COLLEGE OF THE ROCKIES

Supporting Change in Human Service Work – HSWR 150
Child, Youth and Family Studies Program

Course Outline

COURSE IMPLEMENTATION DATE:	**September 2022**
OUTLINE EFFECTIVE DATE:	**September 2023**
COURSE OUTLINE REVIEW DATE:	**March 2028**

GENERAL COURSE 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: This course is delivered in a hybrid format (45 hours face-to-face and 15 hours online) or in a fully online format (60 hours online).

COTR Credits: 4

Hours for this course: 60 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	60
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience	
Other Contact Hours	
Total	60

Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-Job Experience	N/A
Formal Work Experience	N/A
Other	N/A
Total	N/A

Course Outline Author or Contact:

Tara Ramdin, BA, MA

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Signature

APPROVAL SIGNATURES:

Department Head   Dean of Health and Human Services
Sandi Hill   Heather Hepworth
E-mail: shill@cotr.bc.ca   E-mail: hepworth@cotr.bc.ca

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Department Head Signature   Dean Signature

EDCO

Valid from: September 2023 – March 2028

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Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:

Prerequisites: Minimum 65% in either English Studies 12, English First Peoples 12,
ENGL 090, or equivalent (refer to Course Equivalency Information on the College
Website)

CYFS 102: Observing & Recording

Flexible Assessment (FA):

Credit can be awarded for this course through FA   ☐ Yes   ☑ No

Transfer Credit: For transfer information within British Columbia, Alberta and other institutions,
please visit http://www.cotr.bc.ca/Transfer.

Student should also contact an academic advisor at the institution where they
want transfer credit.

Prior Course Number: CYFS 103 → HSWR 150
                      Date changed: September 2022

Textbooks and Required 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;
- demonstrate understanding of ethical, legal and professional perspectives when supporting behaviour change; 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 ASSESSMENT: Hybrid and Online delivery

Assignments	% of Total Grade
Course Discussions and Activities	25%
Assignments	60%
Quiz	15%
Total:	100%

Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.

EXAM POLICY:

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the schedules exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

COURSE GRADE:

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	C	F
Mark (Percent)	≥ 90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	< 60

ACADEMIC POLICIES:

See www.cotr.bc.ca/policies for general college policies related to course activities, including grade appeals, cheating and plagiarism.

COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.