COLLEGE OF THE ROCKIES

HSWR-150 – Supporting Change in Human Service Work

Health and Human Services

Effective Term & Year: Fall 2022
Course Outline Review Date: 2027-03-01

Program Area: Child Youth and Family Studies

Description:

Students will learn the theories and principles of supporting behaviour change in the human service field. Students will explore practical tools for empowering change at the individual level and methods to address systems that perpetuate inequities in society.

Program Information:

HSWR 150 is a required course for the Human Service Worker Certificate and Diploma Programs.

Delivery Methods: Hybrid – On-campus (Face-to-Face) and Online, On-campus (Face-to-Face), Online

Credit Type: College of the Rockies Credits

Credits: 4

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	60
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	

Other

Total	60

Course Requisites:

- Complete all of the following
    - Earned a minimum grade of C+ (65%) in at least 1 of the following:
        - ENST 12 – English Studies 12
        - ENFP 12 – English First Peoples 12
        - ENGL090 – English – Provincial Level
    - Completed the following:
        - CYFS102 – Observing & Recording (3)

Flexible Assessment: No

Course Transfer Credit:

For information about receiving transfer credit for courses taken at other BC institutions, please see http://www.bctransferguide.ca. All requests for course transfer credit from institutions in BC or elsewhere should go to the College of the Rockies Enrollment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Haig, J. & MacMillan, V. (2018). *Cites & sources: An APA documentation guide* (5th ed.).

Toronto, ON Nelson.

Spindel, P. (2020). *Case Management from an Empowerment Perspective*, Fourth Edition: A Guide for Health and Human Services Professionals. Canada: Canadian Scholars.

Please see the instructor's syllabus or check COTR's online text calculator https://textbook.cotr.bc.ca/ *for a complete list of the currently required textbooks*.

Learning Outcomes:

Upon the successful completion of this course, students will be able to:

- recognize their values and beliefs and identify the impact of influences such as culture and lived experiences, as it shapes their own needs and personal behaviours;
- reflect on a personal change experiences and apply this awareness to support individuals engaging in behaviour change;
- demonstrate knowledge of various theoretical perspectives related to human behaviour and behaviour change through practical application;
- explore human behaviour in the context of systemic inequities that exist in society and develop an understanding of the role of advocacy in frontline work
- develop, implement and evaluate a plan to support positive behaviour change when working with individuals
- explore positive guiding strategies for a variety of environmental situations and individual demographics.
- identify the meaning of challenging behaviours and ways to minimize or prevent challenging behaviours in a helping setting.
- develop, implement, and evaluate a plan to support individual skill development
- demonstrate understanding of ethical, legal and professional perspectives when supporting behaviour change
- engage in critical reflection regarding behaviours in the context of broader social and political systems; and
- identify and recognize the factors that foster, build, and strengthen resilience.

Course Topics:

- Theories on human behaviour
- Roles of a helper in supporting change
- Contextualizing human behaviour
- Goal Setting
- Modeling skills
- Diversity and inclusion
- Understanding challenging behaviours
- Ethics and policies related to behaviour change
- Building capacity
- Advocacy and empowerment

See instructor syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face) and Online, or Hybrid

Assessment Type	% of Total Grade
Course Discussions and Activities	35%
Assignments	55%

Quiz	10%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60			<60

Pass requirements: None

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a "0" on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at https://cotr.bc.ca/about-us/college-policies/ and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

Equivalent Course(s) and Course Code Changes

Prior Course Code: CYFS 103 >> HSWR 150

Date changed: September 2022

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.