

Social and Human Services (A45380)
A.A.S. Degree
FULL-TIME PROGRAM PLANNING GUIDE (Spring Start)



Revised: Fall 2025

Students are strongly encouraged to meet with their faculty advisor prior to course registration each semester.

			Hours Per Week		Credits
			Class	Lab	
FIRST SPRING SEMESTER					
		Prerequisites			
ENG 111	Writing and Inquiry	ENG 025 pre-req. or ENG 045 co-req.	3	0	3
HSE 110	Introduction to Human Services	None	2	2	3
HSE 127	Conflict Resolution	ENG 025 pre-req.	2	2	3
HSE 135	Orientation Lab I	None	0	2	1
PSY 150	General Psychology	ENG 025 pre-req.	3	0	3
	Subject Area Course*	Varies by course.	3	0	3
FIRST SUMMER SEMESTER					
HUM 115 OR REL 110	Critical Thinking World Religions	ENG 025 pre-req.	3	0	3
FIRST FALL SEMESTER					
COM 120	Introduction to Interpersonal Communication	ENG 025 pre-req.	3	0	3
HSE 225	Crisis and Intervention Principles	ENG 025 pre-req.	3	0	3
HSE 123	Interviewing Tech. for Human Services	ENG 025 pre-req.	2	2	3
	Subject Area Course*	Varies by course.	3	0	3
	Subject Area Course*	Varies by course.	3	0	3
SECOND SPRING SEMESTER					
MAT 143 OR MAT 152	Quantitative Reasoning Statistical Methods I	MAT 025 pre-req. or MAT 045Q co-req. MAT 025 pre-req. or MAT 045S co-req.	3 3	0 1	3 4
PSY 241	Developmental Psychology	PSY 150	3	0	3
HSE 223	Counseling Theories and Skills	ENG 025 pre-req.	3	0	3

	Subject Area Course*	Varies by course.	3	0	3
	Subject Area Course*	Varies by course.	3	0	3

SECOND SUMMER SEMESTER

HSE 212	Group Dynamics	ENG 025 pre-req.	3	0	3
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SECOND FALL SEMESTER

POL 120	American Government	ENG 025 pre-req.	3	0	3
SOC 210	Introduction to Sociology	ENG 025 pre-req.	3	0	3
HSE 210	Diversity Ethics and Trends	ENG 025 pre-req.	3	0	3
HSE 220	Case Management	ENG 025 pre-req.	2	2	3
WBL 112 OR HSE 162	Work-Based Learning I** HSE Clinical Experience I**	With instructor permission only.			2
WBL 115 OR HSE 160	Work-Based Learning Seminar I** HSE Clinical Supervision**	With instructor permission only.			1

GRADUATION REQUIREMENT

Credit Hours 67-68

Subject Area Courses*					
General Human Services (15 Credit Hours)					
	Take 12 hours from DDT, GRO, HSE, MHA, SAB, or SWK	Varies.	12	0	12
SAB 110	Introduction to Addiction & Recovery	None.	3	0	3
Addiction and Recovery Studies (15 Credit Hours)					
SAB 110	Introduction to Addiction & Recovery	None.	3	0	3
SAB 120	Intake and Assessment	ENG 025 pre-req.	3	0	3
SAB 135	Addictive Process	ENG 025 pre-req.	3	0	3
SAB 210	Addiction and Recovery Counseling	ENG 025 pre-req.	3	0	3
SAB 240	Diversity, Ethics, & Trends	ENG 025 pre-req.	3	0	3
Gerontology (15 Credit Hours)					
GRO 120	Introduction to Gerontology	None.	3	0	3
GRO 220	Social Aspects of Aging	ENG 025 pre-req.	3	0	3
GRO 230	Aging, Health & Wellness	ENG 025 pre-req.	3	0	3

GRO 250	Aging Policies Programs & Services	ENG 025 pre-req.	3	0	3
SAB 110	Introduction to Addiction & Recovery	None.	3	0	3

Mental Health (15 Credit Hours)

MHA 140	Introduction to Mental Health	None.	3	0	3
MHA 150	Mental Health Interventions	ENG 025 pre-req.	3	0	3
MHA 238	Psychopathology	ENG 025 pre-req.	3	0	3
MHA 240	Advocacy	ENG 025 pre-req.	3	0	3
SAB 110	Introduction to Addiction & Recovery	None.	3	0	3

Social Services (15 Credit Hours)

SWK 110	Introduction to Social Work	None.	3	0	3
SWK 113	Cultural Competency & Diversity	ENG 025 pre-req.	3	0	3
SWK 115	Community Resources	ENG 025 pre-req.	3	0	3
SWK 220	Ethical Considerations in Social Work	ENG 025 pre-req.	3	0	3
SAB 110 OR MHA 140	Introduction to Addiction & Recovery Introduction to Mental Health	None.	3	0	3

Students are strongly encouraged to meet with their faculty advisors before registering for classes each semester to receive advice on course options, scheduling, and transfer opportunities. Students seeking to transfer to a four-year program upon graduation should consider taking additional general education courses.

All program courses must be passed with a grade of "C" or higher.

* Students should choose and take courses from one subject area only. Students wishing to study more than one subject area should discuss these options with their faculty advisor.

**Students who have no previous experience or who do not currently work in a human-services position should follow the process for applying to complete WBL 112 and WBL 115. Students who have six months or more of human-services work experience may apply to receive field experience credit for your prior work experience. Students should contact the department clinical coordinator the semester prior to completing the field experience requirement for details.