## 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

### 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

### HUMS F102  Standards of Practice  
3 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

### HUMS F105  Personal Awareness and Growth  
4 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

### 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

### 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

### HUMS F125X  Introduction to Addictive Processes  
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

### 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

### 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.  
**Prerequisite:** HUMS F102 or departmental approval.  
**Lecture + Lab + Other:** 1 + 0 + 0

### 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

### 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

### HUMS F215  Individual Interviewing  
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
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  

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 + 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.  
Prerequisites: HUMS F125X.  
Lecture + Lab + Other: 1-4 + 0 + 0  

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  

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  

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  

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 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  

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 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