



Course Name: Strategies for Developing Capable Children and Youth

Course Number: HSE* E121

Credits: 3

Catalog description:

An overview of specific skills and practical strategies for developing responsible, capable children and youth and for strengthening families. Practical techniques are explained and applied in dealing with and preventing problems in families. Teaching methods include interactive group experiences and discussion, exercises, reading, and practice assignments. Skills acquired are applicable to broader settings, including daycare programs and schools.

Prerequisite, Corequisite, or Parallel: ENG* E101 Prerequisite or parallel

General Education Competencies Satisfied:

HCC General Education Requirement Designated Competency Attribute Code(s):

None

Additional CSCU General Education Requirements for CSCU Transfer Degree Programs:

None

Embedded Competency(ies):

None

Discipline-Specific Attribute Code(s):

None

Course objectives:

General Education Goals and Outcomes:

None

Course Specific Objectives:



1. Demonstrate skills in listening to and understanding the needs and problems of children and youth;
2. Demonstrate knowledge and intervention skills as parents, teachers, and human service professionals responsible for helping children and youth identify and meet social, emotional and learning goals;
3. Demonstrate an understanding of effective service delivery models, systems and managed care issues in services for children and youth with emotional disorders;
4. Integrate knowledge of the history, political, cultural aspects of theory and practice regarding mental health and emotional disorders of children and youth;
5. Demonstrate an understanding of the key theorists and their contributions to the study and practice of children and youth mental health interventions, including how theory and research is applied in this arena;
6. Demonstrate the ability to reflect and comment upon ethical issues associated with emotional disorders in children and youth;
7. Demonstrate an understanding of developmental issues related to diversity within and cross cultures in the arena of children and youth emotional disorders;
8. Integrate learned skills into everyday life in family, work, and community settings.

Course Content:

I. Families in Transition

- A. Pressures and stresses on contemporary families
- B. Challenges to parents and children



II. Practical Strategies for Developing Capable Young People

- A. Helping young people believe they are capable
 - B. Helping young people see themselves as important and contributing members of families and society
 - C. Helping young people believe they affect what happens to them
 - D. Developing skills of self-assessment, self-control, self-discipline
 - E. Developing skills to work with others: communicating, cooperating, sharing, listening
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- A. Developing responsibility
 - B. Developing skills of judgment and choice

III. Applications

- A. Daycare settings
- B. Schools
- C. Other work environments

IV. Evaluation and feedback

- A. Learning how to assess effectiveness
- B. Creating and reinforcing ongoing feedback
- C. Adapting parenting education to diverse ethnic and cultural contexts

Date Course Created:



Date of Last Revision: 03/03/2017