Counseling and Human Services

Web Site: http://www.odu.edu/chs

Tim Grothaus, Chair

The Department of Counseling and Human Services offers one undergraduate program, the Bachelor of Science with a major in human services. On the graduate level, the department offers the Master of Science in Education in counseling, an advanced Education Specialist degree in counseling, and a counseling emphasis in the Ph.D. in Education program. Once admitted to the human services program, students must consult their advisors regarding program requirements and selection of courses.

Bachelor of Science—Human Services Major

Tammi Milliken, Coordinator

Mark Rehlaus, Online Coordinator

The program leading to the Bachelor of Science with a major in human services prepares students for entry-level positions in a wide variety of community service settings. Students in the program learn the roles and functions of the human service profession; characteristics of human growth and development; personal, social, and environmental factors affecting individual development; characteristics of human service agencies; theories and skills of human services; and how ethical issues, legal issues, and multicultural issues affect the work of the human service profession. Graduates are prepared to assist clients in coping successfully with developmental tasks of normal growth and in solving problems caused by personal, social, and environmental stress. Graduates may be employed in a wide variety of settings including mental health, mental retardation, substance abuse, aging/gerontology, domestic violence, child and youth services, correction/criminal justice, health care, recreation/fitness, and vocational rehabilitation.

Admission

Students must have a grade point average of 2.00 or above and have successfully completed ENGL 110C and ENGL 211C or ENGL 221C or ENGL 231C. A grade of C or better must be earned in ENGL 110C and ENGL 211C or ENGL 221C or ENGL 231C to meet the undergraduate writing program requirement.

Program Requirements

All human services majors must satisfy the Bachelor of Science in human services core requirements, major requirements, minor requirements, any applicable electives, and General Education requirements as listed below.

A one-semester, unpaid internship (HMSV 468) is required after all other General Education courses, core courses, major courses, and minor courses are completed. Students are not to take any other courses when enrolled in the internship. Requirements for the internship include a minimum cumulative GPA of 2.0 overall and in the major and minor. Students must earn a grade of C (2.00) or better in the following courses before taking the internship:

- **HMSV 339** Interpersonal Relations 3
- **HMSV 341** Introduction to Human Services 3
- **HMSV 343W** Human Services Methods 3
- **HMSV 368** Field Observation in Human Services 3
- **HMSV 440W** Program Development, Implementation, and Funding 3

Students’ prior coursework will be evaluated by an advisor at the time of admission to the program. Following admission, students must obtain permission from an authorized faculty advisor before registering. Students should obtain a curriculum sheet from the Human Services website http://education.odu.edu/hs/academics/human_services/ or from their academic advisor to assist in making course selections. Students must adhere to all course prerequisites and corequisites as stated in the course descriptions and on the curriculum sheets.

### Lower-Division General Education

- Written Communication Skills * 6
- Mathematical Skills ** 6
- Oral Communication *** 3
- Information Literacy and Research 3
- Language and Culture 0-6
- Human Creativity 3
- Interpreting the Past 3
- Literature 3
- Philosophy and Ethics 3
- Human Behavior **** 6
- The Nature of Science 8
- Impact of Technology 3

Total Hours 41-47

* Grade of C or better required in both courses
** SAT 1300 required.
*** Satisfied by HMSV 339 in the major.
**** PSYC 201S or PSYC 203S and SOC 201S required with a grade of C or better.

### Human Services Major Requirements

- **HMSV 339** Interpersonal Relations * 3
- **HMSV 341** Introduction to Human Services * 3
- **HMSV 343W** Human Services Methods * 3
- **HMSV 344** Career Development and Appraisal 3
- **HMSV 346** Diversity Issues in Human Services 3
- **HMSV 368** Field Observation in Human Services * 3
- **HMSV 440W** Program Development, Implementation, and Funding 3
- **HMSV 441** Non-Profit Fund-Raising in Human Services 3
- **HMSV 452** Substance Abuse Treatment and Research ** 3
- **HMSV 444** Psycho-educational Groups 3

Choose one of the following:

- **HMSV 447** Introduction to Substance Abuse ** 3
- **HMSV 448** Interventions and Advocacy with Children 3
- **HMSV 449** Theory and Practice of Prevention in Human Services 3
- **HMSV 491** Family Guidance 3
- **HMSV 468** Internship in Human Services * 12

Total Hours 45

* Grade of C or better required.
** For students pursuing credentialing as a CSAC or CADC following graduation, HMSV 447 must be taken as the HMSV elective. Additionally, HMSV 452 must be selected as part of the required curriculum instead of HMSV 441. Please see the section below on Substance Abuse Course Sequence for additional information.

### Upper-Division General Education Requirements (6 hours minimum)

Select one option from the following:

- Option A. Approved Disciplinary Minor (a minimum of 12 hours determined by the department) or Second Major or Second Degree
- Option B. Interdisciplinary Minor (specifically 12 hours, 3 of which may be in the major)
- Option C. International Business and Regional Courses or an approved Certification Program such as teaching licensure.
- Option D. Two Upper-Division Courses from outside the College of Education and not required by the major (6 hours)

**Electives**

Elective credit will be needed to meet the minimum of 120 hours required for the degree.

**Requirements for Graduation**

Requirements for graduation include completion of the Writing Sample Placement Test, a minimum cumulative grade point average of 2.00 overall and in the major and minor, 120 credit hours, which must include both a minimum of 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University, completion of all general education requirements including ENGL 110C and ENGL 211C or ENGL 221C with a grade of C or better, completion of all major requirements including the writing intensive (W) course in the major with a grade of C or better, and completion of the Senior Assessment.

**Substance Abuse Course Sequence**

For those wishing to pursue credentialing as a Certified Substance Abuse Counselor (CSAC) or Certified Alcohol and Drug Counselor (CADC), the following must be completed: all HMSV degree requirements (core requirements, major requirements, minor requirements, any applicable electives, and General Education requirements) with the selection of HMSV 447 and HMSV 452 as required human services electives. Additionally, HMSV 468 (Internship) is recommended to be in a substance abuse treatment setting.

**Minor in Human Services**

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<tr>
<th>Area I required:</th>
<th>12</th>
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<tbody>
<tr>
<td>HMSV 339</td>
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<td>HMSV 346</td>
<td>Diversity Issues in Human Services</td>
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Select one from the following Area II courses: 3 Credits

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<tr>
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<tr>
<td>HMSV 491</td>
<td>Family Guidance</td>
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Total Hours 15

For completion of a minor, a student must have a minimum overall cumulative grade point average of 2.00 in all courses required for the minor exclusive of prerequisite courses and complete a minimum of six hours in upper-level courses in the minor requirement through courses offered by Old Dominion University.

**HUMAN SERVICES Courses**

**HMSV 339. Interpersonal Relations. 3 Credits.**

Students will learn concepts and theories of interpersonal relationships. Development of skills necessary for effective communication will be stressed. Prerequisites: ENGL 211C or ENGL 221C or ENGL 231C.

**HMSV 341. Introduction to Human Services. 3 Credits.**

Students will learn about human services, the helping process, and the role and function of the human service worker. Students will be exposed to local and state human services facilities. A grade of C or better is required. Prerequisites: ENGL 211C or ENGL 221C or ENGL 231C.

**HMSV 343W. Human Services Methods. 3 Credits.**

Presents theories and techniques used by human services workers in a variety of settings. A grade of C or better is required. (This is a writing intensive course.) Prerequisites: A grade of C or better in ENGL 211C or ENGL 221C or ENGL 231C. Pre- or corequisite: HMSV 341.

**HMSV 344. Career Development and Appraisal. 3 Credits.**

Focuses on career development throughout the life span with emphasis on vocational theories, interventions, assessments, and socioeconomic factors. Pre- or corequisite: HMSV 341 with a grade of C or higher.

**HMSV 346. Diversity Issues in Human Services. 3 Credits.**

This course serves as an introduction to multicultural helping. The influence of socio-identities (e.g., race, ethnicity, religion, gender, socioeconomic status, sexual orientation) on individuals' functioning, concerns, and the helping process will be explored. Pre- or corequisite: HMSV 341 with a grade of C or higher.

**HMSV 368. Field Observation in Human Services. 3 Credits.**

Students will visit and examine human services systems such as mental health, substance abuse, criminal justice, education, rehabilitation, and professional associations to facilitate decision-making in selecting an internship and to gain a complex understanding of the roles of the human services professional. A grade of C or better is required. Prerequisites: HMSV 339, HMSV 341 with a grade a C or higher, and HMSV 343W with a grade of C or higher.

**HMSV 397. Independent Study. 3-6 Credits.**

Individual study under the supervision of an undergraduate faculty member. Prerequisites: Approval of Human Services Program Director and Counseling and Human Services Department Chair.

**HMSV 440W. Program Development, Implementation, and Funding. 3 Credits.**

This course represents models and practices of developing, implementing, and evaluating human services programs. The course includes an overview of funding human services programs, including grant writing and fundraising. A grade of C or better is required. This is a writing intensive class. Prerequisites: HMSV 341 with a C or better, HMSV 343W with a C or better, and ENGL 211C or ENGL 221C or ENGL 231C with a C or better.

**HMSV 441. Non-Profit Fund-Raising in Human Services. 3 Credits.**

This course is designed to expose human service students to the art of ethical fund-raising in human services, including annual and capital campaigns, telemarketing, special events, direct mail marketing, face-to-face solicitation, e-fund-raising, and grant writing. Prerequisites: HMSV 341 with a grade of C or higher and HMSV 343W with a grade of C or higher.

**HMSV 444. Psycho-educational Groups. 3 Credits.**

This course combines lectures and experiential learning about psycho-educational groups. Principles and practices for developing and leading psycho-educational groups are emphasized. Prerequisite: HMSV 341 with a grade of C or higher and HMSV 343W with a grade of C or higher.

**HMSV 447. Introduction to Substance Abuse. 3 Credits.**

This course develops the professional identity of the student as a practitioner of substance abuse services while introducing the student to the signs and symptoms of substance abuse, the recovery process and relapse prevention methods. Prerequisites: HMSV 341 with a grade of C or better and HMSV 343W with a grade of C or better.

**HMSV 448. Interventions and Advocacy with Children. 3 Credits.**

This course provides an overview of how human service workers assist children in a variety of settings. Emphasis will be placed upon advocacy, supportive work, and short term crisis intervention. Prerequisites: A grade of C or higher in HMSV 341 and HMSV 343W.

**HMSV 449. Theory and Practice of Prevention in Human Services. 3 Credits.**

Students will learn theories and strategies for the practice of prevention services aimed at promoting the health and well-being of children, adolescents, and adults. Existing prevention programs, policies, and necessary resources will be examined. Students will develop beginning skills in the use of prevention strategies with individuals and groups. Prerequisite: HMSV 341 and HMSV 343W with a grade of C or higher.
HMSV 452. Substance Abuse Treatment and Research. 3 Credits.
This course explores effective substance abuse treatment planning and intervention strategies through lectures and experiential learning and examines research trends in the substance abuse field. Prerequisites: HMSV 341 with a grade of C or better, HMSV 343W with a grade of C or better and HMSV 447 with a grade of C or better.

HMSV 456. Diversity Experience in Ireland. 3 Credits.
This course is an in-depth, cross-disciplinary study of cultural similarities and differences in approaches to social conflict and other social problems in the United States and in Ireland. A two-week study abroad period will bring students into intensive contact with educators, scholars, and community activists in Ireland. This course will also serve as an introduction to multicultural helping. The influence of socio-identities (e.g. race, ethnicity, religion, gender, socioeconomic status, sexual orientation) on individuals' functioning, concerns, and the helping process will be explored. Prerequisite: HMSV 341 or permission of instructor.

HMSV 468. Internship in Human Services. 12 Credits.
This course involves field placement in a human services setting. Approximately 400 hours are devoted to field placement, group seminars and individual supervision. A grade of "C" or better must be earned to complete the human services major. (qualifies as a CAP experience) Prerequisites: completion of all coursework including General Education requirements, core courses, major courses, and elective courses; a grade of C or better in HMSV 341, HMSV 343W, HMSV 368, and HMSV 440W; and program approval.

HMSV 491. Family Guidance. 3 Credits.
This course provides a study of the family as a system and an introduction to a variety of issues confronting the family, including child abuse, substance abuse and addiction, spouse abuse, and others that produce more than usual stress in the family. Available community resources for helping families will be examined. Prerequisites: HMSV 341 and HMSV 343W with a grade of C or higher.

HMSV 495. Topics in Human Services. 1-6 Credits.
The study of selected topics in human services. Prerequisites: senior standing or permission of the instructor.