

**Common Course Outline**  
**HUSC 101**  
**Introduction to Human Services Counseling**  
**3 Credits**

**Community College of Baltimore County**

**Description**

**HUSC 101 – Introduction to Human Services Counseling** investigates the broad field of Human Services Counseling, explores the common knowledge, skills, and abilities, and focuses on career exploration and personal development specific to this field of study.

**3 Credits**

**Prerequisites:** None

**Overall Course Objectives**

Upon completion of this course students will be able to:

1. recognize the broad spectrum of career opportunities in the Human Services Counseling fields;
2. identify the major events in the history, current state, and future directions in the Human Services Counseling fields;
3. identify the stages of the life span and possible human services counseling needs in those stages;
4. describe the interrelationship between several helping professions and the importance of interdisciplinary teamwork;
5. recognize the importance of appropriate interpersonal boundaries;
6. reflect upon the ideal values, attitudes and traits of a helper, and evaluate the role of one's own values in his or her profession;
7. identify their own motivation for becoming a helper;
8. assess effective and ineffective helping;
9. demonstrate an attitude of basic cultural competence in the professional setting;
10. describe fundamental ethical orientations to human services counseling, including the basic rights of clients and responsibilities of professionals;
11. summarize the critical thinking skills used in the human services counseling professions;
12. apply self-care strategies and to develop a plan to avoid compassion fatigue;
13. explore one or more models of human services counseling service delivery through experiential or service learning;
14. write objectively in field-specific documentation;
15. demonstrate both verbal and nonverbal communication techniques used when working with at-risk populations; and
16. recognize the unique needs of specific populations often served in Human Services Counseling settings.

## **Major Topics**

- I. Career paths in Human Services Counseling
- II. Goals and values of the Human Services Counseling profession
- III. History of the Human Services Counseling fields
- IV. Contemporary lenses of helping
- V. Future directions in Human Services Counseling
- VI. An interdisciplinary approach to client work
- VII. Boundaries and scope of practice
- VIII. Values, attitudes, and traits of effective helpers
- IX. Motivation for helping
- X. Cultural competence
- XI. Basic ethical issues in Human Services Counseling
- XII. Variety of service delivery models
- XIII. Career development and exploration
- XIV. Life span issues and needs for services
- XV. Objective writing skills
- XVI. Self-care
- XVII. Specific populations served in Human Services Counseling settings
  - A. Vulnerable adults
  - B. People with mental health diagnoses
  - C. People with substance use disorders
  - D. At-risk youth
  - E. Elderly
  - F. Veterans

## **Course Requirements**

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

### **Grading/exams**

A minimum of two examinations

At least one reflective writing assignment related to career exploration, minimum 2 pages in length

A career biography, minimum 3 pages in length

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

### **Other Course Information**

This course is required for students in the Human Services Counseling degree program.