Folsom Lake College’s gerontology program prepares students to assist seniors in managing their health, psychological, and social needs unique to the elderly population via a broad overview of the biological, psychological, and social aspects of aging. The need for specialization in gerontology is clearly shown in population trends and documented in literature citing the lack of adequately prepared geriatric caregivers. The focus is on preparation for associate-level positions with private industry, government, and non-profit agencies providing health services to senior adults. All courses transfer to the California State University (CSU) system.

If you are interested in transferring to a four-year college or university to pursue a bachelor’s degree in gerontology or social work, it is critical that you meet with a counselor to select and plan the courses for your major. Transfer institutions vary widely in the courses required for undergraduate preparation.

<table>
<thead>
<tr>
<th>Career Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Care/Case Aide</td>
</tr>
<tr>
<td>Elder Care Provider</td>
</tr>
<tr>
<td>Geriatric Aide</td>
</tr>
<tr>
<td>Home Care Specialist</td>
</tr>
<tr>
<td>Home Caregiver</td>
</tr>
<tr>
<td>Home Health Aide</td>
</tr>
<tr>
<td>Intergenerational Care Provider</td>
</tr>
</tbody>
</table>
Associate Degrees

A.A. in Interdisciplinary Studies: Social and Behavioral Sciences

The Interdisciplinary Studies degree is designed for students who wish a broad knowledge of arts and sciences plus additional coursework in a prescribed "Area of Emphasis". This program is a good choice for students planning on transferring to the California State University or University of California. The student will be able to satisfy general education requirements, plus focus on transferable coursework that relates to a specific major and/or individual interest. This degree will have an "Area of Emphasis" in Social and Behavioral Sciences. These courses emphasize the perspectives, concepts, theories, and methodologies of the disciplines typically found in the vast variety of disciplines that comprise study in the Social and Behavioral Sciences. Students will study about themselves and others as members of a larger society. Topics and discussions to stimulate critical thinking about ways people have acted in response to their societies will allow students to evaluate how societies and social subgroups operate. (Possible majors at a four-year institution include, but are not limited to: history, sociology, social studies, psychology, and family consumer science.)

It is highly recommended that students consult a counselor to determine the classes within each area that will best prepare them for their intended transfer major.

Catalog Date: January 1, 2020
## Degree Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADMJ 300</td>
<td>Introduction to Administration of Justice (3)</td>
<td></td>
</tr>
<tr>
<td>ADMJ 302</td>
<td>Community Relations: Multicultural Issues (3)</td>
<td></td>
</tr>
<tr>
<td>ADMJ 320</td>
<td>Concepts of Criminal Law (3)</td>
<td></td>
</tr>
<tr>
<td>ANTH 310</td>
<td>Cultural Anthropology (3)</td>
<td></td>
</tr>
<tr>
<td>ANTH 319</td>
<td>Visual Anthropology: Introduction to Ethnographic Film (3)</td>
<td></td>
</tr>
<tr>
<td>ANTH 320</td>
<td>Introduction to Archaeology and World Prehistory (3)</td>
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<tr>
<td>ANTH 323</td>
<td>Introduction to Archaeology (3)</td>
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<tr>
<td>ANTH 330</td>
<td>Magic, Witchcraft, and Religion (3)</td>
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<tr>
<td>ANTH 341</td>
<td>Introduction to Linguistics (3)</td>
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</tr>
<tr>
<td>BUS 320</td>
<td>Concepts in Personal Finance (3)</td>
<td></td>
</tr>
<tr>
<td>BUS 330</td>
<td>Managing Diversity in the Workplace (3)</td>
<td></td>
</tr>
<tr>
<td>BUS 340</td>
<td>Business Law (3)</td>
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</tr>
<tr>
<td>BUS 345</td>
<td>Law and Society (3)</td>
<td></td>
</tr>
<tr>
<td>COMM 325</td>
<td>Intercultural Communication (3)</td>
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<tr>
<td>COMM 341</td>
<td>Organizational Communication (3)</td>
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<tr>
<td>COMM 351</td>
<td>Mass Media and Society (3)</td>
<td></td>
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<tr>
<td>COMM 363</td>
<td>Introduction to Communication Theory (3)</td>
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<tr>
<td>ECON 302</td>
<td>Principles of Macroeconomics (3)</td>
<td></td>
</tr>
<tr>
<td>ECON 304</td>
<td>Principles of Microeconomics (3)</td>
<td></td>
</tr>
<tr>
<td>ECON 307</td>
<td>Global Issues in the Political Economy (3)</td>
<td></td>
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<tr>
<td>ECON 320</td>
<td>Concepts in Personal Finance (3)</td>
<td></td>
</tr>
<tr>
<td>ECE 312</td>
<td>Child Development (3)</td>
<td></td>
</tr>
<tr>
<td>ECE 314</td>
<td>The Child, the Family and the Community (3)</td>
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<tr>
<td>ECE 330</td>
<td>Infant and Toddler Development (3)</td>
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<tr>
<td>ECE 430</td>
<td>Culture and Diversity in Early Childhood Education (3)</td>
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<tr>
<td>GEOG 310</td>
<td>Human Geography: Exploring Earth’s Cultural Landscapes (3)</td>
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<tr>
<td>GEOG 322</td>
<td>Geography of California (3)</td>
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<tr>
<td>HIST 307</td>
<td>History of World Civilizations to 1500 (3)</td>
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<tr>
<td>HIST 308</td>
<td>History of World Civilizations, 1500 to Present (3)</td>
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<tr>
<td>HIST 310</td>
<td>History of the United States (3)</td>
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<td>HIST 311</td>
<td>History of the United States (3)</td>
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<tr>
<td>HIST 314</td>
<td>Recent United States History (3)</td>
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<tr>
<td>HIST 319</td>
<td>American Environmental History (3)</td>
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</tr>
<tr>
<td>HIST 331</td>
<td>Women in American History (3)</td>
<td></td>
</tr>
</tbody>
</table>

A minimum of 18 units from the following: 18

Select courses from at least 3 different disciplines.
<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
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</thead>
<tbody>
<tr>
<td>HIST 344</td>
<td>Survey of California History: A Multicultural Perspective (3)</td>
<td></td>
</tr>
<tr>
<td>HIST 368</td>
<td>History of France (3)</td>
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<tr>
<td>JOUR 310</td>
<td>Mass Media and Society (3)</td>
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</tr>
<tr>
<td>NUTRI 310</td>
<td>Cultural Foods of the World (3)</td>
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<tr>
<td>POLS 301</td>
<td>Introduction to Government: United States (3)</td>
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<tr>
<td>POLS 302</td>
<td>Comparative Politics (3)</td>
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</tr>
<tr>
<td>POLS 310</td>
<td>Introduction to International Relations (3)</td>
<td></td>
</tr>
<tr>
<td>POLS 320</td>
<td>Introduction to Political Theory (3)</td>
<td></td>
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<tr>
<td>PSYC 300</td>
<td>General Principles (3)</td>
<td></td>
</tr>
<tr>
<td>PSYC 312</td>
<td>Biological Psychology (4)</td>
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<tr>
<td>PSYC 320</td>
<td>Social Psychology (3)</td>
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<tr>
<td>PSYC 335</td>
<td>Research Methods in Psychology (3)</td>
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<tr>
<td>PSYC 340</td>
<td>Abnormal Behavior (3)</td>
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<tr>
<td>PSYC 356</td>
<td>Human Sexuality (3)</td>
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<tr>
<td>PSYC 368</td>
<td>Cross Cultural Psychology (3)</td>
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<tr>
<td>PSYC 370</td>
<td>Human Development: A Life Span (3)</td>
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<tr>
<td>PSYC 372</td>
<td>Child Development (3)</td>
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<tr>
<td>SOC 300</td>
<td>Introductory Sociology (3)</td>
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<tr>
<td>SOC 301</td>
<td>Social Problems (3)</td>
<td></td>
</tr>
<tr>
<td>SOC 310</td>
<td>Marriage and the Family (3)</td>
<td></td>
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<tr>
<td>SOC 321</td>
<td>Race, Ethnicity and Inequality in the United States (3)</td>
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<tr>
<td>SOC 341</td>
<td>Sex and Gender in the U.S. (3)</td>
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<tr>
<td>SOC 379</td>
<td>Making Social Change (3)</td>
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<tr>
<td>SWHS 331</td>
<td>Cross Cultural Psychology (3)</td>
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<tr>
<td><strong>Total Units:</strong></td>
<td></td>
<td><strong>18</strong></td>
</tr>
</tbody>
</table>

*The Interdisciplinary Studies: Social and Behavioral Sciences Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See FLC graduation requirements.*

**Student Learning Outcomes**

Upon completion of this program, the student will be able to:

- evaluate how societies and social subgroups operate (Social and Behavioral Sciences).
A.A. in Social Work/Human Services, General

The A.A. degree program in Human Services provides performance-based training for both associate level employment and transfer preparation. This degree provides training for Psychology and Social Work majors towards Marriage Family Therapists, Social Workers, and Psychologists. All courses within this curriculum are transferable to CSU four-year degree programs. Coursework includes performance-based training in client screening, intake, assessment, orientation, individual counseling, group counseling, consultation, client’s rights, confidentiality, crisis intervention, client education, professional ethics, reports and record keeping.

Catalog Date: January 1, 2020

Degree Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYC 300</td>
<td>General Principles</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 300</td>
<td>Introduction to Human Services</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 302</td>
<td>Introduction to Psychology of Human Relations</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 331</td>
<td>Cross Cultural Psychology (3)</td>
<td>3</td>
</tr>
<tr>
<td>or PSYC 368</td>
<td>Cross Cultural Psychology (3)</td>
<td></td>
</tr>
<tr>
<td>SWHS 350</td>
<td>Ethical Issues in Social Work/Human Services</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 360</td>
<td>Techniques of Interviewing and Counseling</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 365</td>
<td>Techniques of Group Counseling (3)</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 366</td>
<td>Practices in Human Services</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 367</td>
<td>Advanced Practices in Human Services</td>
<td>3</td>
</tr>
<tr>
<td>A minimum of 6 units from the following:</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>GERON 300</td>
<td>Sociology of Aging (3)</td>
<td></td>
</tr>
<tr>
<td>PSYC 320</td>
<td>Social Psychology (3)</td>
<td></td>
</tr>
<tr>
<td>SOC 300</td>
<td>Introductory Sociology (3)</td>
<td></td>
</tr>
<tr>
<td>SOC 321</td>
<td>Race, Ethnicity and Inequality in the United States (3)</td>
<td></td>
</tr>
<tr>
<td>SWHS 304</td>
<td>Introduction to Counseling Children (3)</td>
<td></td>
</tr>
<tr>
<td>SWHS 340</td>
<td>Introduction to Chemical Dependency (3)</td>
<td></td>
</tr>
<tr>
<td>SWHS 494</td>
<td>Topics in Human Services (0.5 - 4)</td>
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<td>Total Units:</td>
<td>33</td>
<td></td>
</tr>
</tbody>
</table>

The Social Work/Human Services, General Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See FLC graduation requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- define the functions of social service delivery systems.
• analyze public policy issues, complexities and controversies affecting social service agencies and their clients.
• integrate different theoretical approaches in working with clients.
• identify the community resources used in assisting clients.
• appraise and apply the knowledge of existing California professional codes of ethics for the helping professions.
• describe the application of clients’ rights in the social service delivery system.
• evaluate one’s own values and attitudes as they apply to ethical decision making.
• demonstrate effective individual and group setting interpersonal and social skills in interactions with a demographically diverse population.

Career Information

Career opportunities may include but are not limited to: Peer Support Group Facilitator; Youth Group Home Worker; Alcoholism Program Worker; Family, Welfare, and Health Agencies Worker; Ombudsman Program Workers; Work with Correctional Agencies; Consumer Consultant; County or State Eligibility Worker; Conflict Containment Workers.

A.A. in Social Work/Human Services, Gerontology

The Gerontology Degree Program prepares students to assist seniors in managing their health, psychological, and social needs unique to the elderly population via a broad overview of the biological, psychological, and social aspects of aging. The need for specialization in gerontology is clearly shown in population trends and documented in literature citing the lack of adequately prepared geriatric caregivers. The focus is on preparation for associate-level positions with private industry, government and non-profit agencies providing health services to senior adults. All courses transfer to California State Universities. Students planning to continue specialization in gerontology by transferring to a four-year college should consult the Requirements for Transfer Institutions section of this catalog.

Catalog Date: January 1, 2020

Degree Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>GERON 300</td>
<td>Sociology of Aging</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 300</td>
<td>General Principles</td>
<td>3</td>
</tr>
<tr>
<td>SOC 310</td>
<td>Marriage and the Family</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 300</td>
<td>Introduction to Human Services</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 302</td>
<td>Introduction to Psychology of Human Relations</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 331</td>
<td>Cross Cultural Psychology (3)</td>
<td>3</td>
</tr>
<tr>
<td>or PSYC 368</td>
<td>Cross Cultural Psychology (3)</td>
<td></td>
</tr>
<tr>
<td>SWHS 350</td>
<td>Ethical Issues in Social Work/Human Services</td>
<td>3</td>
</tr>
</tbody>
</table>
The Social Work/Human Services, Gerontology Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See FLC graduation requirements.

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>SWHS 360</td>
<td>Techniques of Interviewing and Counseling</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 365</td>
<td>Techniques of Group Counseling</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 366</td>
<td>Practices in Human Services</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 367</td>
<td>Advanced Practices in Human Services</td>
<td>3</td>
</tr>
<tr>
<td>Total Units:</td>
<td></td>
<td>33</td>
</tr>
</tbody>
</table>

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- demonstrate skill, ease, confidence, rapport, and listening skills when communicating with the elderly at different cognitive levels.
- evaluate and discuss similarities and differences surrounding diverse aging populations as they relate to life expectancy, mortality, mobility, family, work, retirement, mental health, death, lifestyles, sexuality, and use of services.
- discuss the impact of language and other cultural factors that influence drug education, drug use, and treatment options with the elderly.
- evaluate common methods of care for the dying including hospitals, skilled nursing facilities, care centers, and hospice care.
- recognize and identify risk of caregiver stress in cases of Alzheimer's, dementia, and other diagnoses correlated with aging.
- identify and evaluate elder abuse causes, prevention strategies, and resources.
- identify strategies for meeting the challenges of aging within a socio-cultural framework.
- recognize and evaluate demographic, socioeconomic, legal, and physiologic aspects of aging.
- develop practical workplace skills and knowledge needed for employment in the field.
- transfer skills, units, and experience to a gerontology major at a four year institution.

Career Information

Career options may include but are not limited to: Home Caregiver, Care/Case Aide, Registry Coordinator, Volunteer Services, Elder Care Provider, Program Aide or Assistant, Geriatric Aide, Home Care Specialist, Home Health Aide, and an Intergenerational Care Provider.
Certificate of Achievement

Social Work, Human Services, Gerontology Certificate

The Gerontology Certificate Program prepares students to assist seniors in managing their health, psychological, and social needs unique to the elderly population via a broad overview of the biological, psychological, and social aspects of aging. The need for specialization in gerontology is clearly shown in population trends and documented in literature citing the lack of adequately prepared geriatric caregivers. The focus is on preparation for associate-level positions with private industry, government and non-profit agencies providing health services to senior adults.

Catalog Date: January 1, 2020

Certificate Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>GERON 300</td>
<td>Sociology of Aging</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 300</td>
<td>General Principles</td>
<td>3</td>
</tr>
<tr>
<td>SOC 310</td>
<td>Marriage and the Family</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 300</td>
<td>Introduction to Human Services</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 302</td>
<td>Introduction to Psychology of Human Relations</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 331</td>
<td>Cross Cultural Psychology (3)</td>
<td>3</td>
</tr>
<tr>
<td>or PSYC 368</td>
<td>Cross Cultural Psychology (3)</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 350</td>
<td>Ethical Issues in Social Work/Human Services</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 360</td>
<td>Techniques of Interviewing and Counseling</td>
<td>3</td>
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<tr>
<td>SWHS 365</td>
<td>Techniques of Group Counseling</td>
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<td>Practices in Human Services</td>
<td>3</td>
</tr>
<tr>
<td>SWHS 367</td>
<td>Advanced Practices in Human Services</td>
<td>3</td>
</tr>
<tr>
<td>Total Units:</td>
<td></td>
<td>33</td>
</tr>
</tbody>
</table>

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- demonstrate skill, ease, confidence, rapport, and listening skills when communicating with the elderly at different cognitive levels.
- evaluate and discuss similarities and differences surrounding diverse aging populations as they relate to life expectancy, mortality, mobility, family, work, retirement, mental health, death, lifestyles, sexuality, and use of services.
- discuss the impact of language and other cultural factors that influence drug education, drug use, and treatment options with the elderly.
- evaluate common methods of care for the dying including hospitals, skilled nursing facilities, and hospice care.
- recognize and identify risk of caregiver stress in cases of Alzheimer's and other dementia.
- identify and evaluate elder abuse causes, prevention strategies, and resources.
- identify strategies for meeting the challenges of aging within a socio-cultural framework.
- recognize and evaluate demographic, socioeconomic, legal, and physiologic aspects of aging.
- develop practical workplace skills and knowledge needed for employment.

Gainful Employment

The US Department of Education requires colleges to disclose a variety of information for any program that is eligible for financial aid that "prepares students for gainful employment in a recognized occupation." The following link provides Gainful Employment Disclosure information for this certificate program:


Career Information

Career opportunities may include, but are not limited to: Home Caregiver, Registry Coordinator, Volunteer Services, Elder Care Provider, Program Aide or Assistant, Geriatric Aide, Home Care Specialist, Home Health Aide, or an Intergenerational Care Provider.

Certificate

Social Work/Human Services, Home Caregiver Certificate

The Home Caregiver Certificate prepares recipients with in-home ethical and legal preparation, interpersonal skill training, and information regarding the needs affiliated with aging. All courses transfer to California State Universities. Students planning to continue specialization in gerontology by transferring to a four-year college should consult the Requirements for Transfer Institutions section of this catalog.

Catalog Date: January 1, 2020

Certificate Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>GERON 300</td>
<td>Sociology of Aging (3)</td>
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<td>GERON 498</td>
<td>Work Experience in Gerontology (1 - 4)</td>
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</table>
GERON 300 Sociology of Aging

Upon completion of this program, the student will be able to:

- demonstrate skill, ease, confidence, rapport, and listening skills when communicating with the elderly at different cognitive levels.
- evaluate and discuss similarities and differences surrounding diverse aging populations as they relate to life expectancy, mortality, mobility, family, work, retirement, mental health, death, lifestyles, sexuality, and use of services.
- discuss the impact of language and other cultural factors that influence drug education, drug use, and treatment options with the elderly.
- evaluate common methods of care for the dying including hospitals, skilled nursing facilities, and hospice care.
- recognize and identify risk of caregiver stress in cases of Alzheimer’s and other dementia.
- identify and evaluate elder abuse causes, preventions strategies, and resources.
- identify strategies for meeting the challenges of aging within a socio-cultural framework.
- recognize and evaluate demographic, socioeconomic, legal, and physiologic aspects of aging.
- develop practical workplace skills and knowledge needed for employment.

This introductory course examines the aged and the aging process, with emphasis on social factors affecting and affected by an aging population. It includes an analysis of demography and history of aging in America; individual aging and adaptation; needs, resources, and social support systems; employment and retirement; and social class/cultural differences. Multi-generational interviews will be used to supplement a service learning project which requires face-to-face service at a community agency with approval between the instructor and agency.
Upon completion of this course, the student will be able to:

- assess the field of social gerontology and population trends in the U.S. and worldwide.
- evaluate historical and cross-cultural issues in the study of aging.
- analyze cognitive changes including personality and mental health which occur as one ages.
- examine the significance of love, intimacy, and sexuality in later life.

GERON 340 Nutrition for Healthy Aging

Upon completion of this course, the student will be able to:

- assess the nutritional requirements and recommendations for the elderly.
- evaluate the physiological changes and health concerns of the elderly as they relate to nutritional status.
- analyze psychosocial factors and their implications to nutrition status.
- plan programs for health promotion, disease prevention and good nutrition for the elderly.
- evaluate the impact of food choices, drugs, and exercise on the nutritional status of older Americans.
- compare and contrast various nutrition programs of the Older Americans Act-Title IIIC.

GERON 495 Independent Studies in Gerontology

This course is an introduction to nutritional concerns as they apply to the aging adult. Students will explore the physiological, psychosocial, and chronic degenerative conditions associated with aging and the nutritional implications of each. Not open to students who have completed NUTRI 324.
This course provides students with opportunities to develop marketable skills in preparation for employment or advancement within the field of Gerontology. Course content will include understanding the application of education to the workforce; completing required forms which document the student’s progress and hours spent at the work site; and developing workplace skills and competencies. During the semester, the student is required to attend orientation. Students must complete 75 hours of related paid work experience, or 60 hours of related unpaid work experience, for one unit. An additional 75 hours of related paid work experience or 60 hours of related unpaid work experience is required for each additional unit. The course may be taken for a maximum of 16 units. Students should have access to a computer, the Internet, and some computer media such as a USB drive to store data files. Online students must have an email account. Only one Work Experience course may be taken per semester.

Upon completion of this course, the student will be able to:

- apply industry knowledge and theoretical concepts in a field of study or career as written in the minimum 3 learning objectives created by the student and his/her employer or work site supervisor at the start of the course.
- manage personal career plans and decision making using industry & workforce information and online resources.
- behave professionally and ethically, exhibit adaptability, initiative, self-awareness and self-management as needed.
- exhibit effective communication, collaboration, and leadership skills at work with consideration to workplace dynamics and social and diversity awareness.
- demonstrate critical and creative thinking skills as they apply to the workplace.