Learning Opportunities

Human services students are encouraged to take advantage of Metropolitan State University’s creative learning strategies. Many human services courses are offered in alternative formats including theory seminars, faculty designed independent study and Internet study. Students can also create student-designed independent study courses, as well as participants in group or individually-tailored internships to learn and practice desired human services professional skills. Students with considerable work experience are also encouraged to use the assessment of prior learning as a strategy. All of these strategies can be used where available and most are adaptable to meet core, required or elective competences in any of the human services program areas.

Prerequisites

PSYC 100 General Psychology and SOC 101 Introduction to Sociology or their equivalents are required. In addition to the human services major requirements, students must complete the university’s general education/liberal studies requirements.

Faculty

Metropolitan State University Human Services resident faculty are responsible for the overall curriculum. They are joined by community faculty who are working professionals from public and private social services communities. They work in the world of human services and share their experiences with students, providing the link between theory and practice.

How to Apply

To apply for admission to Metropolitan State University, prospective students must submit an application form to the Admissions Office with a $20 nonrefundable application fee.
Human Services Program

The Program

The Human Services Program offers several majors designed for students whose career goals include positions in a variety of social service agencies, as well as for students who are employed in human services organizations and need a bachelor's degree for career mobility or advancement. Through these human services programs, students gain the knowledge and skills needed to provide effective social services to a range of individuals and groups within human services organizations.

The human services major stresses a flexible, student-centered approach to meeting the educational needs of working adults who need practical and relevant knowledge and skills. Such skills enable students to be adaptable to a range of professional situations within human services.

The Department of Human Services offers three degrees. The three majors are:

• Bachelor of Science (B.S.), Human Services;
• Bachelor of Human Services (B.H.S.) in five possible focus areas;
• Bachelor of Science (B.S.), Alcohol and Drug Counseling.

(See program description for a more detailed explanation of each degree.)

Core Requirements

Courses

Each of the three degree programs requires five core courses. These core human services courses cover content areas that provide graduates with a sufficient complement of theoretical knowledge and practical training for entry as a professional in the field of human services.

- HSER 255/355 Introduction to Human Services: History and Trends
- HSER 353 Social Casework Methods
- HSER 344 Counseling Theories and Techniques OR
  HSER 346 Counseling and Interviewing
- HSER 395 Human Services and Diversity
- HSER 455 Capstone Seminar in Human Services

Internship

In addition to the five core courses, an internship and its concurrent internship seminar are required. Experiential (Internship) Experience (HSER 350I) is a vital component of the human services degree program. Every student is required to complete an internship experience. Students are also required to complete an internship evaluative process to determine the number of internship credits required for each major program.

- HSER 350I Human Services Individual Internship
- HSER 330 Human Services Internship Seminar
- HSER 320 Human Services Pre-internship Seminar

Students must consult with their human services faculty advisor to determine which internship seminar is appropriate for them to take before going to the internship office.
Previous Internship Experience

• Students with prior internship experience are required to take HSER 330 Human Services Internship Seminar at the same time as their internship experience; they must register for HSER 350I and HSER 330 during the same semester. A reflective paper and course attendance are required for HSER 330. Each course is one credit.

• For students with little or no prior internship experience, HSER 320 Human Services Pre-internship Seminar is required. Each course is one credit.

Majors

The Bachelor of Science (B.S.), human services major is for students interested in a career as a helping professional, broadly trained to provide direct service, advocacy and coordination of services. Students pursuing this human services degree must demonstrate competence or complete at least one of the designated four-credit courses in each of the required competence areas listed on the following pages—in addition to the five required core human services courses that all human services students must complete.

The Bachelor of Human Services (B.H.S.) The B.H.S. degree gives students the freedom and latitude to tailor their degree programs to meet professional and career development needs in a targeted area of human services. And, given that it has been designed with required core human services content areas and related electives, the B.H.S. program will insure that Metropolitan State University human services graduates have a sufficient complement of theoretical knowledge and practical training for entry as a professional in the field. Credits range from 48–52 credits, depending upon the concentration requirements.

Students may pursue the B.H.S. degree in the following focus areas of study:

• corrections;
• family studies;
• human services administration;
• social gerontology;
• training and adult development; and
• violence prevention and intervention.

In addition, the Human Services Department offers an Orthotic/Prosthetic Collaborative Program and other programs. Students desiring a designation in orthotics or prosthetics must first complete the technician program at Century College. Students should see their faculty advisor for help in developing other concentration areas in human services, which include counseling, developmental disabilities services, mental health, rehabilitation, youth work, and long-term care administration. Students pursuing vocational studies in long-term care administration must have course work approved by the Minnesota State Board of Examiners for Nursing Home Administrators.

Bachelor of Science (B.S.), Alcohol and Drug Counseling major is for students who have a variety of needs and interests. For example, people who are already licensed alcohol and drug counselors or certified chemical dependency counselors who want to finish their degree; people who already have a degree and want to qualify for state licensure; community college transfer students; and other professionals such as social workers, psychologists, nurses and law enforcement personnel who are seeking licensure; and students who want to learn more about substance abuse. The total credit requirement for this major is 60, including the five core human services course requirement.

Degree Requirements

All human services degrees consist of a minimum of 120 credits with at least 48 credits in human services, of which 40 credits must be upper-division Metropolitan State University course work or competency demonstration. The degree program has the following components:

• general education and liberal studies (including general psychology and introduction to sociology as prerequisites for program admission);
• required human services course work;
• minor courses (if desired); and
• other electives.
HSA 363 Development, Marketing and Grant Writing
HSA 362 Human Services Administration
PSYC 314 Group Dynamics and Facilitation
HSER 344 Counseling Theories and Techniques
HSER 346 Counseling and Interviewing Skills
HSER 351 Crisis Intervention and Skills and Strategies
HRM 310 Human Resource Management

B.H.S. in Human Services/Training and Adult Development
1. Required Human Services Core (20 credits)
   - HSTD 393 Training Design and Instruction
   - HSTD 394 Staff Training and Adult Development
   - HSTD 389 Organizational Development and Change
   - HSA 369 Program Evaluation OR HRM 310 Human Resource Management
   - HSTD 390 Conflict Resolution
   - HSTD 386 Creative Problem-solving Concepts and Methods
   - MDST 383 Use of Media in Education and Training OR MDST 484 Media in the Corporation

2. Human Services/Training and Adult Development Courses (28 credits)
   - HSTD 390 Conflict Resolution
   - HSTD 386 Creative Problem-solving Concepts and Methods
   - MDST 383 Use of Media in Education and Training OR MDST 484 Media in the Corporation

3. Experiential Learning (1–8 credits)
   - Note: See advisor for exact number of credits.
   - HSTD 350I Training Internship (Students must take one or both of the following seminars when engaging in internship experience.)
   - HSER 320 Human Service Pre-internship Seminar (1 credit) OR

4. Recommended Elective Courses
   - HSTD 498 Human Services Organization Consulting Approaches and Techniques OR HSTD 498T Human Services Organization Consulting Approaches and Techniques Theory Seminar
   - HSTD 397 Career Pathing
   - HSTD 399T The Changing Workplace Theory Seminar (may replace HSTD 397 Career Pathing)
   - HSER 395 Human Services and Diversity
   - PSYC 302 Adult Development and Lifelong Learning
   - PSYC 314 Group Dynamics and Facilitation
   - PSYC 385 Educational Psychology
   - PSYC 327 Psychological Testing

Bachelor of Science (B.S.) Alcohol and Drug Counseling
1. Alcohol and Drug Counseling Courses (48 credits)
   - See program information “Fact Sheet” on Alcohol and Drug Counseling major for further information.

2. HSCD 350I Alcohol and Drug Counseling Individualized Internship (12 credits)
   - This major requires students to complete an 880-hour (12-credit) internship. The alcohol and drug counseling internship is intended to provide students with the opportunity to transfer the knowledge and skills gained from their academic course work into clinical settings. An internship requires students to demonstrate competence in 12 core functions of alcohol and drug counseling and may take place at a variety of agencies or programs.
B.H.S. in Human Services/Human Services Administration

1. Required Human Services Core (20 credits)

2. Human Services/Administration Requirements (28 credits)
   - HSA 366 Computer Applications in the Human Services
   - HSER 354 Ethical Issues in Human Services
   - ACCT 210 Financial Accounting
   - HSA 362 Human Services Administration
     OR
     - HSA 372 Administration of Early Childhood Programs OR
     - HSA 362T Human Services Administration Theory Seminar
   - HSA 363 Development, Marketing and Grant Writing
   - HSA 369 Program Evaluation
   - HSA 370 Supervision in Human Services
     OR
     - HSA 360 Health Care Management and Supervision
   - HSA 372 Administration of Early Childhood Programs
   - HSTD 394 Staff Training and Adult Development

3. Experiential Learning (1–8 credits)
   - HSA 3501 Administrative Internship
   - HSER 320 Human Services Pre-internship Seminar (1 credit)
   - HSER 330 Human Services Internship Seminar (1 credit)

4. Recommended Elective Courses
   - HSTD 389 Organizational Development and Change
   - HSTD 393 Training Design and Instruction
   - HSER 395 Human Services and Diversity
   - HSER 354 Ethical Issues in Human Services
   - PSYC 314 Group Dynamics and Facilitation
   - PSYC 319 The Impact of Technology on Human and Organizational Behavior
   - HSTD 395 Disability and Career Development
   - HSER 351 Crisis Intervention Skills and Strategies

B.H.S. in Human Services/Social Gerontology

1. Required Human Services Core (20 credits)

2. Human Services/Social Gerontology Requirements (28 credits)
   - HSSG 374 Aging in America: A Personal Challenge
   - HSSG 378 Thanatology: The Study of Death and Dying
   - HSSG 376 Mental Health and Aging
   - HSSG 377 Physical Health and Aging
   - HSSG 380 Aging: Planning and Policy Making
     Faculty-designed Independent Study
   - HSSG 383 Selected Topics in Social Gerontology
   - HSA 369 Program Evaluation

3. Experiential Learning (1–8 credits)
   - HSSG 3501 Social Gerontology Internship
   - HSER 320 Pre-internship Seminar (1 credit)
   - HSER 330 Human Services Internship Seminar (1 credit)

4. Recommended Elective Courses
   - HSFS 399 Selected Topics in Family Assistance
   - HSTD 389 Organizational Development and Change
   - HSTD 394 Staff Training and Adult Development
**Human Services Minors**

Students may also acquire human services-approved minors. This arrangement might seem ideal for those students desiring expertise in more than one area of human services. Most of the minors are approximately 16–24 credits. Students should consult with their advisors about how to declare minors in human services. Minors offered include:

- Family Studies;
- Human Services Administration;
- Social Gerontology;
- Training and Adult Development;
- Violence Prevention and Intervention.

Students must attend a university orientation session and a human services program information meeting. This information meeting presents curriculum content and provides a formal degree plan consultation, taking transcripted credits into consideration. Students entering the program with a large number of undergraduate credits may have more flexibility in subject matter choices.

**Program Descriptions**

**Bachelor of Science (B.S.) in Human Services**

The following curriculum leads to the human services major. Students pursuing the human services major must demonstrate competence or complete at least one four-credit course in each of the required core competence areas, which include the five required core human services courses that all human services students must complete.

The core requirements for the human services programs include the required five human services core courses, the experiential (internship) experience and the selection of human services required courses, to be selected from each of the seven competence areas. These seven competence areas are:

1. **Governmental Relations and Public Policies**
   - HSER 300 Violence: Origins and Explanations
   - HSER 301 Violence: Individual, Community and Global Responses

2. **Chemical Dependency Prevention and Intervention**
   - HSCD 300 Chemical Dependency Concepts
   - HSCD 306 Chemical Dependency Prevention and Intervention

3. **Human Growth and Social Development**
   - PSYC 308 Child Psychology
   - PSYC 332 Psychology of Personality
   - PSYC 336 Social Psychology
   - PSYC 520 Community Psychology
   - PSYC 300 Abnormal Psychology

4. **Research Methodology**
   - HSA 369 Program Evaluation
   - SSCI 311 Social Science Research Methods
   - PSYC 307 Data/Statistical Analysis for the Behavioral Sciences
   - ETHS 210 Fundamental of Applied Social Research
   - ETHS 400 Applied Research for Social Change

5. **Family Dynamics**
   - HSER 352 Family Counseling
   - HSCD 301 Chemical Dependency and the Family
   - HSFS 338 Family: Racial, Gender and Class Dimensions
   - HSFS 143 Social Psychological Explorations of the Family
   - PSYC 313 Family Systems

6. **Group Dynamics**
   - HSER 348 Group Counseling
   - HSER 350I Human Services Individual Internship
   - PSYC 314 Group Dynamics and Facilitation
7. Human Services Program Planning and Management
   HSA 362T Human Services Administration Theory Seminar or HSA 362 Human Services Administration
   HSA 370 Supervision in Human Services

Bachelor of Human Services (B.H.S.)
BHS in Human Services/Community Violence Prevention and Intervention

1. Required human service core (20 credits)

2. Human Services/Community Violence Prevention and Intervention Core requirements (20 credits)
   HSER 300 Violence: Origins and Explanations
   HSER 301 Violence: Individual, Community and Global Responses
   HSER 305 Community Violence Prevention Group Internship

   and one of the following:
   STAT 201 Statistics I
   SSCI 311 Social Science Research Methods
   ETHS 210 Fundamentals of Applied Social Research
   PSYC 312 Research Methods

3. Elective courses from one of the four tracks (12 credits)

   Track #1 Family Violence
   COMM 341 Family Communication
   HSCO 321 Juvenile Delinquency: Prevention and Intervention
   HSFS 338 Family: Race, Gender and Class Dimensions
   PSYC 304 Battered Women: Historical and Social Perspective
   PSYC 306 Child Abuse
   PSYC 313 Family Systems

   PSYC 333 Psychology of Victims
   SOC 309 Homelessness: Critical Issues for Policy and Practice

   Track #2 Culture and Violence
   CJS 200 Literature and Methods in Criminal Justice
   CJS 365 Criminal Justice and the Media
   ETHS 303 Politics of Resistance and Protest Movements
   ETHS 305 Major Issues in U.S. Race Relations
   HIST 315 Civil Rights Movements in the 1960s
   HIST 335 Soldiers and Society: The Civil War and Reconstruction
   HIST 341 The Vietnam War
   MDST 361 Visual Communication
   PHIL 366 Race and Racism: Philosophical Problems
   POL 323 The Middle East: Conflict and Change
   PSYC 334 Psychology of War
   PSYC 341 Violence and the Media: Psychological Effects of Film and Popular Music
   PSYC 520 Community Psychology

   Track #3 Intervention and Prevention
   COMM 342 Conflict Mediation
   HSCO 321 Juvenile Delinquency: Prevention and Intervention
   HSCO 332 Rehabilitation of the Public Offender
   HSER 344 Counseling Theories and Techniques
   HSER 346 Counseling and Interviewing Skills
   HSER 351 Crisis Intervention Skills and Strategies
   HSTD 390 Conflict Resolution
   POL 331 Law and the Legal Process
1. Required Human Services Core (20 credits)

2. Human Services/Corrections Requirements (28 credits)

3. Experiential Learning (1–8 credits)

4. Recommended Elective Courses (16 credits)