

# HUMAN SERVICES (HUMS)

## College of Rural and Community Development

Department of Social and Human Development (<https://www.uaf.edu/rural/academics/departments/>)  
907-474-5439

### 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. Strongly encourage students to be accepted into the Human Services Degree Program.

**Special Notes:** Recommended, Should be taken within the first academic year when possible.

**Lecture + Lab + Other:** 3 + 0 + 0

**Grading System:** Letter Grades with option of Plus/Minus

### HUMS F102 Standards of Practice

2 Credits

Offered As Demand Warrants

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.

**Special Notes:** This course should be taken as soon as possible upon acceptance into the Human Services Program.

**Lecture + Lab + Other:** 2 + 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 As Demand Warrants

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 Dynamics

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 F202 Standards of Practice II

1 Credit

Offered 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

**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 F215 Individual Interviewing

2-3 Credits

Offered As Demand Warrants

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.

**Lecture + Lab + Other:** 2-3 + 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:** Pass/Fail Grades**Repeatable for Credit:** May be taken unlimited times for up to 99 credits**HUMS F260 History of Alcohol in Alaska**

1 Credit

Offered As Demand Warrants

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**Grading System:** Letter Grades with option of Plus/Minus**HUMS F261 Substance Abuse Assessment: ASAM PPC II**

1 Credit

Offered As Demand Warrants

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**Grading System:** Letter Grades with option of Plus/Minus**HUMS F263 Fetal Alcohol Spectrum Disorder**

1 Credit

Offered As Demand Warrants

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**Grading System:** Letter Grades with option of Plus/Minus**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**Grading System:** Letter Grades with option of Plus/Minus**HUMS F266 Co-occurring Disorders**

1-2 Credits

Offered As Demand Warrants

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**Grading System:** Letter Grades with option of Plus/Minus**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**Grading System:** Letter Grades with option of Plus/Minus**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**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 F101X 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