

Human Services (HUMS)

College of Indigenous Studies

Department of Social and Human Development (<https://www.uaf.edu/rural/academics/departments/>)
907-474-7143

HUMS F101 Introduction to Human Services

3 Credits

Offered As Demand Warrants

Provides an overview and orientation for individuals who have either started or are exploring human service careers. Designed for entry level behavioral health providers with an emphasis in understanding social service systems in rural and frontier Alaska.

Special Notes: Should be taken within the first academic year when possible; strongly encourage students to be accepted into the Human Services degree program.

Lecture + Lab + Other: 3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F105 Personal Awareness and Growth

2-3 Credits

Offered As Demand Warrants

Interpersonal and intrapersonal communication explored. Personal growth process presented from a holistic perspective. Focus will identify opportunities for personal enrichment through increased awareness of self and others.

Lecture + Lab + Other: 2-3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F117 Practical Math Skills

3 Credits

Offered Spring

Computation involving percentages, estimation, problem-solving, reading and creating graphs and tables, data organization and interpretation. Applications of computational skills will be emphasized.

Cross-listed with ECE F117.

Lecture + Lab + Other: 3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F120 Cultural Diversity in Human Services

3 Credits

Offered Spring

The impact of culture on the delivery of human services including Alaska Native cultures; examination of relationship of multicultural and multi-ethnic concepts. Issues of age, class, disablement, race, gender and sexual orientation will also be discussed. Student exploration of personal values and cultural world view included.

Lecture + Lab + Other: 3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F125X Introduction to Addictive Processes (s)

3 Credits

Offered As Demand Warrants

Focus on gaining knowledge of the psycho-social aspects of addiction. Historic and behavioral approaches, disease concept and current trends relating to addiction presented. Twelve step and self-help approaches explored.

Cross-listed with JUST F125X.

Attributes: UAF GER Social Sciences Req

Lecture + Lab + Other: 3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F140 Family Systems

3 Credits

Offered As Demand Warrants

Focus is on the family as a system and its involvement in the services provided to elders and children as well as services to family members with mental illness, developmental disabilities and substance abuse or dependence.

Lecture + Lab + Other: 3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F185X Science of Happiness and Well-Being (s)

3 Credits

Offered As Demand Warrants

This course examines and interprets the latest research in psychology, neuroscience, genetics and economics on happiness and well-being. Course includes cross-cultural perspectives with a focus on traditional practices of Indigenous Alaskan cultures. Students analyze and practice skills, strategies and mindsets that facilitate personal and professional well-being.

Attributes: UAF GER Social Sciences Req

Lecture + Lab + Other: 3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F205 Basic Principles of Group Counseling

3 Credits

Offered Spring

Concepts and techniques of working with small groups, including establishing group goals, effective group interaction, termination and evaluation. Development of therapeutic group activities presented.

Lecture + Lab + Other: 3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F210 Crisis and Grief Counseling

3 Credits

Offered Fall

Helping people in crisis from a theoretical and experiential perspective. Understanding how people feel, think and behave during periods of crisis and grieving. Suicide, violence, life transitions and AIDS explored.

Lecture + Lab + Other: 3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F220 Counseling Strategies for Individuals (s)

3 Credits

Offered As Demand Warrants

Exploration of counseling strategies for individuals including the development of effective helping relationships, interviewing techniques, documentation, assessment, goal setting and treatment planning utilizing motivational interviewing and cognitive behavioral strategies for change. Course provides an introduction to the nature of crisis and trauma including assessment, intervention and prevention.

Lecture + Lab + Other: 3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F232 Human Service Practicum I

3 Credits

Offered As Demand Warrants

Integration of human service theory with skill-based training through a professional, supervised experience in a human service agency. Practicum requires 125 hours. Seminar also meets one hour per week; student-shared learning, peer support and documentation, including progress notes, social history, mental status and case planning.

Prerequisites: Human Services major or minor.

Lecture + Lab + Other: 1 + 8 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F233 Human Service Practicum II

3-6 Credits

Offered As Demand Warrants

Continuation of HUMS F232. Course may be repeated once for credit to meet program requirements.

Prerequisites: HUMS F232.

Lecture + Lab + Other: 1 + 8 + 0

Grading System: Letter Grades with option of Plus/Minus

Repeatable for Credit: May be taken 2 times for up to 6 credits

HUMS F250 Current Issues in Human Services

1-4 Credits

Offered As Demand Warrants

Selected current issues of importance to the human service field. Emphasis on issues impacting Alaskan communities. Repeatable for credit by Human Services majors to a maximum of 9 credits.

Lecture + Lab + Other: 1-4 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

Repeatable for Credit: May be taken 9 times for up to 9 credits

HUMS F275 Contemporary Practices in Addiction Studies

3 Credits

Offered As Demand Warrants

Survey of contemporary practices in addiction studies utilizing the current editions of the Diagnostic and Statistical Manual of Mental Disorders and the American Society for Addiction Medicine Criteria as applied to a series of case studies. Discussion of prevention, diagnostic criteria and treatment planning for substance use and occurring disorders.

Prerequisites: HUMS F125X or JUST F125X.

Lecture + Lab + Other: 3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F285 Case Management and Community Development (s)

3 Credits

Offered As Demand Warrants

Course provides human services practitioners with a solid background in the theory and practice of selecting, developing and implementing plans for individual case management and community-level prevention and development with a focus on improving the health of individuals and communities.

Prerequisites: HUMS F220.

Lecture + Lab + Other: 3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F301 Ethics in Human Service

3 Credits

Offered Spring

Professional and ethical issues related to the helping professions. Ethical concerns in multicultural and rural human service delivery. Ethics and legal issues related to substance abuse counseling in Alaska.

Prerequisites: PSY F111X or SOC F101X.

Lecture + Lab + Other: 3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus

HUMS F305 Substance Abuse Counseling

3 Credits

Offered As Demand Warrants

Introduction to the basic principles of substance abuse counseling. Application of counseling modalities to intervention and treatment of individuals, families and groups experiencing alcohol and drug abuse or dependence. Cross-cultural issues addressed.

Prerequisites: HUMS F125X.

Lecture + Lab + Other: 3 + 0 + 0

Grading System: Letter Grades with option of Plus/Minus