

Common Course Outline
HUSC 140
Like Skills for At-Risk Youth
3 Credits

The Community College of Baltimore County

Description

HUSC 140 – Life Skills for At-Risk Youth investigates skills needed to work with youth, with a focus on those placed in out-of-home care. The course introduces and explores the issues in creating and maintaining a healthy, safe environment for children and adolescents. Topics include the development and implementation of leisure time activities, goal setting, daily living skills, job search skills, and money management.

3 Credits

Prerequisites: None

Overall Course Objectives

Upon completion of this course students will be able to:

1. teach the skills needed to develop age-appropriate Activities of Daily Living (ADLs) for a child/youth age group;
2. describe motivational techniques to encourage youth participation in activities;
3. develop age-appropriate social skills for a child/youth age group;
4. demonstrate multicultural competence;
5. teach youth appropriate communication skills;
6. apply appropriate documentation skills in record keeping;
7. explain healthy food planning, preparation, intake, clean-up, and storage;
8. teach universal precautions and infection control procedures;
9. identify the basic symptoms of childhood illnesses and report said symptoms to appropriate personnel;
10. design age and developmental appropriate recreation activities for children in care;
11. formulate the requisite job attainment skills needed by youth;
12. assess behaviors related to suicide, depression, mental illness, and sexually acting-out;
13. categorize resources to assist with school-related issues;
14. identify needed skills for youth aging out of care;
15. assist youth with school and personal time management skills; and
16. employ agency-approved policies and interventions for behavior management.

Major Topics

- I. Activities of daily living including:
 - A. personal hygiene
 - B. laundering

- C. cleaning
- D. money management
- E. food and nutrition
- F. transportation
- II. Culturally appropriate social skills
- III. Multicultural competence
- IV. Verbal and nonverbal communication
- V. Objective documentation skills
- VI. The Food and Drug Administration standards and daily nutrition for a healthy diet
- VII. Menu planning, preparation, and clean-up
- VIII. Cultural variations in diet
- IX. Universal precautions
- X. The identification and use of appropriate cleaning materials
- XI. Childhood wellness and typical illnesses
- XII. Job attainment skills
- XIII. Money management and budgeting
- XIV. Incorporation of therapeutic elements in activities
- XV. Time management
- XVI. Education issues

Course Requirements

Grading procedures will be determined by the individual faculty member but will include the following:

Grading/exams

- At least two examinations
- At least two written assignments demonstrating objective writing skills, minimum 2 pages in length
- At least one written activity plan, minimum 3 pages in length
- At least one written reflection of a service learning activity, minimum 3 pages in length

Written Assignments: Students are required to use appropriate academic resources.

Other Course Information

This course is a program elective in the Human Services Counseling degree program, and may also be taken by students in other programs or majors.