

Mental Health and Human Services, A.S.

HEGIS: 5216.00

PROGRAM CODE: 78382

PROGRAM DIRECTOR: TBD

DEPARTMENT: ALLIED HEALTH, MENTAL HEALTH AND HUMAN SERVICES

The Mental Health and Human Services AS degree is designed for students who wish to pursue careers in the field of human services. Courses provide foundational knowledge and emphasis on learning ways of helping people lead satisfying, productive lives, how to prevent and treat serious emotional and psychological problems, and focus on the expansion of access, equity, and health. Students apply skills learned in two semester-long field work courses. The degree is designed for transfer to baccalaureate programs.

The curriculum presented here applies to students who started the major in Fall 2026 or Spring 2027. If you enrolled as a matriculant prior to that, please see the *College Catalog* for the year you started the major as a matriculant for the curriculum requirements that apply to you.

Consultation with the Program Advisor is required.

Degree Maps:

[Degree Map for Mental Health and Human Services, A.S.](#)

Your Degree Map contains the suggested term-by-term course sequence for your academic path towards graduation.

To ensure successful and timely completion of your degree, it is recommended that you meet with your academic advisor to discuss your unique map.

Please note some courses *may* only be offered once an academic year.

Program Learning Outcomes:

Upon successful completion of Mental Health and Human Services degree program requirements, graduates will:

1. understand and engage in career building strategies
2. understand the variety of career options in the helping professions and the educational and licensing requirements
3. understand and practice using basic helping skills
4. understand and practice effective strategies for working with members of diverse populations
5. demonstrate skills to effectively run groups, meetings, and projects

6. examine the impact of government and political systems on public policy formulation and decision-making
 7. engage in meaningful volunteer activity
 8. communicate strategically and effectively in support of a civic endeavor
 9. acquire and disseminate knowledge relating to political issues
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College Requirements:

English and Math proficient as determined by the CUNY Proficiency Index, unless otherwise exempt, or successful completion of any required developmental course(s).

Civic Engagement Experiences:

One (1) Civic Engagement experience satisfied by Civic Engagement Certified or Civic Engagement Component course or approved outside activity.

Writing Intensive Requirement:

One (1) Writing Intensive Course in any discipline is required.

Required Core (4 Courses, 12 Credits):

When Required Core Courses are specified for a category they are strongly suggested and/or required for the major

*Note: You may elect to take a math or science course that is 4 credits or more. TAP counts 3 credits towards the requirements and the 4th credit as an elective.

- ENG 1200 - Composition I 3 Credit(s)
 - ENG 2400 - Composition II 3 Credit(s)
 - **Mathematical & Quantitative Reasoning Course 3 Credit(s) ***
 - **Life & Physical Sciences Course 3 Credit(s) ***
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Flexible Core (6 Courses, 18 Credits):

When Flexible Core courses are specified for a category, they are strongly suggested and/or required for the major

One course from each Group A to E. **and** one (1) additional course from any group. **No more than two courses can be selected from the same discipline**

A. World Cultures and Global Issues Designated Course

B. U.S. Experience in its Diversity Designated Course

C. Creative Expression Designated Course

D. Individual and Society Designated Course

- PSY 3200 - Human Growth and Development 3 Credit(s) **or**
- PSY 3600 - Abnormal Psychology 3 Credit(s)

E. Scientific World Designated Course*

- PSY 1100 - General Psychology 3 Credit(s)

* Note: You may elect to take a math or science course that is 4 credits or more. TAP counts 3 credits towards the requirements and the 4th credit as an elective.

Major Requirements (10 Courses, 30 Credits):

- MH 1100 - Introduction to Human Services 3 Credit(s)
- MH 3000 - Human Services Organization 3 Credit(s)
- MH 3500 - Introduction to Gerontology 3 Credit(s)
- MH 9801 - Supervised Instructional Experience in Mental Health I 3 Credit(s)
- MH 9802 - Supervised Instructional Experience in Mental Health II 3 Credit(s)
- PSY 1100 - General Psychology 3 Credit(s)
- PSY 3200 - Human Growth and Development 3 Credit(s)
- PSY 3600 - Abnormal Psychology 3 Credit(s)

AND

- MH 3100 - Principles of Interviewing and Group Leadership 3 Credit(s) **or**
 - MH 3700 - Introduction to Domestic Violence Counseling 3 Credit(s)

AND

- MH 3400 - Mental Health Practice with Vulnerable Populations 3 Credit(s) **or**
 - MH 3800 - Assessment and Intervention Modalities with Domestic Violence Survivors 3 Credit(s)
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Electives:

0 to 6 credits sufficient to meet required total of 60 credits.

If additional elective credits are available, consultation with an advisor is **HIGHLY** recommended.

The following course is recommended if not taken to fulfill Pathways Flexible Core: Individual and Society (Group D).

- SOC 3100 - Introduction to Sociology 3 Credit(s)
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Note:

Students who complete MH 3700 and MH 3800 will be enrolled at internships (MH 9801 and MH 9802) that focus on Domestic Violence.

Total Credits: 60

Degree Map: A.S. Mental Health & Human Services

Degree InformationCatalog Year: 2026 - 2027Plan: Mental Health ASSub Plan: NoneRequired Credits: 60General RequirementsReq GPA: 2.0Req Residential Credits: 30Req Pathways Credits: 30Req Civic Engagement: 1Req Writing Intensive: 1

1

Session A

2

Session A

3

Session A

4

Session A

COURSE	CRS	COURSE	CRS	COURSE	CRS	COURSE	CRS
ENG 1200	3	ENG 2400	3	MH 9801	3	MH 9802	3
MH 1100	3	MH 3000	3	MH 3400	3	Choose 1: Flexible Core World Cultures & Global Issues	3
MH 3500	3	MH 3100 or MH 3700	3	Choose 1: Flexible Core Creative Expression	3	Choose 1: Flexible Core GROUP A - E	3
PSY 1100	3	PSY 3200	3	Choose 1: Flexible Core U.S. Experiences in Its Diversity	3	ELECTIVES	3
						ELECTIVES	3
Session B		Session B		Session B		Session B	
COURSE	CRS	COURSE	CRS	COURSE	CRS	COURSE	CRS
MATH & QUANTITATIVE REASONING	3	PSY 3600	3	LIFE & PHYSICAL SCIENCES	3		

NOTE: The term-by-term course sequence takes into account necessary Prerequisites, Corequisites, and Pre-/Co-requisites

NOTE: Select ONE (1) WRITING INTENSIVE course & ONE (1) CIVIC ENGAGEMENT course. Some courses meet BOTH requirements, see CUNYfirst to determine course status

SEMESTER CRS: 15

SEMESTER CRS: 15

SEMESTER CRS: 15

SEMESTER CRS: 15

CAREER AND TRANSFER MILESTONES

1

2

3

4

CAREER & TRANSFER EXPLORATION ACTIVITIES	Done	CAREER & TRANSFER EXPLORATION ACTIVITIES	Done	CAREER & TRANSFER EXPLORATION ACTIVITIES	Done	CAREER & TRANSFER EXPLORATION ACTIVITIES	Done
<u>Claim your Handshake Account (Kingsborough)</u>		Draft a Basic Cover Letter with assistance from the Career Center.		<u>Explore Internship Opportunities through CUNY Career Launch</u>		Take advantage of events offered by campus Career and Professional Development offices to perfect your job search and sharpen your interview and employability skills. Update your LinkedIn profile and resume with new certifications, experiences, and skills, including your second Mental Health Fieldwork.	
<u>Join the Mental Health Student Club to build your network and skills.</u>		<u>Create your LinkedIn profile</u>		<u>Career Planning - Research and Join Professional Organization(s)</u>			
<u>Research and explore desired career pathways to becoming a mental health professional including social work, psychology, human services, and counseling using career coach. Begin researching Baccalaureate Programs and Complete a Transfer Plan.</u>		<u>Attend a Mental Health Professional/Networking Event Outside of KCC</u>		<u>Attend a Mental Health Professional/Networking Event Outside of KCC</u>		<u>Attend a Mental Health Professional/Networking Event Outside of KCC</u>	
		Identify educational pathways related to careers in mental health counseling such as BSW to Master's of Social Work (MSW), BA/BS Psychology to MSW or Mental Health Counseling (MHC).		Planning for References (Job & Transfer) - can be professors campus connections, internship positions, or others who are aware of your interests, abilities, skills, and work habits.		Continue to explore Internship opportunities.	
Explore client populations and mental health and social issues that interest you to help you focus your career.				Find a Mentor to Check in with Periodically: Establish a relationship with someone who can provide guidance and advice related to your career goals.		Accept your offer to Enroll in a Baccalaureate program.	
				Attend another Mental Health program Campus Visit to a Bachelor's of Social Work Program.			
Draft Basic Resume with assistance from the Career Center.		<u>Attend a Mental Health program Campus Visit to a Bachelor's of Social Work Program.</u>		Start the transfer process to a Baccalaureate program.		Complete CUNY Cap and Gown Survey	
				Update Resume and Cover Letter to include Mental Health Fieldwork. Create a folder to include digital copies of Resume, Cover Letter, and Trainings.			

NOTE: Explore the highlighted Milestones by following the link to the Career-Infused Degree Map web page or relevant linked page