

A look at the Human Services Degree at Tompkins Cortland Community College

With Patty Tvaroha; Associate Professor and Program Chair

A little bit about me!

- ▶ TC3 Human Services Alumni (non - trad)
- ▶ Transferred to SUNY Cortland for a BS in Human Services (2+2 program)
- ▶ Went back to school in for my Master's Degree in 2015, earned my MAAE from Buffalo State in 2017
- ▶ Worked in the Human Services field for nearly 20 years with a variety of different populations
 - ▶ The elderly
 - ▶ Preschoolers
 - ▶ People with disabilities
 - ▶ Welfare to Work
 - ▶ Recovering addicts
 - ▶ Formerly incarcerated
 - ▶ Victims of Violence
- ▶ Began teaching at TC3 as an adjunct in 2009
- ▶ Started teaching full time fall 2017

Human Services: Helping people to help themselves is the common thread in Human Services, and the field is diverse and extensive.

- ▶ There are a few different options for earning a degree or credential in Human Services at Tompkins Cortland
 - ▶ A.A.S. (61 credits)
 - ▶ A.S. (61 credits)
 - ▶ Certificate (30 credits)
 - ▶ Micro-Credentials
 - ▶ Direct Support Professional (12 credits)
 - ▶ Residential Aide (15 credits)

Associate of Science (Transfer Track)

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Human Services, A. S.		Fall 2020			
Student's Name:		Advisor's Name:			
Student may need to take the following courses:	<input type="checkbox"/> ENGL049 – Accelerated Reading and Writing Skills for ENGL100 OR	<input type="checkbox"/> RDNG 116 - College Reading and Study Skills			
	<input type="checkbox"/> ENGL098 – Accelerated Writing Skills for ENGL100	<input type="checkbox"/> MATH 090 - Pre-Algebra <input type="checkbox"/> MATH 098 - Quantitative Literacy OR <input type="checkbox"/> MATH 120 - College Algebra			
Course Requirement	Course Title	Credits	Min. Grade	Grade Earned T - Transfer	Semester Completed
FIRST YEAR					
FALL					
ENGL 100	Academic Writing I ¹	3	C		
HUMS 105	Introduction to Human Services	3	C		
PSYC 103	Introduction to Psychology	3			
SOCI 101	Introduction to Sociology	3			
Unrestricted Elective		3			
Total Credits		15			
SPRING					
ENGL 101	Academic Writing II	3			
HUMS 200	Generalist Social Work Practice Skills	3	C		
PSYC 283	Development Across the Lifespan	3			
POSC 103 OR POSC 104	American National Government OR American State & Local Governments	3			
Liberal Arts Elective		3			
Total Credits		15			
SECOND YEAR					
FALL					
BIOL 100	Human Biology	3			
ENGL 102	Approaches to Literature	3			
HSTY 201 OR HSTY 202	American History to 1877 OR American History Since 1877	3			
Liberal Arts Elective		3			
Restricted Elective ²		3			
Total Credits		15			
SPRING					
HUMS 232	Human Services Internship & Seminar	4	C		
ENGL 201	Public Speaking	3			
MATH 200	Statistics	3			
Human Services Elective ³		3	C		
Restricted SUNY Gen Ed Elective ⁴		3			
Total Credits		16			
Minimum Credits Required for Graduation: 61					
A "C" or better grade is required in ENGL 100; HUMS 105, 200, 232 and the Human Services elective.					
¹ A student exempted from ENGL 100 must substitute a three credit liberal arts elective. The course should be selected in consultation with the					

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Applied Associate of Science in Human Services (career track)

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Human Services, A.A.S. Fall 2020

Student's Name: _____ Advisor's Name: _____

Student may need to take the following courses:

- ENGL049 – Accelerated Reading and Writing Skills for ENGL100 OR
- ENGL098 – Accelerated Writing Skills for ENGL100
- RDNG 116 - College Reading and Study Skills
- MATH 090 - Pre-Algebra
- MATH 095 - Beginning Algebra OR
- MATH 098 - Quantitative Literacy

Course Requirement	Course Title	Credits	Min. Grade	Grade Earned T - Transfer	Semester Completed
FIRST YEAR					
FALL					
ENGL 100	Academic Writing I ¹	3	C		
HUMS 105	Introduction to Human Services	3	C		
PSYC 103	Introduction to Psychology	3			
SOCI 101	Introduction to Sociology	3			
Unrestricted Elective		3			
Total Credits		15			
SPRING					
ENGL 101	Academic Writing II	3			
HUMS 200	Generalist Social Work Practice Skills	3	C		
Restricted Human Services Elective ²		3	C		
MATH Elective ³		3			
POSC Elective		3			
Total Credits		15			
SECOND YEAR					
FALL					
ENGL 201	Public Speaking	3			
HUMS 229	Applied Methods in Human Services	3	C		
Restricted SOCI Elective ⁴		3			
Restricted Human Services Elective ²		3	C		
Humanities Elective		3			
Total Credits		15			
SPRING					
HUMS 232	Human Service Internship & Seminar	4	C		
Restricted Human Services Elective ²		3	C		
PSYC Elective		3			
Science Elective		3			
Unrestricted Elective		3			
Total Credits		16			
Minimum Credits Required for Graduation: 61					
A "C" or better grade is required in ENGL 100, HUMS 105, 200, 229, 232, and the Human Services Electives (3 courses).					

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Human Services Certificate (primarily for those who already have a degree)

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Human Services Certificate Fall 2020

Student's Name: _____ Advisor's Name: _____

Student may need to take the following courses:

<input type="checkbox"/> ENGL049 – Accelerated Reading and Writing Skills for ENGL100 OR	<input type="checkbox"/> RDNG 116 - College Reading and Study Skills
<input type="checkbox"/> ENGL098 – Accelerated Writing Skills for ENGL100	<input type="checkbox"/> MATH 090 - Pre-Algebra

Course Requirement	Course Title	Credits	Min. Grade	Grade Earned T - Transfer	Semester Completed
First Semester					
ENGL 100	Academic Writing I ¹	3	C		
HUMS 104 OR HUMS 125	Introduction to Corrections OR Intro. to Early Childhood Education	3			
HUMS 105	Introduction to Human Services	3	C		
PSYC 103	Introduction to Psychology	3			
SOCI 101	Introduction to Sociology	3			
		Total 15			
Second Semester					
ENGL 101	Academic Writing II	3			
HUMS 200	Generalist Social Work Practice Skills	3			
PSYC 201 OR PSYC 205	Social Psychology OR Developmental Psychology: The Child	3			
Restricted Human Services Elective ²		3			
POSC Elective		3			
		Total 15			
Minimum Credits Required for Graduation: 30					
¹ A student exempted from ENGL 100 must substitute a three credit liberal arts elective. The course should be selected in consultation with the student's advisor.					
² Choose from ANTH 202, CDSC 101, CRJU 105, HUMS 104, HUMS 111, HUMS 114, HUMS 125, HUMS 128, HUMS 206.					

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DSP Microcredential

- ▶ Direct Support Professional
 - ▶ Total Credits: 12
 - ▶ ENGL100, Academic Writing I, 3 cr.
 - ▶ HUMS105, Introduction to Human Services, 3 cr.
 - ▶ HUMS107, Introduction to Disability Studies, 3 cr.
 - ▶ HUMS128, The Family: Strength-Based Intervention, 3 cr.

RA Microcredential

▶ Residential Aid

- ▶ ENGL 101 Academic Writing II (3 Cr)
- ▶ HLTH 207 or HLTH208 Drug Studies or Alcohol & Alcoholism (3 cr)
- ▶ PSYC 103 Introduction to Psychology (3 cr)
- ▶ CDSC 101 or HUMS 105 Introduction to Chemical Dependency Counseling or Introduction to Human Services (3 cr)
- ▶ CDSC 210 or HUMS 114 Group Counseling: Theory & Practice or The Process of Group Communication (3 cr.)

So...what can I do with a Human Services Degree from Tompkins Cortland?

- ▶ Transfer! Our graduates have continued their studies at many colleges, far and near!
 - ▶ SUNY Cortland, Keuka, Ithaca College, University of Buffalo, Wells College, Rochester, Cornell, Brockport, Empire State and many more
- ▶ Go to work in the field! Our graduates have changed the world!
 - ▶ MSW, Victim's Advocates, Occupational Therapists, Employment Coaches, Peer Counselors, Drug and Alcohol Counselors, Family Therapists, Case Workers at DSS,

Any questions or comments?

If you would prefer, you can reach me any time at pat2@tompkinscortland.edu