

CURRICULUM OVERVIEW

Introduction to Human Services

Career and Technical Education Series



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Introduction to Human Services Course Overview

This course introduces high school students to the possibilities for careers in the human services professions. Through anecdotes, lessons, and a variety of assignments and projects, students will learn about the broad variety of jobs available in the human services. These begin with entry-level positions, such as associate social workers, that require only a two-year Associate of Arts degree. At the apex of the profession, being a psychiatrist brings the most prestige and the biggest salary, but only after many years of school and training. Students will learn exactly what the human services are and the ethics and philosophies of the helping professions. The history of the profession will be covered, as well as the impact of the cultural, social, and economic environment on individual people, especially those who need social services assistance. By the conclusion of this course, students will have a firm introductory understanding of the social services professions. Employment at all levels of social work and related jobs is projected to grow rapidly over the next decade. Students will have a better idea of whether this is a career course they would like to explore further.

- **Human Services: Changing and Improving People's Lives:** Students will learn exactly what defines human services, some essential history of the field, and the underlying philosophy of the helping professions. Students will also be shown how professionals use the available human resources to achieve specific goals in the human services setting, with an emphasis on interdisciplinary team approaches.
- **Values, Ethics, and Legal Issues:** Students will learn about the underlying values and moral responsibilities that drive the field. Students will learn how to seek advice and guidance on legal, ethical, and professional questions when necessary.
- **Systems Theory, the Ecological Framework and other Perspectives:** Students will learn how to conceptualize client problems as the way an individual interacts with other people, especially in groups: family, work, friends, and society at large. Students will also explore the basics of how people work with systems, within systems, and as part of a system, especially as they relate to human services.
- **From Theory to Practice:** Students will pursue a deeper understanding of the change process. What is the change process? Can people change, and, if so, how? They will also explore delivery models for helping people in need, different stages of intervention, and basic communications and interviewing skills.
- **Clients and Helpers in Human Services:** Students will explore the personal characteristics needed by people who want to help others as a career. Intellectual capacities and cognitive skills that are necessary will also be part of the unit's topics.

| Unit 1: Human Services: Changing and Improving People's Lives | |
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| Intro. to Human Services | Assignments |
| | 1. Course Overview |
| | 2. Solving Problems vs. Teaching Problem Solving Skills |
| | 3. Types of Populations, Needs, and Services |
| | 4. Project: Let's Get Happy and Let's Get Rich |
| | 5. What Human Services Organizations Do |
| | 6. Project: Know Your Surroundings |
| | 7. Quiz 1: History, Standards, and Overarching Mission |
| | 8. Direct Service Interventions |
| | 9. Policy and Program-Planning Interventions |
| | 10. Project: Designing A Human Services Organization |
| | 11. Administration |
| | 12. Project: Life After High School |
| | 13. Quiz 2: Providers of Human Services |
| | 14. Special Project* |
| | 15. Test |
| | 16. Course Project Part 1: Disaster Strikes!* |
| | 17. Glossary and Credits |

| Unit 2: Values, Ethics, and Legal Issues | | |
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| Intro. to Human Services | Assignments | |
| | 1. Basic Values of Helping Professions | 10. Legal and Ethical Dilemmas |
| | 2. The Ethical Decision - Making Process | 11. Project: A New Beginning |
| | 3. Project: Cultural Diversity Education | 12. Quiz 2: The Practice: Applying Values and Ethics in Real-Life Situations |
| | 4. Laws, Legal Statutes, and Legal Issues | 13. Special Project* |
| | 5. Project: Legal Statutes and Legal Issues | 14. Test |
| | 6. Quiz 1: A Framework of Underlying Values | 15. Course Project Part 2: Ethics in Action!* |
| | 7. Respecting Life Choices | 16. Glossary and Credits |
| | 8. Confidentiality and Consent | |
| | 9. Project: Volunteering to Help | |

| Unit 3: Everything Interconnected? Systems Theory, the Ecological Framework and Other Perspectives | | |
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| Intro. to Human Services | Assignments | |
| | 1. Understanding the Nature of Human Systems | 9. Project: Nurture, the Family, and the Decision |
| | 2. Definition of Systems' Characteristics, Basic Properties, and Behaviors | 10. Recent Psychoanalytical Approaches |
| | 3. Project: Homeostasis and Homeostatic Balance | 11. Project: Monitoring Digression |
| | 4. Ecological Perspectives: Systems Within Systems | 12. Quiz 2: Non-systemic Perspectives |
| | 5. Project: The Scientific Method | 13. Special Project |
| | 6. Quiz 1: Systems Theory Basics | 14. Test |
| | 7. Basic Human Growth and Development | 15. Course Project Part 3: What Makes People Tick? |
| | 8. Nature Versus Nurture | 16. Glossary and Credits |
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| Unit 4: From Theory to Practice | | |
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| Intro. to Human Services | Assignments | |
| | 1. What Processes Bring About Individual Change? | 9. What Do You Do First? |
| | 2. Project: Communications Theory Project | 10. Basic Communication and Interviewing Skills |
| | 3. Working with Multidisciplinary Teams | 11. Project: Effective Communication |
| | 4. Domestic Violence and Child Abuse | 12. Quiz 2: What Human Services Professionals Actually Do and How It Is Done: Theory Applied to Practice |
| | 5. Project: An Addiction Study | 13. Special Project* |
| | 6. Quiz 1: The Helping Process: To Change or Not To Change? | 14. Test |
| | 7. Services that Help People | 15. Course Project Part 4: We're All In This Together!* |
| | 8. Project: Best Delivery Model | 16. Glossary and Credits |
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| Unit 5: Clients and Helpers in Human Services | | |
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| Intro. to Human Services | Assignments | |
| | 1. Helping Professionals' Skills or Abilities | 8. Project: Self-Motivation |
| | 2. Project: Let's Get S.M.A.R.T. | 9. Special Challenges of Human Services Professionals |
| | 3. Interpersonal Characteristics of Helping Professionals | 10. Developing Career Goals and Plans |
| | 4. Project: Tour Guide to the Martians: Empathy and The Conscious Use of Self | 11. Project: Identifying Career Goals |
| | 5. Taking Care of Yourself: Managing Burnout and Stress | 12. Quiz 2: Knowing Yourself and Your Emotional "Baggage": How the Personal Can Influence the Professional, and Where Do You Go From Here? |
| | 6. Quiz 1: Getting into the Field of Human Services: Is This Career Path Right for You? | 13. Special Project* |
| | 7. Was I Born to Be a Helper? | 14. Test |
| | | 15. Course Project Part 5: Are You...the One?* |
| | | 16. Glossary and Credits |

| Unit 6: Course Review and Exam | |
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| Assignments | |
| 1. Course Project Part 6: Countdown to Lift Off! Mapping a Path to a Human Services Career* | 2. Review 3. Exam |

(*) Indicates alternative assignment