

# SOCIAL WORK (BSW)

Degree: Bachelor of Social Work  
Major: Social Work  
Program Code: 3765

## About This Major . . .

Social Work is a profession dedicated to social and economic justice through a commitment to anti-oppressive and anti-racist practice. Social workers focus primarily on the needs and empowerment of the vulnerable, oppressed, and those living in poverty. Social workers help people overcome some of life's most difficult challenges: poverty, discrimination, abuse, addiction, physical illness, divorce, educational problems, disability, and mental illness. Social workers who graduate from a generalist Bachelor of Social Work (BSW) program gain the education and training to work with individuals, families, communities and organization across the micro, mezzo, and macro levels of intervention. The CMU BSW program is fully accredited by the Council of Social Work Education (CSWE).

The practice of social work requires knowledge of human development and behavior; of social, economic, and cultural institutions, and of the interaction of all these factors as well as skills in developing relationships, assessing needs and services while facilitating change. Social workers seek to strengthen relationships among people to promote, restore, maintain, and enhance the well-being of individuals, families, social groups, organizations, and communities.

Students majoring in social work must **apply** to get into the social work program prior to taking any of the social work core courses. New cohorts of up to 25 students are admitted every spring semester for the subsequent fall semester. Once admitted, students will enroll in the major courses in a sequential format over 4 semesters to complete the requirements of the BSW major.

Application requirements include:

- 54-60 credit hours completed in Essential Learning Requirements, Lower Division Requirements, and Foundation Courses
- completion or in progress of completing SOWK 150 & SOWK 210
- a formal application
- a personal statement essay
- an interview with faculty

Further application instructions are available on the BSW website. Students can reach out to BSW Program Director by email with any questions about admission to the program.

To graduate with a major in social work, a student must earn, with no more than two attempts, at least a grade of "C" in each course and maintain a 2.50 cumulative GPA or higher in coursework in this area. Students who graduate from a CSWE accredited BSW program are eligible for Advanced Standing in a majority of Master of Social Work programs in the United States and Canada.

[For more information on what you can do with this major, visit Career Services' \*What to Do with a Major?\* resource.](#)

All CMU baccalaureate graduates are expected to demonstrate proficiency in specialized knowledge/applied learning, quantitative fluency, communication fluency, critical thinking, personal and social

responsibility, and information literacy. In addition to these campus-wide student learning outcomes, graduates of this major will be able to:

- Demonstrate proficiency in utilizing the social work professions 9 core competencies and 20 practice behaviors through a senior-year practicum in a social service agency in our community (Specialized Knowledge/Applied Learning).
- Demonstrate the ability to use practice informed research and practice the use of the scientific method to develop research informed practice in academic assignments and at practicum (Quantitative Fluency).
- Demonstrate effective oral and written communication in working with individuals, families, groups, organizations, communities, and colleagues through practicum, required classes, and oral presentations (Communication Fluency)
- Demonstrate critical thinking to inform and communicate professional judgments through distinguishing, appraising, and integrating multiple sources of knowledge; and through analyzing models of assessment, prevention, intervention, and evaluation (Critical Thinking).
- Engage with anti-racism, diversity, equity and inclusion (ADEI) in social work classes and practicum; \ \ Demonstrate ethical and professional behavior in classes, with peers, and in practicum by adhering to the NASW Code of Ethics (Personal and Social responsibility).
- Demonstrate effective skills in evaluating information and applying the information to specific purposes; demonstrate ethical use of social media and technology in the classroom, in assignments, and in practicum (Information literacy).

## Requirements

Each section below contains details about the requirements for this program. Select a header to expand the information/requirements for that particular section of the program's requirements.

**To print or save an overview of this program's information, including the program description, learning outcomes, requirements, suggested course sequencing (if applicable), and advising and graduation information, scroll to the bottom of the left-hand navigation menu and select "Print Options."** This will give you the options to either "Send Page to Printer" or "Download PDF of This Page." The "Download PDF of This Page" option prepares a much more concise presentation of all program information. The PDF is also printable and may be preferable due to its brevity.

## Institutional Degree Requirements

The following institutional degree requirements apply to all CMU baccalaureate degrees. Specific programs may have different requirements that must be met in addition to institutional requirements.

- 120 semester hours minimum.
- Students must complete a minimum of 30 of the last 60 hours of credit at CMU, with at least 15 semester hours in major discipline courses numbered 300 or higher.
- 40 upper-division credits (an alternative credit limit applies to the Bachelor of Applied Science degree).
- 2.00 cumulative GPA or higher in all CMU coursework.
- A course may only be used to fulfill one requirement for each degree/certificate.
- No more than six semester hours of independent study courses can be used toward the degree.

- Non-traditional credit, such as advanced placement, credit by examination, credit for prior learning, cooperative education and internships, cannot exceed 30 semester credit hours for a baccalaureate degree. A maximum of 15 of the 30 credits may be for cooperative education, internships, and practica.
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- Capstone exit assessment/projects (e.g., Major Field Achievement Test) requirements are identified under Program-Specific Degree Requirements.
- The Catalog Year determines which program sheet and degree requirements a student must fulfill in order to graduate. Visit with your advisor or academic department to determine which catalog year and program requirements you should follow.
- See "Requirements for Undergraduate Degrees and Certificates" in the catalog for a complete list of graduation requirements.

## Essential Learning Requirements

(31 semester hours)

See the current catalog for a list of courses that fulfill the requirements below. If a course is an Essential Learning option and a requirement for your major, you must use it to fulfill the major requirement and make a different selection for the Essential Learning requirement.

Code	Title	Semester Credit Hours
<b>English</b> <sup>1</sup>		
ENGL 111	English Composition I-GTCO1	3
ENGL 112	English Composition II-GTCO2	3
<b>Mathematics</b> <sup>1</sup>		
MATH 110	Mathematical Investigations-GTMA1	3
<b>History</b>		
Select one History course		3
<b>Humanities</b>		
Select one Humanities course		3
<b>Social and Behavioral Sciences</b>		
Select one Social and Behavioral Sciences course		3
Select one Social and Behavioral Sciences course		3
<b>Fine Arts</b>		
Select one Fine Arts course		3
<b>Natural Sciences</b> <sup>2</sup>		
Select one Natural Sciences course		3
Select one Natural Sciences course with a lab		4
<b>Total Semester Credit Hours</b>		<b>31</b>

<sup>1</sup> Must receive a grade of "C" or better and must be completed by the time the student has 60 semester hours.

<sup>2</sup> One course must include a lab.

## Other Lower Division Requirements

Code	Title	Semester Credit Hours
<b>Wellness Requirement</b>		
KINE 100	Health and Wellness	1
Select one Activity course		1
<b>Essential Learning Capstone</b> <sup>1</sup>		
ESSL 290	Maverick Milestone	3
ESSL 200	Essential Speech	1
<b>Total Semester Credit Hours</b>		<b>6</b>

<sup>1</sup> Essential Learning Capstone must be taken after completion of the Essential Learning English and Mathematics requirements, and when a student has earned between 45 and 75 hours.

## Foundation Courses

(18 semester hours, must earn, with no more than two attempts, a "C" or better in each course.)

Code	Title	Semester Credit Hours
POLS 236	State and Local Government	3
PSYC 150	General Psychology-GTSS3	3
PSYC 233	Human Growth and Development-GTSS3	3
SOCO 260	General Sociology-GTSS3	3
Two consecutive classes in the same foreign language		6
<b>Total Semester Credit Hours</b>		<b>18</b>

## Program Specific Degree Requirements

(53 semester hours. To graduate with a major in social work, a student must earn, with no more than two attempts, at least a grade of "C" in each course, and maintain a 2.50 cumulative GPA or higher in coursework in this area.)

- Students majoring in social work must apply to get into the social work program prior to taking any of the social work core courses.

Code	Title	Semester Credit Hours
<b>Introductory Classes</b>		
SOWK 150	Introduction to Social Work	3
SOWK 210	Justice, Equity, Diversity, and Inclusion (JEDI) in Social Work	3
<b>Core Courses</b>		
<i>Junior Year</i>		
SOWK 311	Ethical Issues in Social Work	3
SOWK 320	Social Work Practices in Mental Health	3
SOWK 365	Social Work Intervention Methods I	3
SOWK 375	Social Work Intervention Methods II	3
SOWK 387	Social Work Research	3
<i>Senior Year</i>		
SOWK 385	Social Work Intervention Methods III	3

SOWK 394	Social Work Practicum Seminar I	1
SOWK 397	Social Work Practicum I	5
SOWK 411	Practicum Supervision I	1
SOWK 412	Practicum Supervision II	1
SOWK 460	Social Policy	3
SOWK 494	Social Work Practicum Seminar II	1
SOWK 497	Social Work Practicum II	5
<b>Total Semester Credit Hours</b>		<b>41</b>

Code	Title	Semester Credit Hours
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**Restricted Electives**

Select four of the following, including at least 2 courses with SOWK prefix 12

SOWK 301	Child Welfare	
SOWK 308	Medical Social Work	
SOWK 325	Nature-Based Interventions for Individual and Community Health	
SOWK 340	Case Management	
SOWK 344	School Social Work	
SOWK 350	Legal Aspects of Social Work	
SOWK 355	Social Work with Immigrants and Refugees	
SOWK 377	Spirituality and Social Work	
SOWK 381	Gerontology and Social Work	
SOWK 396	Topics:	
SOWK 461	Rural Social Work	
SOWK 491	Directed Readings	
CRMJ 470	Restorative Justice	
PSYC 330	Psychology of Adolescents and Emerging Adulthood	
PSYC 410	Drugs and Human Behavior	
PSYC 440	Positive Psychology	
SOCO 316	Social Inequality	
SOCO 325	Race and Ethnic Relations	
<b>Total Semester Credit Hours</b>		<b>12</b>

## General Electives

All college level courses appearing on your final transcript, not listed above that will bring your total semester hours to 120 hours. 12 semester hours.

Code	Title	Semester Credit Hours
Select electives		12

## Suggested Course Plan

**First Year**

Fall Semester		Semester Credit Hours
ENGL 111	English Composition I-GTC01	3
Essential Learning - Natural Science		3
Essential Learning - Humanities		3
SOWK 150	Introduction to Social Work	3

PSYC 150	General Psychology-GTSS3	3
KINE 100	Health and Wellness	1
<b>Semester Credit Hours</b>		<b>16</b>

**Spring Semester**

ENGL 112	English Composition II-GTC02	3
MATH 110	Mathematical Investigations-GTMA1 (or higher)	3
Essential Learning - History		3
SOWK 210	Justice, Equity, Diversity, and Inclusion (JEDI) in Social Work	3
KINA Activity		1
SOCO 260	General Sociology-GTSS3	3
<b>Semester Credit Hours</b>		<b>16</b>

**Second Year**

**Fall Semester**

Essential Learning - Fine Arts		3
Foundation Course - Foreign Language		3
Essential Learning - Social and Behavioral Sciences		3
PSYC 233	Human Growth and Development-GTSS3	3
POLS 236	State and Local Government	3
<b>Semester Credit Hours</b>		<b>15</b>

**Spring Semester**

Essential Learning - Natural Science with Lab		4
Essential Learning - Social and Behavioral Sciences		3
Foundation Course - Foreign Language		3
Social Work Restricted Elective		3
ESSL 290	Maverick Milestone	3
ESSL 200	Essential Speech	1
<b>Semester Credit Hours</b>		<b>17</b>

**Third Year**

**Fall Semester**

SOWK 311	Ethical Issues in Social Work	3
SOWK 365	Social Work Intervention Methods I	3
General Elective		3
Restricted Electives (2 courses)		6
<b>Semester Credit Hours</b>		<b>15</b>

**Spring Semester**

SOWK 320	Social Work Practices in Mental Health	3
SOWK 375	Social Work Intervention Methods II	3
SOWK 387	Social Work Research	3
General or Restricted Electives (2 courses)		6
<b>Semester Credit Hours</b>		<b>15</b>

**Fourth Year**

**Fall Semester**

SOWK 385	Social Work Intervention Methods III	3
SOWK 394	Social Work Practicum Seminar I	1
SOWK 397	Social Work Practicum I	5
SOWK 411	Practicum Supervision I	1
General or Restricted Elective		3
<b>Semester Credit Hours</b>		<b>13</b>

**Spring Semester**

SOWK 412	Practicum Supervision II	1
SOWK 460	Social Policy	3
SOWK 494	Social Work Practicum Seminar II	1
SOWK 497	Social Work Practicum II	5
General or Restricted Elective		3
<b>Semester Credit Hours</b>		<b>13</b>
<b>Total Semester Credit Hours</b>		<b>120</b>

## Advising and Graduation

### Advising Process and DegreeWorks

Documentation on the pages related to this program is intended for informational purposes to help determine what courses and associated requirements are needed to earn a degree. The suggested course sequencing outlines how students could finish degree requirements. Some courses are critical to complete in specific semesters, while others may be moved around. Meeting with an academic advisor is essential in planning courses and altering the suggested course sequencing. It is ultimately the student's responsibility to understand and fulfill the requirements for their intended degree(s).

DegreeWorks is an online degree audit tool available in MAVzone. It is the official record used by the Registrar's Office to evaluate progress towards a degree and determine eligibility for graduation. Students are responsible for reviewing their DegreeWorks audit on a regular basis and should discuss questions or concerns with their advisor or academic department head. Discrepancies in requirements should be reported to the Registrar's Office.

### Graduation Process

Students must complete the following in the first two months of the semester prior to completing their degree requirements:

- Review their DegreeWorks audit and create a plan that outlines how unmet requirements will be met in the final semester.
- Meet with their advisor and modify their plan as needed. The advisor must approve the final plan.
- Submit the "Intent to Graduate" form to the Registrar's Office to officially declare the intended graduation date and commencement ceremony plans.
- Register for all needed courses and complete all requirements for each degree sought.

Submission deadlines and commencement details can be found at <http://www.coloradomesa.edu/registrar/graduation.html>.

If a student's petition for graduation is denied, it will be their responsibility to consult the Registrar's Office regarding next steps.