## HUMAN SERVICES (HUMS)

**College of Rural and Community Development**  
Human Services Program  
[https://www.uaf.edu/iac/academic-programs/rural-human-services/](https://www.uaf.edu/iac/academic-programs/rural-human-services/)  
907-474-5439

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
<th>Offered</th>
<th>Description</th>
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<tbody>
<tr>
<td>HUMS F101</td>
<td>Introduction to Human Services</td>
<td>3</td>
<td>Fall</td>
<td>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. Strongly encourage students to be accepted into the Human Services Degree Program.</td>
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<td><strong>Special Notes:</strong> Recommended, Should be taken within the first academic year when possible.</td>
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<td></td>
<td>Lecture + Lab + Other: 3 + 0 + 0</td>
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<tr>
<td>HUMS F102</td>
<td>Standards of Practice</td>
<td>2</td>
<td>Fall</td>
<td>Designed to provide an integrative approach for ongoing development of critical thinking skills, best practices evaluation, and application of skill based competencies. Development of a professional portfolio and integration of past human service experience.</td>
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<td><strong>Special Notes:</strong> This course should be taken as soon as possible upon acceptance into the Human Services Program.</td>
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<td>Lecture + Lab + Other: 2 + 0 + 0</td>
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<tr>
<td>HUMS F105</td>
<td>Personal Awareness and Growth</td>
<td>2-3</td>
<td>Spring</td>
<td>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.</td>
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<td><strong>Special Notes:</strong></td>
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<td>Lecture + Lab + Other: 2-3 + 0 + 0</td>
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| HUMS F117   | Practical Math Skills                            | 3       | 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                                                                                                          |
| HUMS F120   | Cultural Diversity in Human Services             | 3       | 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. |
|             | **Special Notes:**                                |         |         | Lecture + Lab + Other: 3 + 0 + 0                                                                                                          |
| HUMS F125X  | Introduction to Addictive Processes              |         | Fall, Spring and Summer | 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. | 3  |
|             | **Cross-listed with JUST F125X.**                |         |         | Lecture + Lab + Other: 3 + 0 + 0                                                                                                          |
| HUMS F140   | Family Dynamics                                   | 3       | Fall    | 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. |
|             | **Special Notes:**                                |         |         | Lecture + Lab + Other: 3 + 0 + 0                                                                                                          |
| HUMS F202   | Standards of Practice II                         | 1       | Spring  | This course is designed for students who are either in practicum placement or finalizing their Human Services degree program. Students will demonstrate their competencies as lifelong learners, professional readiness and personal development by encompassing their best written work and self assessment by refining their human services portfolios. Active verbal participation is required.  
**Prerequisite:** HUMS F102 or departmental approval. |         |         | Lecture + Lab + Other: 1 + 0 + 0                                                                                                          |
| HUMS F205   | Basic Principles of Group Counseling             | 3       | 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.  
**Special Notes:**  
Cross-listed with HUMS F210  
Lecture + Lab + Other: 3 + 0 + 0  |         |         | Lecture + Lab + Other: 3 + 0 + 0                                                                                                          |
| HUMS F210   | Crisis and Grief Counseling                       | 3       | 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.  
**Special Notes:**  
Cross-listed with HUMS F205  
Lecture + Lab + Other: 3 + 0 + 0  |         |         | Lecture + Lab + Other: 3 + 0 + 0                                                                                                          |
| HUMS F215   | Individual Interviewing                          | 2-3     | Fall    | Introduction to interpersonal communication skills. Focus on gathering client information through the interviewing process. Emphasis on development of one to one interviewing, behavioral observation and documentation.  
**Special Notes:**  
Cross-listed with HUMS F220  
Lecture + Lab + Other: 2-3 + 0 + 0  |         |         | Lecture + Lab + Other: 2-3 + 0 + 0                                                                                                          |
HUMS F232  Human Service Practicum I  
3 Credits
Offered Fall and Spring
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

HUMS F233  Human Service Practicum II  
3-6 Credits
Offered Fall and Spring
Continuation of HUMS F232. Course may be repeated once for credit to meet program requirements.
Prerequisites: HUMS F232.
Lecture + Lab + Other: 1 + 0 + 0

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

HUMS F260  History of Alcohol in Alaska  
1 Credit
Offered Fall
Significant historical forces, events and consequences related to alcohol and other drug use in Alaska. Includes current impact and trends.
Prerequisites: HUMS F125X.
Lecture + Lab + Other: 1 + 0 + 0

HUMS F261  Substance Abuse Assessment: ASAM PPC II  
1 Credit
Offered Fall
Treatment begins with assessment of need and intensity of services required. Students will understand criteria of ASAM: PPC II and have the skill to apply it to specific cases.
Prerequisites: HUMS F125X.
Lecture + Lab + Other: 1 + 0 + 0

HUMS F263  Fetal Alcohol Spectrum Disorder  
1 Credit
Offered Fall
Identification of alcohol-related neurodevelopmental disorder (fetal alcohol syndrome/effect), understanding of developmental differences, secondary problems and development of intervention strategies leading to best practice.
Lecture + Lab + Other: 1 + 0 + 0

HUMS F264  Culture, Chemical Dependency and Alaska Natives  
1 Credit
Offered As Demand Warrants
The importance of culture to recovery and the impact of cultural diversity on counseling and service delivery. Meets requirements for certification as substance abuse counselor in Alaska.
Prerequisites: HUMS F125X.
Lecture + Lab + Other: 1 + 0 + 0

HUMS F266  Co-occurring Disorders  
1-2 Credits
Offered Fall
Theories and skills related to counseling the mentally ill substance abuser. Includes diagnosis, treatment planning and approaches, and special considerations.
Prerequisites: HUMS F125X.
Lecture + Lab + Other: 1-2 + 0 + 0

HUMS F280  Prevention and Community Development  
3 Credits
Offered As Demand Warrants
Examine the historical evaluation, conceptual framework, practical realities of community development and prevention in rural Alaska. Surveys diverse approaches, community need evaluation processes for addressing community needs. Review of a multiplicity of approaches which can be considered in designing and implementing culturally respectful projects.
Prerequisite: HUMS F101; HUMS F102; or departmental approval.
Lecture + Lab + Other: 3 + 0 + 0

HUMS F290  Case Management  
3 Credits
Offered As Demand Warrants
Challenge and broaden students’ understanding, thinking, and conceptualizing case management. Investigate the case management model emphasizing its useful application to diverse client groups with an emphasis on Alaska and rural communities. The role of community in supporting efforts as well in providing resources such as natural supports will be emphasized.
Prerequisite: HUMS F101; HUMS F102; or departmental approval.
Lecture + Lab + Other: 3 + 0 + 0

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 F101X or SOC F101X.
Lecture + Lab + Other: 3 + 0 + 0

HUMS F305  Substance Abuse Counseling  
3 Credits
Offered Spring
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