

Counseling and Social Services (COSS)

NOTE: Beginning Fall 2011 the Counseling and Social Services major is no longer available. The information below is for students who entered the program prior to the 2011-2012 academic year. The alternative major is Counseling Psychology. Please see the School of Adult Learning with any questions.

The major in counseling and social services provides a foundation for the application of psychological principles to personal and social problems. Theory and research related to normal human development, etiology of mental health problems, and ethical standards of the psychology profession are discussed. Emphasis is on interaction with clients in professional settings such as human services and social service agencies. Provides opportunities to apply and practice facilitation skills of small groups and learn methods of fostering optimal group development and interaction. Major principles and methods which address social and counseling issues are applied to diverse populations. This major alone does not prepare students to function as counselors, therapists, or psychologists. Rather, students develop the necessary skills to assume entry-level positions in a variety of settings such as government, private human service agencies, and/or clinical services for mental health.

Major requirements for a B.A. or B.G.S. degree in Counseling and Social Services

Required semester hours

40 sh

Prerequisite and supporting courses

GS 1050

Required core courses

COSS 2010, 3010, 3020, 3800, 4000, 4060, 4070, 4120, 4130, 4400

Minor requirements in Counseling and Social Services

Students are required to meet the Introduction to Psychology requirement prior to enrolling in the minor. The minor includes the following courses for a total of 20 SH. The minor reflects counseling principles as they are applied to adults within social service settings.

Required semester hours

20 sh

Required core courses

COSS 2010, 3010, 3800, 4130

Elective courses

Select one from COSS 3030, 4050, 4080

GESAL Designates a course that fulfills all or part of a General Education (G.E.) requirement for the B.A. or B.G.S. degree; see the General Education section of the School of Adult Learning for more information.

2010 **Research Methods and Research Design (4 sh)**

Designed to expose the student to how the scientific enterprise is applied to research on human development. A three-pronged focus includes research design, data collection, and the use of statistics in the analysis and interpretation of data. Cross listed with HPSY 2010.

3010 **Social Psychology (4 sh)**

Introduces the study of human behavior in groups, including social cognition, social influence, attribution, social comparison, attraction and friendship, stereotypes, and the self. The course incorporates theory, research, and application related to the study of group behavior.

3020 **Human Development I (4 sh)**

Introduces the student to the area of infant, child, and adolescent development and encourages the student to reflect on how developmental research and theory apply to his or her own life experiences. Cross listed with HPSY 3020.

3030 **Human Development II (4 sh)**

Presents to the student a survey of research findings and theory on development throughout adulthood. Examines how transitions, loss, and deaths affect development and are dealt with by individuals and society across the lifespan. Identifies moral/ethical issues and encourages the student to reflect on how such issues apply to his or her own life experiences. Cross-listed with HPSY 3030.

3800 **Principles of Counseling Diverse Populations (4 sh)**

Application of principles and methods which address social issues and problems related to diverse populations. Topics addressed may include law and justice, health and health care, education, and inter-group relations. Engages the student in the applications of principles and methods of counseling and social services. The student develops abilities in the areas prevention and social level interventions. Systemic and ecological theories of human behavior as they pertain to the individual and community will be discussed. The student will develop skills in interviewing, assessment, and evaluation with diverse populations.

3910 **Topics in Counseling and Social Services (1-4 sh)**

An intensive investigation of a selected topic in Counseling and Social Services offered from time to time at the discretion of the department.

4050 **Human Sexuality (4 sh) GESAL**

Consideration of human sexuality from biological, psychosocial, behavioral, cultural, and religious perspectives. Particular emphasis on psychosexual development throughout the human life cycle. Critical attention given on problems and solutions that significantly affect persons and social groups. Cross-listed with HPSY 4050.

4060 **Personality (4 sh)**

Study of traditional and contemporary personality theory, with emphasis on theory, research methods, and assessment. Consideration of the development of personality and of whether it can or does change across the lifespan, and a critical appraisal of key personality theories from developmental and other perspectives. Cross-listed with HPSY 4060.

4070 **Learning (4 sh)**

Introduces the student to various theoretical viewpoints that explain how we learn. The basic principles of classical and operant conditioning, observational learning, cognitive, humanistic, and radical-conscientization theories will be discussed. How these theories can be applied in the everyday settings of home, school, and work will be an important focus. Cross-listed with HPSY 4070.

4080 **Social and Cultural Context of Human Development (4 sh)**

Examines the effects of various social and cultural parameters on human development. Social and cultural parameters include specific ethnic group, general cultural category (particularly individualist vs. communitarian type), gender, and socioeconomic status. Aspects of human development affected by these variables

include personal identity, sex-typing, individual autonomy, style of emotional expressiveness, family values, and physical and mental health. Cross-listed with HPSY 4080.

4120 Biopsychosocial Disorders of Human Development (4 sh)

Uses a case-finding approach in a study of biopsychosocial disorders across the lifespan, their assessment and treatment. Traditional categories of psychological disturbance will be discussed as well as issues associated with the duality of illness and wellness, legal and ethical implications of mental dysfunction. Cross-listed with HPSY 4120.

4130 Helping Skills for Social Services (4 sh) GESAL

Focuses on the development of listening, influencing, and relationship skills that underpin effective intervention in the helping professions. Attention is also placed on the impact of cultural and social factors on the helping process.

4400 Practicum in Counseling and Social Services (4 sh)

The practicum includes observation and hands-on experience within an appropriate agency. The student will develop and/or work on a larger institutional-wide project. It involves reflection and application of theory and research learned in the classroom to practical situations in the work setting. The student will apply counseling theory and methods utilizing traditional and multi-cultural perspectives to inform their practice. The practicum is designed to increase the student's knowledge related to the available resources in communities, churches, hospitals and social service agencies. The practicum is one full semester in length.

4910 Independent Study in Counseling and Social Services (1-4 sh)

Advanced independent research.

4970 Internship in Counseling and Social Services (1-8 sh)

An assignment in a business or social service institution other than the current employer in which reflective experience is the goal. Interested students who have completed 20 hours or more in the major should apply to their academic advisor. Permission will be granted by the Director of the School of Adult Learning and the faculty major coordinator.