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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>CNS ED 2000</td>
<td>Introduction to the Helping Professions</td>
<td>3</td>
</tr>
<tr>
<td>CNS ED 2030</td>
<td>Cultural Diversity and Social Advocacy</td>
<td>3</td>
</tr>
<tr>
<td>CNS ED 3200</td>
<td>Interpersonal Skills in Helping Relationships</td>
<td>3</td>
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### Electives

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

### 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)