

# Family and Human Services (BA/BS)

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Students in the family and human services (FHS) program are committed to helping individuals improve their quality of life. Reflecting the diversity of the community and social service sector, FHS is interdisciplinary, drawing on the fields of psychology and counseling, social work, prevention science, public health, human development, and sociology.

Alongside like-minded peers, you'll analyze and create systems of community care for children and families. You'll learn how to help children and families develop effective ways to succeed in today's complex world, and you'll gain an understanding of evidenced-based interventions, prevention, and agency policy and practices.

## Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- Demonstrate understanding of human services history, theories, basic social science methods, and their applications in practice.
- Systematically analyze individual, family, and community needs; plan and implement appropriate strategies and services; and evaluate effectiveness of services.
- Demonstrate interpersonal skills and awareness of their own values, personalities, power/privilege, biases, interpersonal styles and limitations.
- Demonstrate knowledge of the legal, ethical and professional standards of human service professions and demonstrate an ability to apply strategies for these standards in human service contexts.
- Demonstrate understanding of risk and protective factors across all levels of the social ecological model that promote or inhibit human functioning and health equity, and they will incorporate this knowledge when engaging with individuals, families, communities, and policymakers.

Students who major in FHS must select one emphasis area in which to complete additional coursework beyond a shared set of core courses.

- The **Prevention Science (PS)** emphasis prepares students for graduate studies and careers that will involve prevention-focused program development and evaluation.
- The **Direct Service Intensive (DSI)** emphasis prepares students for graduate studies and careers that will involve direct delivery of interventions.

## Family and Human Services Major Requirements

Courses used to fulfill the major requirements must be taken for a letter grade and passed with a grade of C- or better.

### Prevention Science Emphasis

| Code                 | Title                            | Credits |
|----------------------|----------------------------------|---------|
| <b>Premajor Core</b> |                                  |         |
| FHS 213              | Issues for Children and Families | 4       |

|   |   |   |
|---|---|---|
| FHS 215   | Exploring Family and Human Services             | 3 |
| FHS 216   | Diversity in Human Services                     | 4 |
| <b>Professional Studies</b>                         |   |   |
| CPSY 217  | Foundations of Student Health and Well-Being    | 3 |
| FHS 301   | Writing for Human Services Professionals        | 3 |
| FHS 328   | Human Development in the Family Context         | 3 |
| FHS 330   | Individual Interventions in Ecological Contexts | 4 |
| FHS 331   | Group and Community Interventions               | 3 |
| FHS 420   | Research in Human Services                      | 3 |
| or PSY 303  | Research Methods in Psychology: [Topic]         |   |
| or SOC 311  | Research Methods                                |   |
| FHS 471   | Human Services Professional Ethics              | 3 |
| FHS 492   | Contemporary Issues in Public Health            | 3 |
| <b>Advanced Interventions &amp; Case Management</b> |   |   |
| FHS 493   | Child and Family Case Management                | 3 |
| FHS 494   | Adolescent and Adult Case Management            | 3 |
| <b>Research Experience</b>                          |   |   |
| FHS 401   | Research: [Topic]                               | 2 |
| <b>Equity and Diversity</b>                         |   |   |
| ANTH 165  | Sexuality and Culture                           | 4 |
| ANTH 278  | Science, Race, and Society                      |   |
| ASL 301   | American Deaf Culture                           |   |
| ES 101  | Introduction to Ethnic Studies                  |   |
| ES 352  | Social Equity and Criminal Justice              |   |
| GLBL 250  | Value Systems in Cross-Cultural Perspective     |   |
| PHIL 216  | Philosophy and Cultural Diversity               |   |
| PHIL 307  | Social and Political Philosophy                 |   |
| SOC 207   | Social Inequality                               |   |
| SOC 313   | Social Issues and Movements                     |   |
| SOC 345   | Race and Ethnicity                              |   |
| SOC 355   | Sociology of Gender                             |   |
| WGS 101   | Introduction to Women's and Gender Studies      |   |
| WGS 201   | Introduction to Queer Studies                   |   |
| WGS 321   | Feminist Perspectives: Identity, Race, Culture  |   |
| WGS 322   | Queer Theory                                    |   |
| WGS 341   | Women, Work, and Class                          |   |
| <b>Professional Depth</b>                           |   |   |
| FHS 329   | Youth Psychopathology in Context                | 6 |
| FHS 422   | Prevention Science in Practice                  |   |
| FHS 423   | Prevention Science in Practice Supervision      |   |
| PPPM 205  | Introduction to City Planning                   |   |
| PPPM 280  | Introduction to the Nonprofit Sector            |   |
| PPPM 413  | Quantitative Methods                            |   |
| PPPM 418  | Introduction to Public Law                      |   |
| PPPM 422  | Grant Proposal Writing                          |   |
| PPPM 426  | Strategic Planning for Management               |   |
| PSY 301   | Scientific Thinking in Psychology               |   |
| PSY 309   | Psychopathology                                 |   |

|                      |                                       |           |
|----------------------|---------------------------------------|-----------|
| PSY 366              | Culture and Mental Health             |           |
| SOC 304              | Community, Environment, and Society   |           |
| SOC 312              | Statistical Analysis in Sociology     |           |
| STAT 243Z            | Elementary Statistics I               |           |
| SPED 426             | Behavior and Classroom Management     |           |
| FHS 490              | Scientific Analysis in Human Services | 3         |
| <b>Total Credits</b> |                                       | <b>54</b> |

## Family and Human Services Major Requirements

Courses used to fulfill the major requirements must be taken for a letter grade and passed with a grade of C- or better.

### Direct Service Intensive Emphasis

| Code  | Title   | Credits |
|---|---|---------|
| <b>Premajor Core</b>                                  |   |         |
| FHS 213   | Issues for Children and Families                | 4       |
| FHS 215   | Exploring Family and Human Services             | 3       |
| FHS 216   | Diversity in Human Services                     | 4       |
| <b>Professional Studies</b>                           |   |         |
| CPSY 217  | Foundations of Student Health and Well-Being    | 3       |
| FHS 301   | Writing for Human Services Professionals        | 3       |
| FHS 328   | Human Development in the Family Context         | 3       |
| FHS 330   | Individual Interventions in Ecological Contexts | 4       |
| FHS 331   | Group and Community Interventions               | 3       |
| FHS 420   | Research in Human Services                      | 3       |
| or PSY 303  | Research Methods in Psychology: [Topic]         |         |
| or SOC 311  | Research Methods                                |         |
| FHS 471   | Human Services Professional Ethics              | 3       |
| FHS 492   | Contemporary Issues in Public Health            | 3       |
| <b>Advanced Interventions &amp; Case Management</b> 3 |   |         |
| FHS 493   | Child and Family Case Management                |         |
| FHS 494   | Adolescent and Adult Case Management            |         |
| <b>Research Experience</b> 1                          |   |         |
| FHS 401   | Research: [Topic]                               |         |
| <b>Equity and Diversity</b> 4                         |   |         |
| ANTH 165  | Sexuality and Culture                           |         |
| ANTH 278  | Science, Race, and Society                      |         |
| ASL 301   | American Deaf Culture                           |         |
| ES 101  | Introduction to Ethnic Studies                  |         |
| ES 352  | Social Equity and Criminal Justice              |         |
| GLBL 250  | Value Systems in Cross-Cultural Perspective     |         |
| PHIL 216  | Philosophy and Cultural Diversity               |         |
| PHIL 307  | Social and Political Philosophy                 |         |
| SOC 207   | Social Inequality                               |         |
| SOC 313   | Social Issues and Movements                     |         |
| SOC 345   | Race and Ethnicity                              |         |
| SOC 355   | Sociology of Gender                             |         |
| WGS 101   | Introduction to Women's and Gender Studies      |         |

|  |  |           |
|--|--|-----------|
| WGS 201                                    | Introduction to Queer Studies                  |           |
| WGS 321                                    | Feminist Perspectives: Identity, Race, Culture |           |
| WGS 322                                    | Queer Theory                                   |           |
| WGS 341                                    | Women, Work, and Class                         |           |
| <b>Professional Depth</b>                  |  | <b>6</b>  |
| FHS 329                                    | Youth Psychopathology in Context               |           |
| FHS 422                                    | Prevention Science in Practice                 |           |
| FHS 423                                    | Prevention Science in Practice Supervision     |           |
| PPPM 205                                   | Introduction to City Planning                  |           |
| PPPM 280                                   | Introduction to the Nonprofit Sector           |           |
| PPPM 413                                   | Quantitative Methods                           |           |
| PPPM 418                                   | Introduction to Public Law                     |           |
| PPPM 422                                   | Grant Proposal Writing                         |           |
| PPPM 426                                   | Strategic Planning for Management              |           |
| PSY 301                                    | Scientific Thinking in Psychology              |           |
| PSY 309                                    | Psychopathology                                |           |
| PSY 366                                    | Culture and Mental Health                      |           |
| SOC 304                                    | Community, Environment, and Society            |           |
| SOC 312                                    | Statistical Analysis in Sociology              |           |
| STAT 243Z                                  | Elementary Statistics I                        |           |
| SPED 426                                   | Behavior and Classroom Management              |           |
| <b>Human Services: Practice</b>            |  | <b>8</b>  |
| FHS 472                                    | Human Services in Practice                     |           |
| <b>Human Services Practice Supervision</b> |  | <b>4</b>  |
| FHS 473                                    | Human Services in Practice Supervision         |           |
| <b>Total Credits</b>                       |  | <b>62</b> |

## Four-Year Degree Plan

The degree plan shown is only a sample of how students may complete their degrees in four years. There are alternative ways. Students should consult their advisor to determine the best path for them.

In addition to required course work, those working toward all degrees listed below must participate in work or volunteer experiences related to human services and maintain a cumulative grade point average (GPA) of 2.50 or better.

## Bachelor of Arts in Family and Human Services

| Course   | Title                                  | Credits   | Milestones |
|--|--|-----------|------------|
| <b>First Year</b>                                  |  |           |            |
| <b>Fall</b>  |  |           |            |
| First term of first-year second-language sequence  |  | 4         |            |
| WR 121Z  | Composition I                          | 4         |            |
| FHS 213  | Issues for Children and Families       | 4         |            |
| or   | or Exploring Family and Human Services |           |            |
| FHS 215  | Services                               |           |            |
| or   | or Diversity in Human Services         |           |            |
| FHS 216  |  |           |            |
| Elective course                                    |  | 3         |            |
| <b>Credits</b>                                     |  | <b>15</b> |            |
| <b>Winter</b>                                      |  |           |            |
| Second term of first-year second-language sequence |  | 4         |            |

|                 |  |   |
|-----------------|--|---|
| WR 122Z         | Composition II                         | 4 |
| or WR 123       | or College Composition III             |   |
| FHS 213         | Issues for Children and Families       | 4 |
| or              | or Exploring Family and Human Services |   |
| FHS 215         | Services                               |   |
| or              | or Diversity in Human Services         |   |
| FHS 216         |  |   |
| Elective course |  | 3 |

**Credits 15**

**Spring**

|   |  |   |
|---|--|---|
| Third term of first-year second-language sequence |  | 4 |
| FHS 213   | Issues for Children and Families       | 4 |
| or  | or Exploring Family and Human Services |   |
| FHS 215   | Services                               |   |
| or  | or Diversity in Human Services         |   |
| FHS 216   |  |   |
| General-education course in arts and letters      |  | 4 |
| General-education course in science               |  | 4 |

**Credits 16**

**Total Credits 46**

|               |              |                |                   |
|---------------|--------------|----------------|-------------------|
| <b>Course</b> | <b>Title</b> | <b>Credits</b> | <b>Milestones</b> |
|---------------|--------------|----------------|-------------------|

**Second Year**

**Fall**

|  |  |   |
|--|--|---|
| First term of second-year second-language sequence                       |  | 4 |
| General-education course in arts and letters                             |  | 4 |
| General-education course in social science                               |  | 4 |
| General-education course in science                                      |  | 4 |
| Prepare application for admission to the family and human services major |  |   |

**Credits 16**

**Winter**

|   |  |   |
|---|--|---|
| Second term of second-year second-language sequence                     |  | 4 |
| General-education course in arts and letters                            |  | 4 |
| General-education course in social science                              |  | 4 |
| General-education course in science                                     |  | 4 |
| Submit application for admission to the family and human services major |  |   |

**Credits 16**

**Spring**

|   |  |   |
|---|--|---|
| Third term of second-year second-language sequence                            |  | 4 |
| General-education course in arts and letters                                  |  | 4 |
| General-education course in social science                                    |  | 4 |
| General-education course in science   |  | 4 |
| Complete all specified family and human services major admission requirements |  |   |

**Credits 16**

**Total Credits 48**

|               |              |                |                   |
|---------------|--------------|----------------|-------------------|
| <b>Course</b> | <b>Title</b> | <b>Credits</b> | <b>Milestones</b> |
|---------------|--------------|----------------|-------------------|

**Third Year**

**Fall**

|         |   |   |
|---------|---|---|
| FHS 328 | Human Development in the Family Context | 3 |
|---------|---|---|

|                 |   |   |
|-----------------|---|---|
| FHS 330         | Individual Interventions in Ecological Contexts | 4 |
| FHS 406         | Practicum: [Topic]                              | 2 |
| FHS 407         | Seminar: [Topic]                                | 1 |
| Elective course |   | 3 |

**Credits 13**

**Winter**

|         |                                      |   |
|---------|--------------------------------------|---|
| FHS 331 | Group and Community Interventions    | 3 |
| FHS 406 | Practicum: [Topic]                   | 2 |
| FHS 407 | Seminar: [Topic]                     | 1 |
| FHS 420 | Research in Human Services           | 3 |
| FHS 492 | Contemporary Issues in Public Health | 3 |

**Credits 12**

**Spring**

|         |   |   |
|---------|---|---|
| FHS 406 | Practicum: [Topic]                      | 2 |
| FHS 407 | Seminar: [Topic]                        | 1 |
| FHS 493 | Child and Family Case Management        | 3 |
| or      | or Adolescent and Adult Case Management |   |
| FHS 494 | Management                              |   |

|  |  |   |
|--|--|---|
| General-education course that also satisfies a multicultural requirement (American cultures or international cultures) |  | 4 |
|--|--|---|

|                 |  |   |
|-----------------|--|---|
| Elective course |  | 4 |
|-----------------|--|---|

**Credits 14**

**Total Credits 39**

|               |              |                |                   |
|---------------|--------------|----------------|-------------------|
| <b>Course</b> | <b>Title</b> | <b>Credits</b> | <b>Milestones</b> |
|---------------|--------------|----------------|-------------------|

**Fourth Year**

**Fall**

|                                 |                         |   |
|---------------------------------|-------------------------|---|
| FHS 406                         | Practicum: [Topic]      | 2 |
| FHS 407                         | Seminar: [Topic]        | 1 |
| FHS 496                         | Senior Project Proposal | 1 |
| Upper-division elective courses |                         | 8 |
| Elective course                 |                         | 3 |

**Credits 15**

**Winter**

|                  |                    |    |
|------------------|--------------------|----|
| FHS 406          | Practicum: [Topic] | 2  |
| FHS 407          | Seminar: [Topic]   | 1  |
| Elective courses |                    | 11 |

|  |  |  |
|--|--|--|
| Complete application for graduation on DuckWeb |  |  |
|--|--|--|

**Credits 14**

**Spring**

|                                 |                    |   |
|---------------------------------|--------------------|---|
| FHS 406                         | Practicum: [Topic] | 2 |
| FHS 407                         | Seminar: [Topic]   | 1 |
| Upper-division elective courses |                    | 8 |

**Credits 11**

**Total Credits 40**

## Bachelor of Science in Family and Human Services

| Course                                       | Title                                  | Credits   | Milestones |
|--|--|-----------|------------|
| <b>First Year</b>                            |  |           |            |
| <b>Fall</b>                                  |  |           |            |
| WR 121Z                                      | Composition I                          | 4         |            |
| FHS 213                                      | Issues for Children and Families       | 4         |            |
| or   | or Exploring Family and Human Services |           |            |
| FHS 215                                      | Services                               |           |            |
| or   | or Diversity in Human Services         |           |            |
| FHS 216                                      |  |           |            |
| General-education course in arts and letters |  | 4         |            |
| Elective course                              |  | 4         |            |
| <b>Credits</b>                               |  | <b>16</b> |            |
| <b>Winter</b>                                |  |           |            |
| WR 122Z                                      | Composition II                         | 4         |            |
| or WR 123                                    | or College Composition III             |           |            |
| FHS 213                                      | Issues for Children and Families       | 4         |            |
| or   | or Exploring Family and Human Services |           |            |
| FHS 215                                      | Services                               |           |            |
| or   | or Diversity in Human Services         |           |            |
| FHS 216                                      |  |           |            |
| General-education course in science          |  | 4         |            |
| Elective course                              |  | 4         |            |
| <b>Credits</b>                               |  | <b>16</b> |            |
| <b>Spring</b>                                |  |           |            |
| FHS 213                                      | Issues for Children and Families       | 4         |            |
| or   | or Exploring Family and Human Services |           |            |
| FHS 215                                      | Services                               |           |            |
| or   | or Diversity in Human Services         |           |            |
| FHS 216                                      |  |           |            |
| General-education course in arts and letters |  | 4         |            |
| General-education course in science          |  | 4         |            |
| Elective course                              |  | 4         |            |
| <b>Credits</b>                               |  | <b>16</b> |            |
| <b>Total Credits</b>                         |  | <b>48</b> |            |

| Course   | Title | Credits   | Milestones |
|--|-------|-----------|------------|
| <b>Second Year</b>   |       |           |            |
| <b>Fall</b>  |       |           |            |
| Mathematics course   |       | 4         |            |
| General-education course in social science   |       | 4         |            |
| General-education course in science  |       | 4         |            |
| General-education course that also satisfies a multicultural requirement (American cultures or international cultures) |       | 4         |            |
| Prepare application for admission to the family and human services major   |       |           |            |
| <b>Credits</b>   |       | <b>16</b> |            |
| <b>Winter</b>  |       |           |            |
| Mathematics course   |       | 4         |            |
| General-education course in arts and letters   |       | 4         |            |
| General-education course in social science   |       | 4         |            |
| Elective course  |       | 4         |            |

Submit application for admission to the family and human services major

| Course  | Title | Credits   | Milestones |
|---|-------|-----------|------------|
| <b>Spring</b>   |       |           |            |
| Mathematics course  |       | 4         |            |
| General-education course in arts and letters                                  |       | 4         |            |
| General-education course in social science                                    |       | 4         |            |
| General-education course in science   |       | 4         |            |
| Complete all specified family and human services major admission requirements |       |           |            |
| <b>Credits</b>  |       | <b>16</b> |            |
| <b>Total Credits</b>  |       | <b>48</b> |            |

| Course               | Title   | Credits   | Milestones |
|----------------------|---|-----------|------------|
| <b>Third Year</b>    |   |           |            |
| <b>Fall</b>          |   |           |            |
| FHS 328              | Human Development in the Family Context         | 3         |            |
| FHS 330              | Individual Interventions in Ecological Contexts | 4         |            |
| FHS 406              | Practicum: [Topic]                              | 2         |            |
| FHS 407              | Seminar: [Topic]                                | 1         |            |
| Elective course      |   | 3         |            |
| <b>Credits</b>       |   | <b>13</b> |            |
| <b>Winter</b>        |   |           |            |
| FHS 331              | Group and Community Interventions               | 3         |            |
| FHS 406              | Practicum: [Topic]                              | 2         |            |
| FHS 407              | Seminar: [Topic]                                | 1         |            |
| FHS 420              | Research in Human Services                      | 3         |            |
| FHS 492              | Contemporary Issues in Public Health            | 3         |            |
| <b>Credits</b>       |   | <b>12</b> |            |
| <b>Spring</b>        |   |           |            |
| FHS 406              | Practicum: [Topic]                              | 2         |            |
| FHS 407              | Seminar: [Topic]                                | 1         |            |
| FHS 493              | Child and Family Case Management                | 3         |            |
| or                   | or Adolescent and Adult Case Management         |           |            |
| FHS 494              | Management                                      |           |            |
| Elective courses     |   | 8         |            |
| <b>Credits</b>       |   | <b>14</b> |            |
| <b>Total Credits</b> |   | <b>39</b> |            |

| Course                          | Title                   | Credits   | Milestones |
|---------------------------------|-------------------------|-----------|------------|
| <b>Fourth Year</b>              |                         |           |            |
| <b>Fall</b>                     |                         |           |            |
| FHS 406                         | Practicum: [Topic]      | 2         |            |
| FHS 407                         | Seminar: [Topic]        | 1         |            |
| FHS 496                         | Senior Project Proposal | 1         |            |
| Upper-division elective courses |                         | 8         |            |
| Elective course                 |                         | 4         |            |
| <b>Credits</b>                  |                         | <b>16</b> |            |
| <b>Winter</b>                   |                         |           |            |
| FHS 406                         | Practicum: [Topic]      | 2         |            |
| FHS 407                         | Seminar: [Topic]        | 1         |            |

|  |           |
|--|-----------|
| Elective courses                               | 11        |
| Complete Application for Graduation on DuckWeb |           |
| <b>Credits</b>                                 | <b>14</b> |
| <b>Spring</b>                                  |           |
| FHS 406 Practicum: [Topic]                     | 2         |
| FHS 407 Seminar: [Topic]                       | 1         |
| Upper-division elective courses                | 8         |
| <b>Credits</b>                                 | <b>11</b> |
| <b>Total Credits</b>                           | <b>41</b> |