

Human Services & Gerontology

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DEGREES A.A.—Human Services, General
 A.A.—Human Services, Gerontology

CERTIFICATES Human Services, General
 Human Services, Gerontology

This Folsom Lake College program prepares students for employment as an associate professional with agencies such as youth group homes, youth and family services, schools, probation, welfare, and mental health departments.

<p>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</p>	<p>Highlights Individual and group counseling Tours of Human Services agencies Interviews with employers Employment training, including resumes, cover letters, and interviews</p>
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DEGREE
A.A.—Human Services, General

REQUIRED PROGRAM	Units
HSER 300 (14) Introduction to Human Services	3
HSER 302 (21) Intro to Psychology of Human Relations	3
HSER 350 (39) Employment Skills in Human Services	3
HSER 360 (41) Techniques of Interviewing and Counseling	3
HSER 364 (42) Techniques of Group Counseling.....	4
HSER 362 (40) Practices in Human Services	6
PSYC 300 (1) General Principles	3
Plus six (6) units selected from:	6
GERON 300 (22)/SOC 335 (22) Sociology of Aging (3)	
HSER 304 (22) Introduction to Counseling Children (3)	
HSER 340 (35) Introduction to Chemical Dependency (3)	
HSER 494 (47) Current Issues in Human Services (3)	
PSYC 320 (3) Social Psychology (3)	
SOC 300 (1A) Introductory Sociology (3)	
SOC 321 (5) Race, Ethnicity and Inequality in the U.S. (3)	
TOTAL UNITS REQUIRED	31

Suggested Electives: ENGWR 300 (1A), 330 (14A), 331 (14B); CISA 300 (11A), 301 (11B), 320 (13A), 321 (13B), 340 (15A); HEED 300 (1), 313 (10), 312 (11); STAT 300 (1).

DEGREE
A.A.—Human Services, Gerontology

REQUIRED PROGRAM	Units
GERON 331 (41) Interviewing, Counseling the Elderly	3
GERON 333 (42) Techniques of Individual and Group Counseling of the Elderly	4
HSER 300 (14) Introduction to Human Services	3
HSER 302 (21) Introduction to Psychology of Human Relations	3
HSER 340 (35) Introduction to Chemical Dependency	3
HSER 350 (39) Employment Skills in Human Services	3
HSER 360 (41) Techniques of Interviewing and Counseling	3
HSER 364 (42) Techniques of Group Counseling	4
HSER 362 (40) Practices in Human Services	6
PSYC 300 (1) General Principles	3
TOTAL UNITS REQUIRED	35

Suggested Electives: ENGWR 300 (ENGL 1A), ENGWR 330 (14A), ENGWR 331 (14B); CISA 300 (CIS11A), CISA 301 (CIS 11B), CISA 320 (CIS 13A), CISA 321 (13B), CISC 320 (CIS14A), CISC 321 (14B), CISA 340 (15A); HEED 300 (1), 313 (10), 312 (11); STAT 300 (1).

CERTIFICATE
Human Services, General

REQUIRED PROGRAM	Units
HSER 300 (14) Introduction to Human Services	3
HSER 302 (21) Intro to Psychology of Human Relations	3
HSER 350 (39) Employment Skills in Human Services	3
HSER 360 (41) Techniques of Interviewing and Counseling	3
HSER 364 (42) Techniques of Group Counseling	4
HSER 362 (40) Practices in Human Services	6
PSYC 300 (1) General Principles	3
Plus six (6) units selected from:	6
GERON 300 (22)/SOC 335 (22) Sociology of Aging (3)	
HSER 304 (22) Introduction to Counseling Children (3)	
HSER 340 (35) Introduction to Chemical Dependency (3)	
HSER494 (47) Current Issues in Human Services (3)	
PSYC 320 (3) Social Psychology (3)	
SOC 300 (1A) Introductory Sociology (3)	
SOC 321 (5) Race, Ethnicity and Inequality in the U.S. (3)	
TOTAL UNITS REQUIRED	31

Suggested Electives: ENGWR 300 (1A), 330 (14A), 331 (14B);
 CISA 300 (11A), 301 (11B), 320 (13A), 321 (13B), 340 (15A);
 HEED 300 (1), 313 (10), 312 (11); STAT 300 (1).

CERTIFICATE
Human Services, Gerontology

REQUIRED PROGRAM	Units
GERON 331 (41) Interviewing, Counseling the Elderly	3
GERON 333 (42) Techniques of Individual and Group Counseling of the Elderly	4
HSER 300 (14) Introduction to Human Services	3
HSER 302 (21) Introduction to Psychology of Human Relations	3
HSER 340 (35) Introduction to Chemical Dependency	3
HSER 350 (39) Employment Skills in Human Services	3
HSER 360 (41) Techniques of Interviewing and Counseling	3
HSER 364 (42) Techniques of Group Counseling	4
HSER 362 (40) Practices in Human Services	6
PSYC 300 (1) General Principles	3
TOTAL UNITS REQUIRED	35

CERTIFICATE
Human Services, Home Caregiver

REQUIRED PROGRAM	Units
GERON 300 (22)/SOC 335 (22) Sociology of Aging	3
HSER 302 (21) Introduction to Psychology of Human Relations	3
HSER 350 (39) Employment Skills in Human Services	3
HSER 498 (48) Work Experience	3
TOTAL UNITS REQUIRED	12

Human Services (HSER)

HSER 300
Introduction to Human Services **3 Units**

Formerly: HSER 14
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**

Formerly: HSER 21
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**

Formerly: HSER 22
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**

Formerly: HSER 35
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 350
Employment Skills in Human Services **3 Units**

Formerly: HSER 39
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**

Formerly: HSER 41
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**

Formerly: HSER 40
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**

Formerly: HSER 42
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**

Formerly: HSER 47
Prerequisite: None
Course Transferable to CSU
Hours: Variable
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**

Formerly: HSER 49I
Prerequisite: None
Course Transferable to CSU
Hours: Variable
See Catalog under Alternative Credit/ Study Options

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

Formerly: HSER 48
Prerequisite: None
Course Transferable to CSU
Hours: Variable
See Catalog under Alternative Credit/ Study Options

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

Formerly: HSER 49
Prerequisite: None
Course Transferable to CSU
Hours: Variable
See Catalog under Alternative Credit/ Study Options

Gerontology (GERON)

GERON 300
Sociology of Aging **3 Units**

Formerly: GERON 22
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**

Formerly: GERON 41
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**

Formerly: GERON 42
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
Formerly: GERON 49I
Prerequisite: None
Course Transferable to CSU
Hours: Variable
*See Catalog under Alternative Credit/
Study Options*

GERON 498
Work Experience in Gerontology
1-4 Units
Formerly: GERON 48
Prerequisite: None
Course Transferable to CSU
Hours: Variable
*See Catalog under Alternative Credit/
Study Options*

GERON 499
**Experimental Offering in Gerontol-
ogy**
.5-4 Units
Formerly: GERON 49
Prerequisite: None
Course Transferable to CSU
Hours: Variable
*See Catalog under Alternative Credit/
Study Options*