

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Social Work 100 – Introduction to Social Work

3 hours lecture, 3 units

Catalog Description

This course introduces students to social welfare and social work, using a social problems approach to describe how poverty, child abuse, substance abuse, health and mental health issues, sexism, racism, other forms of discrimination, crime and other social issues affect people. It provides you with a framework for analyzing policy issues, for evaluating social services, and for making informed decisions about social issues. You are asked to visit, or volunteer at, a social service agency to observe and report on how social workers attempt to assess and address social problems. Formerly SW 120. Not open to students with credit in SW 120.

Prerequisite

None

Course Content

- 1) How social work as a profession differs from other helping professions.
- 2) Perspectives on major issues confronting society in order to arrive at informed positions.
- 3) Existing services, merits and challenges of services and new programs needed to fill gaps in services.
- 4) Intervention approaches in working with people to facilitate positive change.
- 5) Critical thinking related to social work issues.
- 6) Equitable distribution of resources and power among various groups in society.
- 7) Strength-based approach to individuals, families, and communities.
- 8) Identifying people and communities in need.
- 9) Social work values and how they relate to and guide practice.
- 10) How social values were developed, and how they differ from and are similar to those in the other helping professions.

Course Objectives

Students will be able to:

- 1) Explain how social work as a profession differs from other helping professions.
- 2) Evaluate different perspectives on major issues confronting society in order to arrive at informed positions.
- 3) Analyze existing services, merits and challenges of services and new programs needed to fill gaps in services.
- 4) Apply interventional approaches in working with people to facilitate positive changes.
- 5) Critical thinking analyze how social workers handle cases.
- 6) Describe evidence-informed, equitable distribution of resources and power among various groups in society.
- 7) Propose methods for promoting a strength-based approach to individuals, families and communities.
- 8) Identify and describe people and communities in need.
- 9) Assess how social work values and principles inform social work practice.
- 10) Differentiate social work values and principles from those in the other helping professions.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) **Reading:** lecture notes, course materials, textbook chapters, articles, books, vignettes, essays, manuals, content on websites, and more.
- 2) **Writing:** journals, discussion posts and responses, reflections, assignment drafts, essays, outlines, summaries, speeches, presentations, content for projects, and more.
- 3) **Other:** field exercises including visiting or volunteering at a social agency

Special Materials Required of Student

None

Minimum Instructional Facilities

Smart classroom

Method of Instruction

- 1) Lecture
- 2) Class discussion
- 3) Observation at social work agencies

Out-of-Class Assignments

- 1) **Reading:** lecture notes, course materials, textbook chapters, articles, books, vignettes, essays, manuals, content on websites, and more.
- 2) **Writing:** journals, discussion posts and responses, reflections, assignment drafts, essays, outlines, summaries, speeches, presentations, content for projects, and more.
- 3) **Other:** field exercises including visiting or volunteering at a social agency.

Texts and References

- 1) Required (representative examples):
 - a. Zastrow, C. (2017). *Introduction to Social Work and Social Welfare*. 12th edition. Cengage.
 - b. Corey, M.S., & Corey, G. (2020). *Becoming a Helper*. 8th edition. Cengage.
 - c. Cullen, M., & Cullen, M. (2023). *Social Work & Social Welfare: Modern Practice in a Diverse World*. Licensed by/under: [CC BY-NC](#). Link: [Social Work & Social Welfare: Modern Practice in a Diverse World | OER Commons](#)
- 2) Supplemental: None

Exit Skills

- 1) Understanding the Social Work Profession; define the mission, values, and ethics of the social work profession, distinguish social work from other helping professions, identify populations and communities served by social workers, and explain social work's role in advancing equity, human rights, and social justice
- 2) Analyzing Social Issues and Systems; analyze major social issues through multiple perspectives, examine how systems and policies influence access to resources and opportunities, and identify existing social services and evaluate their effectiveness
- 3) Applying Core Principles for Effective Social Work Practice; describe strength-based and client-centered approaches to working with individuals, families, and communities, identify basic intervention strategies used in social work, apply critical thinking to assess social work issues and ethical dilemmas, and understand how social work values guide decision-making and practice

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Evaluate how social work perspectives support helping professions in addressing social issues.
- 2) Analyze and apply interventional approaches to fill gaps in services and facilitate positive changes in social work cases.
- 3) Prioritize critical needs and social work values to guide effective support strategies for individuals, families and communities.