**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 on 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 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 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 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 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 3 times for up to 8 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 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 F280  Prevention and Community Development (s)
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 F285  Case Management and Community Development
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 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 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