anthropology
- ANT 371 Historical and Cultural Perspectives in Disability Studies

### **HUMAN SERVICES** (Non- Mental Health Recovery concentration students can take the courses below as electives)

- HUS 307 Principles of Mental Health Recovery
- HUS 311 Interventions and Strategies in Mental Health Recovery I
- HUS 368 Interventions and Strategies in Mental Health Recovery II- Offered Spring semesters ONLY

### **PSYCHOLOGY**

- PSY 314 Behavior Modification
- PSY 340 Social Psychology: Psychological Perspective
- PSY 342 Interpersonal and Group Dynamics
- PSY 350 Child Psychology
- PSY 351 Psychology of Adolescent Experience
- PSY 353 The Experience of Death and Dying
- PSY 360 Theories of Personality
- PSY 367 Effective Communication Skills
- PSY 368 Human Sexuality
- PSY 372 Industrial and Organizational Psychology
- PSY 376 Psychology of Gender
- PSY 380 Psychology of the Mexican American
- PSY 382 Psychological Development of the Black Child
- PSY 383 Psychology of the Black Experience
- PSY 464 Introduction to Clinical Psychology
- PSY 470 Community Psychology: Issues and Practice

### **SOCIOLOGY**

- SOC 316 Sociology of Adult Life and Aging
- SOC 321 Sociology of Education
- SOC 322 Social Environment of Education
- SOC 328 Social Agencies: Practice and Power
- SOC 331 Minority Racial and Ethnic Relations
- SOC 340 Social Psychology: Sociological Perspective
- SOC 341 Seminar in Small Groups
- SOC 362 Gangs and Adolescent Subcultures
- SOC 363 Sociology of alcohol and Other Drug Use
- SOC 364 Corrections
- SOC 365 Deviant Behavior
- SOC 368 Criminology
- SOC 369 Juvenile Delinquency
- SOC 386 Sociology of the Helping Profession