

# Counseling and Human Services Minor

Students completing this minor will understand careers in counseling and other human service-related fields and assess their fit for those careers, gain awareness of communication and listening skills required of helping professionals, and appreciate important systemic considerations in mental health work. This minor will help students conceptualize the strengths and needs of diverse individuals and communities, the impact of their own intersecting identities on their interactions with other people, and how to communicate with others using skills in empathy, active listening, and conflict resolution.

The minor in counseling is open to any undergraduate student at UMSL. It is especially relevant for students majoring in the social sciences or any other field requiring strong communication skills and awareness of cultural diversity and advocacy. Additionally, each of the three required courses in the minor is open to any undergraduate student. In other words, students can take any of the undergraduate CNS ED classes in the minor without being enrolled in the minor.

The focus of the program is on academic preparation, not clinical practice. Students in this minor will be trained and positioned to work in bachelor's-level mental health service positions. Students who want to become clinical mental health counselors or school counselors can choose to seek licensure and/or certification after completing their master's degree in counseling. This minor would offer strong preparation to help students be successful in UMSL's counseling master's programs or to work or study in other helping professions such as psychology or social work.

The Minor in Counseling and Human Services requires 15 credits hours, including counseling core classes.

Students must earn a minimum grade of C- in each course in the minor and attain a 2.0 grade point average for all courses in the minor. All courses in the minor must be on a graded basis. A minimum of 9 credit hours included in the minor must be taken in residence at UMSL.

## Required Courses

CNS ED 2000	Introduction to the Helping Professions	3
CNS ED 2030	Cultural Diversity and Social Advocacy	3
CNS ED 3200	Interpersonal Skills in Helping Relationships	3

## Electives 6

Choose two of the following:

### College of Education

EDUC 2002	Social Entrepreneurship
ED PSY 2212	Child and Adolescent Development
SPEC ED 3318	Inclusive Classrooms

### Child Advocacy Studies

CAST 2100	Communication in Child Advocacy
CAST 2300	Ethics and Values in Child Advocacy
CAST 3650	Culture and Child Advocacy
CAST 4498	Forensic Investigation of Child Abuse

CAST 4598	Child Abuse Assessment and Intervention
Gender Studies	
GS 2102	Introduction To Gender Studies
Psychological Sciences	
PSYCH 2205	Human Sexuality: Psychological Perspectives
PSYCH 2230	Psychology of Gender
PSYCH 2245	Abnormal Psychology
PSYCH/GS 3232	Psychology of Trauma
PSYCH/GERON 3280	Psychology of Death and Dying
PSYCH 3340	Clinical Problems of Childhood
PSYCH 4250	Stereotyping, Prejudice, and Discrimination
PSYCH/GERON 4376	Mental Health and Aging
Social Work	
SOC WK 2000	Social Work and Social Issues
SOC WK 2200	Social Welfare as a Social Institution
SOC WK 3100	Social Work Practice with Individuals
SOC WK 3210	Social Issues and Social Policy Development
SOC WK 3510	Human Behavior in the Social Environment
SOC WK/PSYCH/CAST 4398	Child Maltreatment: A Multidisciplinary Approach
SOC WK 4610	Intimate Partner Violence

**Total Hours 15**

## Learning Outcomes

Demonstrate effective skills in interacting with individuals and groups and working with diverse populations. (Interpersonal/Helping Skills)

Articulate the needs of individuals and communities with diverse backgrounds in order to engage with social advocacy in a responsible way. (Social Justice and Advocacy)

Differentiate between mental health professions and how they support the mental health needs of individuals and groups and use this understanding to reflect upon the student's career journey. (Career and professional awareness)