

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title: Helping Process

Submitted By: Mary Kay Riendeau

Semester Course Prefix and Number: HSER 1232

Approval Date:

Old Quarter Course Prefix and Number: HSER 106

Revision Date: January 2012

Number of Credits: 3

Number of Lecture Credits: 3

Semester(s) Offered:

Number of Lab Credits: Number of Lab Hours:

Negotiated Class Size:

Number of Studio/Demonstration/Internship Credits:

Course Purpose Code:

- 0 – Developmental Courses
- 1 – Non-transferable, General Education
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 - Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

Catalog Description:

This course is presented as general helping skills which are useful in all professions and occupations whose task is to help people. It involves obtaining direct skills and knowledge in helping others deal with their relationships to other people, solve problems which inhibit capacity for healthy growth and development, and cope with the many social and environmental concerns. The primary focus is on interpersonal and planning skills which help people to be more effective as practitioners within the human services.

Prerequisites and/or recommended entry skills/knowledge:

- Course Prerequisite(s): Introduction of Human Services HSER 1231 (“C” or better)
- Reading Prerequisite: College level reading
- Composition Prerequisite: College level writing
- Mathematics Prerequisite: None

Career Programs and Transfer Majors Accessing this Course:

All Human Service Programs options

Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable: Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer’s approval are required).

- 0. None
- 1. Communications
- 2. Critical Thinking
- 3. Natural Sciences
- 4. Mathematical/Logical Reasoning
- 5. History and the Social and Behavioral Sciences
- 6. The Humanities and Fine Arts
- 7. Human Diversity
- 8. Global Perspectives
- 9. Ethical and Civic Responsibility
- 10. People and the Environment

Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:

- An understanding of purpose and function of the Helping Process.
- An understanding of and knowledge about the nature of the helping relationship and its knowledge base.
- Beginning development of strategies of evaluating personal skills, styles, and values appropriate for helping others.
- A beginning comprehension of Communications Theory, Systems Theory and The Problem Solving Process.
- An understanding of confidentiality and ethical procedures.
- An understanding of Reality Theory and an appreciation of the variety of strategies available for intervention in helping others; in the process of developing an individualized eclectic approach.

Student assessment methods:

Mid-term
 Final Exam (Comprehensive)
 Special Assignment I
 Special Assignment II
 Attendance

Use of instructional technology (includes software, interactive video and other instructional technologies):

N/A

Outline of the major course content:

- Communication Techniques and Practices
- Helping Skills and Processes
- Overview of Group Techniques
- Situation Assessment, Plan Development and Implementation
- Reality Therapy, Techniques
- Self-Assessment
- Personality Profile
- Confidentiality and Ethics

Additional special information (special fees, directives on hazardous materials, etc.)

N/A

Transfer Information: (Please list colleges/majors that accept this course in transfer.)

University of Wisconsin-Superior (Social Work)
 College of St. Scholastica-Duluth (Social Work)

Approvals:

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Meet and Confer		
Chief Academic Officer		

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