

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)
- 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

Semester 1	Semester 2	Semester 3	Semester 4
GE Area A2: Written Communication (3 units)	GE Area A1: Oral Communication (3 units)	Area B2: Life Science- BIO 102 (3 units)	U.S. CA State & Local Government: POL 101 (3 units)
Area B4: Elementary Stats & Probability (MAT 131, 132, or 134) (3-4 units)	GE Area B1: Physical Science (3 units)	GE Area B3- Science Lab (1 units)	BIO 250 or 254 (pre-requisite BIO 102) (3 units)
GE Area C1/C2: Additional Arts/Letters (3 units)	GE Area D1: Perspectives on Individuals, Groups and Society (3 units)	GE Area E: Lifelong Learning and Self-Development (3 units)	HUS 300 (3 units)
GE Area C1: Arts (3 units)	GE Area C2: Letters (3 units)	GE Area D2: Global and Historical Perspectives (3 units)	SOC 320 (3 units)
GE Area F: Ethnic Studies (3 units)	GE Area A3: Logical/Critical Thinking (3 units)	U.S. History: HIS 101 (3 units)	ANT 310 (3 units)
		3 units to reach 120 (3 units)	
Semester 5	Semester 6	Semester 7	Semester 8
HUS 310 (3 units)	HUS 400 (3 units)	HUS 410 (3 units)	Major Elective (3 units)
HUS 380 (2 units) & HUS 381 (1 unit)	HUS 390 (2 units) & HUS 391 (1 unit)	HUS 480 (2 units) & HUS 481 (1 unit)	GE Area C3: UD Integrative Studies Humanities (3 units)
HUS 330 (3 units)	HUS 460 (3 units)	GE Area B5: UD Integrative Studies Natural Sciences (3 units)	3 elective units to reach 120 (3 units)
HUS 315 (3 units)	GE Area D3: UD Integrative Studies Social Sciences* (3 units)	Major Elective (3 units)	3 elective units to reach 120 (3 units)
PSY 363 (3 units)	Major Elective (3 units)	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- 2 Year Roadmap

Semester 1	Semester 2	Semester 3	Semester 4
HUS 300 (3 units)	HUS 310 (3 units)	HUS 400 (3 units)	HUS 410 (3 units)
SOC 320 (3 units)	HUS 380 (2 units) & HUS 381 (1 unit)	HUS 390 (2 units) & HUS 391 (1 unit)	HUS 480 (2 units) & HUS 481 (1 unit)
ANT 310 (3 units)	HUS 315 (3 units)	HUS 460 (3 units)	Major Elective* (3 units)
PSY 363 (3 units)	HUS 330 (3 units)	Major Elective* (3 units)	Major Elective* (3 units)
GE Area D3. UD Integrative Studies Social Sciences (3 units)	GE Area B5. UD Integrative Studies Natural Sciences (3 units)	Major Elective* (3 units)	GE Area C3. UD Integrative Studies Humanities (3 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 - Major 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
A. COMMON CORE COURSES (36 units)			
Interdisciplinary Courses (15 units)			
MAT 131 Elementary Statistics and Probability (3)	(MAT 132 or 134 can be used as substitution)		
BIO 250 Human Anatomy and Physiology (3) OR BIO 254 Human Biology (3) (May be substituted with an elective with advisor approval)	Pre-requisite BIO 102		
ANT 310 Culture and Personality (3) OR ANT 389 Transmission of Culture (3)			
PSY 363 Abnormal Psychology (3)			
SOC 320 Sociology of the Family (3) OR HIS 379 The Family in History (3)			
Human Services Courses (21 UNITS)			
HUS 300 Introduction to Human Services (3)			
HUS 310 Helping & Professional Relationships (3) MUST be taken with HUS 38 and 381	Pre-requisite HUS 300 Co-requisite HUS 380 and 381		
HUS 315 Intercultural Communication for Human Services (3)	Pre-requisite HUS 300		
HUS 330 Human Behavior and the Social Environment (3)	Pre-requisite HUS 300		
HUS 400 Case Management in Human Services (3) MUST be taken with HUS 390 and 391	Pre-requisite HUS 310 Co-requisite HUS 390 and 391		
HUS 410 Advanced Case Management (3) MUST be taken with HUS 480 and 481	Pre-requisite HUS 400 Co-requisite HUS 480 and 481		
HUS 460 Research Methods for Human Services (3)	Pre-requisite HUS 300		
B. FIELDWORK PRACTICUM (9 units)			
HUS 380 Field Work Practicum in HUS I (2 units; 120 hours) AND HUS 381 Seminar in Human Services I (1 unit)	Pre-requisite HUS 300 Co-requisite HUS 310		
HUS 390 Field Work Practicum in HUS II (2 units; 120 hours) AND HUS 391 Seminar in Human Services II (1 unit)	Pre-requisite HUS 310, 380 and 381 Co-requisite HUS 400		
HUS 480 Field Work Practicum in HUS III (2 units; 120 hours) AND HUS 481 Seminar in Human Services II (1 unit)	Pre-requisite HUS 400, 390 and 391 Co-requisite HUS 410		
C. ELECTIVES 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).		Semester	Grade
1.			
2.			
3.			
4.			

Human Services- Mental Health Recovery- 4 Year Roadmap

Semester 1	Semester 2	Semester 3	Semester 4
GE Area A2: Written Communication (3 units)	GE Area A1: Oral Communication (3 units)	Area B2: Life Science- BIO 102 (3 units)	U.S. CA State & Local Government: POL 101 (3 units)
Area B4: Elementary Stats & Probability (MAT 131, 132, or 134) (3-4 units)	GE Area B1: Physical Science (3 units)	GE Area B3- Science Lab (1 units)	BIO 250 or 254 (pre-requisite BIO 102) (3 units)
GE Area C1/C2: Additional Arts/Letters (3 units)	GE Area D1: Perspectives on Individuals, Groups and Society (3 units)	GE Area E: Lifelong Learning and Self-Development (3 units)	HUS 300 (3 units)
GE Area C1: Arts (3 units)	GE Area C2: Letters (3 units)	GE Area D2: Global and Historical Perspectives (3 units)	SOC 320 (3 units)
GE Area F: Ethnic Studies (3 units)	GE Area A3: Logical/Critical Thinking (3 units)	U.S. History: HIS 101 (3 units)	ANT 310 (3 units)
		3 units to reach 120 (3 units)	
Semester 5	Semester 6	Semester 7	Semester 8
HUS 310 (3 units)	HUS 400 (3 units)	GE Area D3: UD Integrative Studies Social Sciences* (3 units)	HUS 410 (3 units)
HUS 380 (2 units) & HUS 381 (1 unit)	HUS 390 (2 units) & HUS 391 (1 unit)	Area C3: UD Integrative Studies Humanities (3 units)	HUS 484 (2 units) & HUS 485 (1 unit)
HUS 307 (3 units)	HUS 311 (3 units)	Major Elective (3 units)	HUS 368 (3 units)
HUS 330 (3 units)	HUS 460 (3 units)	3 elective units to reach 120 (3 units)	GE Area B5: UD Integrative Studies Natural Sciences (3 units)
HUS 315 (3 units)	PSY 363 (3 units)	3 elective units to reach 120 (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- Mental Health Recovery- 2 Year Roadmap

Semester 1	Semester 2	Semester 3	Semester 4
HUS 300 (3 units)	HUS 310 (3 units)	HUS 400 (3 units)	HUS 410 (3 units)
SOC 320 (3 units)	HUS 380 (2 units) & HUS 381 (1 unit)	HUS 390 (2 units) & HUS 391 (1 unit)	HUS 484 (2 units) & HUS 485 (1 unit)
ANT 310 (3 units)	HUS 307 (3 units)	HUS 311 (3 units)	HUS 368 (3 units)
PSY 363 (3 units)	HUS 460 (3 units)	HUS 330 (3 units)	Major Elective* (3 units)
GE Area D3: UD Integrative Studies Social Sciences* (3 units)	GE Area B5: UD Integrative Studies Natural Sciences (3 units)	HUS 315 (3 units)	GE Area C3: UD Integrative Studies Humanities (3 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 - Mental Health Recovery Concentration Major 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
A. COMMON CORE COURSES (36 units)			
Interdisciplinary Courses (15 units)			
MAT 131 Elementary Statistics and Probability (3)	(MAT 132 or 134 can be used as a substitution)		
BIO 250 Human Anatomy and Physiology (3) OR BIO 254 Human Biology (3) (may be substituted with an elective with advisor approval)	<i>Pre-requisite</i> BIO 102		
ANT 310 Culture and Personality (3) OR ANT 389 Transmission of Culture (3)			
PSY 363 Abnormal Psychology (3)			
SOC 320 Sociology of the Family (3) OR HIS 379 The Family in History (3)			
Human Services Courses (21 UNITS)			
HUS 300 Introduction to Human Services (3)			
HUS 310 Helping & Professional Relationships (3) <i>MUST take with HUS 380 and 381</i>	<i>Pre-requisite</i> HUS 300 <i>Co-requisite</i> HUS 380 and 381		
HUS 315 Intercultural Communication for Human Services (3)	<i>Pre-requisite</i> HUS 300		
HUS 330 Human Behavior and the Social Environment (3)	<i>Pre-requisite</i> HUS 300		
HUS 400 Case Management in Human Services (3) <i>MUST take with HUS 390 and 391</i>	<i>Pre-requisite</i> HUS 310 <i>Co-requisite</i> HUS 390 and 391		
HUS 410 Advanced Case Management (3) <i>MUST take with HUS 484 and 485</i>	<i>Pre-requisite</i> HUS 400 <i>Co-requisite</i> HUS 484 and 485		
HUS 460 Research Methods for Human Services (3)	<i>Pre-requisite</i> HUS 300, MAT 131 or equivalent		
B. FIELDWORK PRACTICUM (9 units)			
HUS 380 Field Work Practicum in HUS I (2 units; 120 hours) AND HUS 381 Seminar in Human Services I (1 unit)	<i>Pre-requisite</i> HUS 300 <i>Co-requisite</i> HUS 310		
HUS 390 Field Work Practicum in HUS II (2 units; 120 hours) AND HUS 391 Seminar in Human Services II (1 unit)	<i>Pre-requisite</i> HUS 310, 380 and 381 <i>Co-requisite</i> HUS 400		
HUS 484 Field Work Practicum in HUS III (2 units; 120 hours) AND HUS 485 Seminar in Human Services II (1 unit) <i>Offered Spring semesters only</i>	<i>Pre-requisite</i> HUS 400, 390 and 391 <i>Co-requisite</i> HUS 410		
C. REQUIRED MHR COURSES (9 units)		Semester	Grade
1. HUS 307			
2. HUS 311 (pre-requisite HUS 307)			
3. HUS 368 (pre-requisite HUS 311) <i>Offered Spring semesters only</i>			
D. ELECTIVE (3 units) 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.		Semester	Grade
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, will require permission numbers)

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