# Social Work Courses

**SOWK 2030 Introduction to Addictions (3 credits)**
This is an introductory course that provides an overview of the addictions field including: theories of substance abuse counseling, the continuum of substance abuse, ethical and legal issues in substance abuse counseling, assessment and diagnosing of substance use disorders, and the diverse treatment options available to clients. A clear emphasis will be placed on the necessity of treating each client with dignity and respect through a multicultural, strengths-based approach along with client advocacy being central to an addiction professional¿s role. The current and emerging substance abuse paradigm of evidence-based practices and respectful community collaboration with other fields including health care and criminal justice will be discussed.

**SOWK 2110 Intercultural Communication (3 credits)**
Designed to enable students to develop awareness, knowledge and skills for sensitive and effective intercultural communication on the international scene as well as with core-cultures in America. The course is particularly useful for students who are preparing to work with cultures other than their own, including: the human services field, business, marketing, languages, pre-professional programs and others. Liberal Education Goal Areas 7 & 8.

**SOWK 2120 Introduction to Social Welfare (3 credits)**
Introduces students to American social welfare institutions, the social problems with which these institutions deal, and the profession of social work. Considerable attention is paid to the historical and philosophical bases of various types of social welfare services. Other topics emphasized include the intervention methods used by social workers and the special needs of oppressed groups in the society. The final section of the course deals with the career paths in social work.

**SOWK 2130 Interpersonal Relations (3 credits)**
This course prepares students for the interpersonal relationship skills necessary for the effective use of self as a practitioner. Major course topics include building and maintaining relationships through emotional intelligence and compassionate communication; societal and interpersonal determinants of relationships including cultural, and positive personal identity; and needs and characteristics of healthy relationships and their impacts on professional relationships. Prerequisite: Admission to the Social Work program.

**SOWK 2140 Field Experience in Social Work (3 credits)**
Provides students with their first practical experience in the field of social work and introduces them to basic theoretical models used in social work practice, including generalist approach, ecosystems, cultural competence, and human diversity. Prerequisite: SOWK 2120 or instructor permission.

**SOWK 2160 Human Behavior in the Social Environment I (3 credits)**
Designed to enable students to explain and assess individual, family, and group system behavior as generalist social work practitioners, utilizing the cultural competence continuum and a strengths perspective within an ecosystems approach across the following dimensions: biological, spiritual, psychological, cognitive, socioeconomic, cultural, aesthetic, and gender. Examines traditional and alternate theories of development across the life span of individual, family, and group systems. Attention is given to the influence of paradigms on shaping human behavior. This is the first course in a two-course combination in HBSE, providing the foundation for HBSE II. Prerequisites: BIOL 1110, PSY 1100, and admission to the Social Work program.

**SOWK 2270 Drugs, Brain and Behavior (3 credits)**
This course has a clinical focus with a practical orientation where students will be able to examine relevant facts and fictions about psychotropic medications, articulate the basics of psychopharmacology and assist individuals with medication-related concerns. The course will begin with a brief overview of psychotropic medications, to include the historical, sociopolitical, economic and ethical context of their administration. Our emphasis will be on actively and assertively helping individuals with their concerns regarding their medications using a range of approaches, techniques and strategies in collaboration with their families and providers. Lastly, we will discuss the language of the field and practice articulating with clients, families, and other providers the basics of psychopharmacology.

**SOWK 3160 Human Behavior in the Social Environment II (3 credits)**
Designed to enable students to explain and assess group, organization, and community behavior/life span from an eco-systems perspective using a generalist social work practice approach. Students integrate the cultural competence continuum and the strengths perspective across the diversity dimensions of large human systems: group, organization, community, and society. Students also critically consider and examine models of large system development - group, organization, and community - as well as the relationships and interconnections between and among micro and macro systems. Prerequisites: POL 1200 and SOWK 2160.

**SOWK 3201 Family: Dynamics and Intervention (3 credits)**
Introduction to knowledge, skills, and values related to working with families as small groups. Students learn and apply tools integral to assessment and intervention strategies of generalist social work practice with families, including the strengths perspective, human diversity framework, family systems, cultural competence, and the ecosystems approach. Students critically examine family systems, elements of family well being, level of need and intervention models, ethics, and practice implications particularly related to contemporary social welfare issues. Prerequisite: SOWK 2160 for majors, PSY 1100 for nonmajors.

**SOWK 3260 Social Welfare Policy (3 credits)**
Students develop an understanding of the history and role of public policy as related to social work practice, societal values, and issues central to the development of public policy in the United States. Students critically examine contemporary and controversial social welfare issues, assess U.S. policy development and evaluation practices, understand the global interconnectedness of U.S. policy, and develop social justice advocacy skills for vulnerable populations. Prerequisite: Admission to the Social Work program, and POL 1200.

**SOWK 3330 Assessment and Treatment of Addictions (3 credits)**
This course takes a student through the continuum of substance abuse treatment based on the 12 Core Functions and the 8 Practicing Principles of an addiction counselor. Students will be expected to practice and be evaluated on counseling skills, techniques, and intervention strategies used in the treatment process. For example: by participating in experiential classroom activities, role playing and/or completing skill-based small and large group assignments. Prerequisite: SOWK 2030 or consent of instructor.

**SOWK 3340 Anti-Oppressive Social Work (3 credits)**
The purpose of this course is to critically examine societal issues generated by systemic discrimination and explore methods for reducing discrimination. Particular focus is on social work practice with a variety of diverse populations, and strategies that generalist practitioners can employ to decrease oppression on all system levels. The course is designed to provide students with the skills required for culturally competent practice with diverse communities. Theories of oppression and discrimination will be reviewed. Historical forms of oppression will be analyzed with a connection to present-day forms of discrimination and oppression. Students will learn a process of career-long learning about culture and difference, including strategies to address systemic issues of oppression. Finally, emphasis will be placed on personal values and the complexities of integrating social work values, as well as ethical practice in working with diverse populations. Prerequisite(s): Junior and Senior Standing or instructor consent

**SOWK 3551 Generalist Practice I (3 credits)**
Introduces and applies models for establishing and engaging in the professional helping relationship with individuals. Students learn, practice, and critically examine knowledge, skills, and values related to generalist social work practice with individuals: assessment, engagement, crisis intervention, counseling, evaluation, and ethical practice. Emphasis is on cultural competence in social work practice. Prerequisite: Admission to the program.

**SOWK 3552 Generalist Practice 2 (3 credits)**
Introduces and applies models for establishing and engaging in the professional helping relationship with support and treatment groups. Students learn, practice, and critically examine knowledge, skills, and values related to group processes: planning, assessment, facilitation, leadership, evaluation, role development, and ethical practice. Emphasis is on cultural competence in social work practice with groups. Prerequisite: SOWK 2130 and SOWK 3551.

**SOWK 3553 Generalist Practice 3 (3 credits)**
Introduces and applies models for establishing and engaging in the professional helping relationship with task groups, organizations, and communities focusing on systems change: assessment and engagement, intervention, advocacy, leadership, community organizing and strategic planning to create change. Students learn and practice cause advocacy and grantwriting skills. Emphasis is on cultural competence and the application of ethical group practice in task groups, community organizing, and cause advocacy.

**SOWK 3600 Contemplative Social Work Seminar (3 credits)**
This course combines scholarly knowledge and experiential learning with an emphasis on process. The content examines the use of contemplative practices (e.g., journaling, mindfulness, movement, art, listening) for professional and personal self-awareness, interventions, ethical practice, resilience, and self-care. Additional course content includes the intersection of contemplative practices and the core social work values of dignity, relationships, service, social justice, integrity, and competence. Opportunities for contemplative practices and for understanding its value in relation to social work practice are an integral part of the course. Prerequisite(s): Junior, Senior or instructor approval.

**SOWK 3610 Culturally Responsive Practice with American Indian Families (3 credits)**
Introduction to historical and contemporary social work practice issues with American Indians. Students will learn about policy issues, cultural sensitivity, and practice methods with American Indian clients and communities at micro and macro levels of intervention. Prerequisite(s): Junior or senior standing or instructor consent.

**SOWK 3760 Mental Health Social Work (2 credits)**
Designed to enable the student to develop a knowledge base for beginning social work practice in the field of mental health. Students are introduced to theories of mental health and concepts of: mental health-illness, determination of needs, service systems, scope and variety of interventive methods, role of interdisciplinary team, evaluation, supervision, and impact of discrimination. Prerequisite: SOWK 2120 or consent of instructor. (Might not be offered every year.)

**SOWK 3780 Family And Child Welfare (3 credits)**
Overview of historical and contemporary child welfare practice primarily in the public sector, including supportive, supplemental, and substitute services. Emphasis is on issues such as family-centered practice, family preservation, kinship care, permanency planning, and cultural competence related to the assessment of and intervention with vulnerable families and children. Prerequisite: SOWK 2120 or consent of instructor. (Might not be offered every year.)

**SOWK 3790 School Social Work (3 credits)**
This course combines scholarly knowledge and experiential learning with an emphasis on process. The content is designed to enable students to develop awareness, knowledge and skills to provide culturally-responsive services in a school setting. Additional course content includes the intersection of school-based practices and the core social work values of dignity, relationships, service, social justice, integrity, and competence.

**SOWK 3830 Gerontology: Social Work Perspectives (2 credits)**
Enables students to understand adult development and aging and to apply this knowledge to social work practice. Theories of aging are examined and applied to practice assessment and intervention strategies. Focuses on areas of particular relevance to practice with older persons in terms of expected life transitions and accompanying challenges (retirement, family relationships, etc.) and life crises and problems (loss and dependency, addictions, abuse and neglect, Alzheimer's). Impact of ageism, diversity, and physical, psychological, and social issues and changes in the aging process. Accompanying health, social, and family needs; the relationship of public policy to meeting these needs; and the development and delivery of services. Prerequisite: For Social Work majors: SOWK 2120 or consent of instructor. (Might not be offered every year.)

**SOWK 4450 Social Work Research Seminar (3 credits)**
This course is a capstone research seminar for social work majors. Students are introduced to the basic concepts and procedures of social work research and learn the quantitative and qualitative research approaches that are common to the social work profession and the social sciences. Students will critically examine, interpret, and utilize research findings in relation to everyday social work practice through the application of a research project. Prerequisite(s): CRJS 3201 or PSY 3401 or SOC 3001 or STAT 3660.

**SOWK 4880 Internship Orientation (1 credit)**
Prepares social work students for the internship experience. Provides students with the information needed for appropriate internship placement. This course should be taken during the semester immediately preceding the registration in SOWK 4970.

**SOWK 4887 Addictions Certificate Internship Orientation (1 credit)**
Assists in preparing future Addictions Certificate students for the internship experience. Provides students with the information needed for appropriate placement in the internship learning experience. This course should be taken during the semester immediately preceding Addictions Certificate internship courses. Prerequisite(s): This course should be taken the semester immediately preceding the Addictions Certificate Internship

**SOWK 4917 DIS Tchg Assoc | (1-2 credits)**
Directed Independent Study | Teaching Associate

**SOWK 4970 Internship (6-12 credits)**
A 480-hour placement in a public or private social service organization, this internship is a senior capstone course focused on integrating practice experience with theory. Students are expected to demonstrate their social work knowledge, values, and skills through hands-on experience. Students will also participate in a seminar to discuss their internship experiences at the micro, mezzo, and macro levels of practice. Prerequisites: Completion of all courses in the major with a 2.50 GPA in the major and a C or better is all courses with a social work prefix (SOWK). Graded Satisfactory/Unsatisfactory only. When taken as Internship in Chemical Dependency the following description applies. An 880-hour internship prepares students to complete the Alcohol and Drug Counselor certificate in preparation for applying for licensure in Minnesota. Students are placed in chemical dependency agencies and are evaluated in terms of their knowledge and skills in the 12 core functions. Prerequisites: Requires completion of all courses in the certificate with a 2.50 GPA in the certificate.

**SOWK 4971 Addictions Certificate Internship I (6-12 credits)**
Part one of a two semester (880 clock hours) block placement in a public or private social service organization providing addictions counseling. This internship is a senior capstone course focused on integrating practice experience in the 12 Core Functions and 8 Practice Dimensions of an addictions counselor with theory. Students are expected to demonstrate skills in addictions theory, knowledge, values/ethics and skills through hands-on experience. Students will complete assignments and participate in seminars to discuss their internship experiences with peers and the faculty liaison. Prerequisite: Successful completion of all required courses in the Addictions Certificate with a C or higher and a 2.5 GPA. First semester students completing a Social Work major and the Addictions Certificate register for 6 credits. First semester students completing any other degree and the Addictions Certificate will register for 12 credits. First semester students completing only the Addictions Certificate will register for 12 credits.

**SOWK 4972 Addictions Certificate Internship II (12 credits)**
Part two of a two semester (880 clock hours) block placement in a public or private social service organization providing addictions counseling. This internship is a senior capstone course focused on integrating practice experience in the 12 Core Functions and 8 Practice Dimensions of an addictions counselor with theory. Students are expected to demonstrate skills in addictions theory, knowledge, values/ethics and skills through hands-on experience. Students will complete assignments and participate in seminars to discuss their internship experiences with peers and the faculty liaison. Prerequisite: SOWK 4971.

## All-University Courses

The course numbers listed below, not always included in the semester class schedule, may be registered for by consent of the advisor, instructor, or department chair, or may be assigned by the department when warranted. Individual registration requires previous arrangement by the student and the completion of any required form or planning outline as well as any prerequisites.

1910, 2910, 3910, 4910 DIRECTED INDEPENDENT STUDY
1920, 2920, 3920, 4920 DIRECTED GROUP STUDY
1930, 2930, 3930, 4930 EXPERIMENTAL COURSE
1940, 2940, 3940, 4940 IN-SERVICE COURSE
1950, 2950, 3950, 4950 WORKSHOP, INSTITUTE, TOUR
1960, 2960, 3960, 4960 SPECIAL PURPOSE INSTRUCTION
1970, 2970, 3970, 4970 INTERNSHIP
1980, 2980, 3980, 4980 RESEARCH
1990, 2990, 3990, 4990 THESIS