

# INTERDISCIPLINARY STUDIES (INST)

## INST 100 3.0 UNITS

### Principles and Strategies for Problem Solving

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

Prerequisite: Courses taught at the level of Introduction to College Composition with a grade of "C" or higher or "Pass" or equivalent or appropriate placement based on the college's multiple measures process with eligibility for ENGL 100 or ENGL 100S or a course at the level of college reading. Students will study problem-solving concepts and strategies from an interdisciplinary perspective needed to succeed as a lifelong learner and contributor to society. Various theories and models for learning, intellectual development and leadership, as applied to problem solving, will be addressed. Emphasis is placed on the application of metacognitive strategies and problem-solving concepts to issues associated with mastering the college experience. Students will apply acquired skills and knowledge to collaborative solutions to problems within their local communities. Transfer Credits: CSU

## INST 151 3.0 UNITS

### Principles Of Recovery and Psychosocial Rehabilitation

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

This course provides an overview of the philosophy, practices, and perspectives used in working with people and families with mental illness. The course will introduce and familiarize students with proven recovery and rehabilitation methods that allow individuals to reintegrate into society.

Transfer Credit: CSU

## INST 152 3.0 UNITS

### Helping Relationships

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

Prerequisite: INST 151 with a grade of Pass or "C" or higher.

The course will introduce and familiarize students with skills and theories necessary for creating an effective partnership between service provider and service recipient. Students will learn techniques for service planning, advocating, empowering, and community reintegration.

Transfer Credit: CSU

## INST 272 3.0 UNITS

### Special Populations

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

This course provides an overview of special populations with mental illness, including the homeless, transitional age youth, the elderly, veterans, gays, lesbians, bisexuals, transsexuals, individuals with physical disabilities, individuals with substance abuse, and different racial and ethnic groups. Emphasis is placed on the issues that are specific to special populations with mental illness, including living skills, education, self-development, empowerment, leadership, transitional support, and recovery efficacy. (Formerly PSYC 272)

Transfer Credit: CSU

## INST 273 3.0 UNITS

### Mental Health Worker Field Experience

Class Hours: 1.0 Lecture / 6.0 Laboratory

Total Contact Hours: 18 Lecture / 108 Laboratory

Prerequisite: INST 151, INST 152, PSYC 101, and PSYC 271, with a grade of "C" or higher or "Pass".

Field experience provides the opportunity for students to apply skills and knowledge learned in the classroom at a direct practice training site, under the supervision of a Psychosocial Rehabilitation Specialist.

Emphasis will be placed on helping relationships, including personal/family issues, employment, finances, housing, community integration, living with mental illness, cultural/ethnic issues, and any other special population issues. While interacting with clients, students will engage in the four components of rehabilitation: hope, empowerment, self-responsibility, and obtaining a meaningful role in life. The students will develop a professional attitude in all phases of psychosocial rehabilitation, including the legal and ethical aspects of rehabilitation.

Weekly seminars are held to evaluate and review clinical applications.

This course is not open to students who are currently enrolled or received credit in PSYC 273.

Transfer Credit: CSU