

# SOCIAL AND EMOTIONAL WELLNESS

## BACHELOR OF ARTS IN HUMAN SERVICES SERVICE. CONNECTION. COMMUNITY.

Still searching for a degree that will allow you to change the world through service? Learn more about the new Bachelor of Arts in Human Services. Developing connections, one person at a time.

### EMPHASIS OVERVIEW

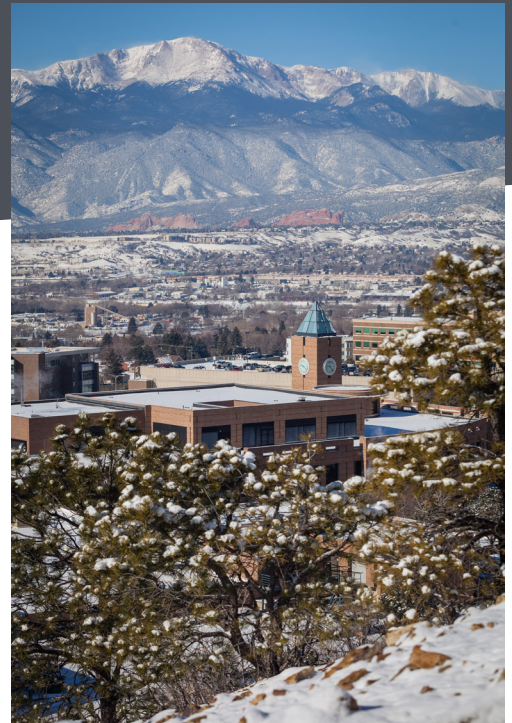
The BA in Human Services Social & Emotional Wellness Emphasis will give students the knowledge, skills and attitudes to help children, adolescents, and adults to enhance social and emotional health and wellbeing. Students will learn to understand and manage emotions, set and achieve positive goals, demonstrate empathy for others, establish and maintain positive relationships, and make responsible decisions for themselves and the people they will serve. Students will create prevention strategies and interventions that will lead to greater self and social awareness, develop resilience, enhance communication skills, and cultivate a greater connection to their own thoughts and feelings.

### CAREER OPPORTUNITIES

- Social & Emotional Learning (SEL)
- Early Childhood Behavior Consultant
- Social & Emotional Learning Support Teacher
- Research Specialist in Social & Emotional Learning
- Wellness Coordinator & Advisor
- Social & Emotional Coach & MORE

### PROGRAM FOCUS

- Social and Emotional Development
- Digital Health and Wellness
- Wellness, Resilience and Emotional Intelligence
- Health Behavior Change
- Health Communication
- Motivational Interviewing



COLLEGE OF EDUCATION | DEPARTMENT OF COUNSELING AND HUMAN SERVICES | 719-255-4996 | EDUCATION@UCCS.EDU